

# THE Anchor News

Serving the Central  
Texas Community

*Celebrating 12 Years!*

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Free



## Get to know more about Ke'Sha!

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Originally from Little Rock, Ark., Ke'Sha Lopez has always had a thirst for gathering and passing on information and knowledge.

Ke'Sha joined News 10 in April 2010 as the weekend anchor and reporter.

Growing up, Ke'Sha was always comfortable working around people, whether it was in front of a camera or on a stage. Throughout childhood and into high school, she performed in several musical and theatrical productions.

Ke'Sha attended Arkansas State University where she majored in radio/television with an emphasis in news gathering. She graduated with a Bachelors of Science degree as a proud member of the Alpha Kappa Alpha Sorority, Inc.

Truly a southern girl, Ke'Sha



**KE'SHA LOPEZ**

has worked in several television and radio stations across the Deep South.

Early in her career, Ke'Sha interned at KIPR-FM and KARK-TV, both in Little Rock, Arkansas, and KTVE-TV in Monroe, Louisiana.

Ke'Sha got her first "On-Air" job as a reporter for WKAG-TV in Clarksville, Tenn., where she covered 101st Airborne Division's search and kill mission for Uday and Qusay Hussein during Operation Iraqi Freedom.

Years later Ke'Sha moved from Middle Tennessee to Middle Georgia; she worked as a field anchor/reporter for WMGT-TV in Macon, Ga. where she covered stories on migrant farmers during the height of the country's strong call for Immigration Reform. Ke'Sha went on to solo-anchor WMGT-TV's morning show *Day Break*.

During her free time, Ke'Sha volunteers with different community service organizations and enjoys doing voice work for the visually impaired. She also enjoys cooking in the kitchen, meeting

See **LOPEZ** pg. 2

## Killeen's 6th annual Caribbean Afr'am festival

BY W.B. GUNTER

Songhai Bamboo Roots Association will be hosting the 6th Annual Caribbean Afr'am Festival Saturday, August 1, and Sunday, August 2, 2015 from 12:00 noon until 10:00 p.m. at Long Branch Park in Killeen, Texas. This two-day family event is free to the public. Pull out those lawn chairs, blankets, dance shoes, and get ready to enjoy an exciting weekend filled with open air under breezy trees, food, music, dancing, culture, and live performances.

Saturday, guests will enjoy the visually stunning Cultural Parade beginning at 2:00 p.m. The parade will be spotlighting



**DARLENE GOLDEN AND JAH REY**

the heritage, music, and traditions of Puerto Rico, Belize, Trinidad, Virgin Island, Guyana, Haiti, Jamaica, Senegal, African and America. It will include a special performance featuring, Brazilian percussionist, Mestre

Ailton da Manguera from Rio Manguera. Several bands, including Hail Marley, Island Rose & The Vibrashens will be per-

See **FESTIVAL**, pg. 3

## Antwonie Betters signs with Richland College

2015 Midway High graduate, Antwonie Betters, recently signed a national letter of intent to play for Richland College men's basketball team. Richland clinched the 2015 National Junior College Athletic Association (NJCAA) Division III men's basketball title after defeating the defending national champion team Rock Valley College (Illinois) in Loch Sheldrake, N.Y. Head coach Jon Havens, leads the team, along with assistant coach Michael Gross (former Midway player).

The son of Anthony (Sr.) and Sharon Betters, Antwonie Betters is a 6' 4" (G/F) 3YL player who played for head coach Mark Patton at 6A Midway High School in Waco, Texas. Earning Midway's Defensive Player of the Year title and Second Team All-District, Betters averaged 10 points, 8 rebounds, 5 blocks and 5 assists per game during his senior year. During one of the school's victory wins, Betters scored 16 points, and had 10 rebounds, 8 assists and five block shots.

He is a multi-talented young man, who is known for his kind and humble spirit. His love for the game began at a very young age, 4, to be specific, when he played on teams that his father coached during the younger Betters' childhood. One of the teams, Waco Wildcat, won the state title in 2005 and 2006. "This was a special team because the players were told they were not



**ANTWONIE BETTERS**

advanced enough to play for the better teams in the city," his father explained. The more advanced teams lost and his team won the title back to back. Throughout the years, both of his parents have coached him in local leagues, including basketball, baseball and track. In addition, he also played wide receiver on Midway's football team, which advanced to the semi-finals playoffs.

Betters is also talented in the other areas. During his junior high years at Midway, he began singing in the school choir and was part of the Spring Street Baptist Church drill team, which his mother coordinated. The choir and drill team traveled in and out of state showcasing their God given talents. "This was a very important time in his life," explained his mother, "because he developed gifts that he that he didn't

See **BETTERS** pg. 10



### 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.

### Get published in the August issue...

August is our traditional anniversary and education issue.

Celebrating 13 years in the community with our education issue, this Back to School tribute spotlights students, educators, administrators, staff, educational events, institutions, etc.

The deadline to submit a 250-500 word article on a person of accomplishment or a newsworthy educational event, institution, organization, etc. is August 2nd. So come on! Send us your clear, JPEG headshot as an attachment and a typed article within an email or a Word document to theanchornews@aol.com. We will do our best to include every article that we receive, and who knows? Your submission might be one of our cover stories.

## Marcol releases book on truly preparing for marriage

People are talking about this book—people—especially women. “*From the Florist to the Forest* helped me recognize the part I play in relationship mistakes of the past and has helped me develop a better and introspective attitude about love,” says Melody Kym, a single woman from Houston.

Another reader, Dr. Pamela Price says, “*From the Florist to the Forest* is a beautifully transcribed testimony of growth and triumph over uncertainty and disappointment. Charlie’s bravery to share her relationship journey will bless you! Her insight originates from an honest place that many women won’t dare to venture. Her inward self-reflection causes you to assess your own relationship needs, wants, and intentions. This isn’t your momma’s relationship guide! I highly recommend this book for women and men, young and old.”

Still California reader, Nakia Williams, calls the book beautiful, a blessing, and a wakeup call. “It truly blessed me; it made me laugh, cry, shake my head, but more importantly it reminded me that God knows what’s best for me! And while I’m waiting I should be working for HIM, as well as on me, so I can be ready for him, the one God made for me.”

The book synopsis uses a few other more descriptive terms: Compelling, real, essential, riveting are just a few words to describe *From the Florist to the Forest* by Charlie Marcol. Invitations, themes, cakes, floral design and bridal fashions have transcended the objective of the institution of marriage. While



CHARLIE MARCOL

marriage rates are declining, divorce rates are escalating. This is a cause for concern not only for the institution of marriage itself, but also the stability of families. Marriages are failing because people fail to prepare for matrimony. Everyone has his/her own vision of love, but there must be a willingness to communicate that vision. A lack of communication leads to unrealistic expectations, which can cause the demise of a relationship. The book encourages its readers to discover what they need to know and forget about superficial trappings.

Marcol told *The Anchor* that she is speaking from experience. She married in 2009 and had the wedding of the year type event. “It took me five years to pay it off,” she confessed, “but the wedding itself did not last that long.”

She continued, “As women we sometimes mimic what we see. With the explosion of wedding reality TV shows within the last decade, the focus of getting married started to change. It was more about the latest trends and making grandiose statements. Brides opted for over-the-top high end weddings but had lackluster commitments. People were marrying for fantasies and not realities including myself. I, too, fell victim to the trend. My wedding was my dream but the marriage was a nightmare.”

Marcol says *From the Florist to the Forest* is for men and women, whether they are married, single or engaged. “Everyone can receive something from the knowledge that I share. There are so many factors that plague single women—time, age, finances, and the biological clock. When I was writing *From the Florist to the Forest*, I was thinking about that woman because that woman was me. My prayer is that this book will give the reader in-

sight to look deep before taking the leap.”

Marcol earned a Bachelor of Arts degree in communications from the University of Houston, where she became a proud member of Delta Sigma Theta Sorority Incorporated. She also earned a Master of Education degree in counseling from Texas Southern University. Though *From the Florist to the Forest* is her debut novel, word about the book is spreading like wild fire. Marcol seeks to empower women through awareness, discussions and self-love. When she was featured on the Day Break morning show in Dallas, she focused on her motto, “Think Deep Before You Leap” into marriage. She enjoys reading, writing, traveling, and spending quality time with family. She currently lives in Houston with her 10-year old son, Gavin.

Purchase your book at [www.charliemarcol.com](http://www.charliemarcol.com) or [www.amazon.com](http://www.amazon.com) and E-books at [www.amazon.com/From-Florist-Forest-Think-Before-ebook/dp/B00UXP213Q](http://www.amazon.com/From-Florist-Forest-Think-Before-ebook/dp/B00UXP213Q).

## LOPEZ

Continued from page one

interesting people and riding horseback through the beautiful countryside.

From childhood years of performing in musicals in Central Arkansas to reporting on military news in Middle Tennessee; from waking up viewers in Middle Georgia every weekday morning with important issues informing them, to informing Central

Texas about the interesting stories that affect their lives and their community, these opportunities excite Ke'Sha and she is happy to be a part of the News 10 family.

If you have a story idea for Ke'Sha, she would love to hear it. Please feel free to drop Ke'Sha a line or two, anytime. Email her at [ksha.lopez@kwtx.com](mailto:ksha.lopez@kwtx.com).

# THE Anchor News



*The Anchor News* is a free, monthly publication of Crawford Publishing, E-T-C, located in Waco, Texas, (254) 715-8943. All rights reserved.

#### 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.

#### EDITORIAL POLICY

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 headshot (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.

#### SUBSCRIPTIONS

Subscriptions are \$36 a year (12 issues) and can be paid by check or money order. Send all correspondences to The Anchor News, P.O. Box 23534, Waco, Texas 76702-3534 or email to [theanchornews@aol.com](mailto:theanchornews@aol.com).

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**FESTIVAL** | Continued from page one

forming. Oddesy Cru with Errol Bonnick are the headliners for Saturday night's live performance with a tribute to Dennis Brown, Peter Tosh & Gregory Isaac.

And, if you think Saturday's exciting, Sunday's line up will showcase more cultural danc-

ing, steel pan performances, African drumming, and so much more. Live on stage, Sunday, will be special guest, straight out of Jamaica, the one and only, Mr. Easy! So if you like music, drumming, food, dancing, and fun in the sun, this event will provide all of that in a safe, happy atmo-

sphere of love. You don't want to miss this 2 day event, mark your calendar August 1st & 2nd, for the 6th Annual Caribbean Afr'am Festival.

Interested groups can contact the organizer @ info@sbrca.org. Holiday Inn Express, Holiday Inn Killeen-Fort Hood and Candlewood Suites in Killeen are providing accommodations for this event. Call and reserve your rooms and make sure you mention the Caribbean Festival and dates. Vendor space is available with registration. Applications are online.

This event is family friendly; bring your lawn chairs, and blankets but no outside food or drinks and no pets. Parking is free. This event is supported in part, by funding from the City of Killeen Municipal Hotel Occupancy Tax.

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Submissions**

*Annual  
Education  
Issue*

It's free! Submit your feature articles for the August Education issue. Brag on your child, student, teacher, or administrator, etc. Having an educational event? Send us a full write up about it. Enclose a separate jpg headshot. Submissions should be written in the text of an email and the photo should be attached. Send everything by August 2. Send to theanchornews@aol.com (up to 500 words).

# Smart way to save on home insurance

(NewsUSA) - The high cost of home insurance can seem like one more financial hurdle to homeowners, but a solid home insurance policy doesn't have to break the bank.

Several factors can impact how much you pay for home insurance, including the age and size of your home, and whether you live in an area prone to natural disasters, such as fires, storms and flooding.

In fact, water damage is one of the largest sources of insurance claims, so making a proactive effort to monitor leaks and minimize the possibility of water damage can help reduce your home insurance premiums. Plumbing-related water damage accounts for 22 percent of homeowner claims filed each year and accounts for 25 percent of the claim dollars that insurance companies pay out. This is second to damage caused by acts of nature.

How can you monitor leaks? The technology in the FloLogic system acts like a circuit breaker for your plumbing system. The system monitors water throughout the home, and automatically shuts off the water if a leak is detected. Homeowners who in-



**RICHARD KRUGER**

stall the FloLogic system may be eligible for a discount on their insurance.

Find out more about how the FloLogic System works by visiting [www.flologic.com](http://www.flologic.com).

Other smart steps to save money on home insurance include:

**Improve Your Home.** Some insurers offer discounts to homeowners in older homes who upgrade outdated heating, electrical, or plumbing systems. Also a home security system may increase your chances of getting a lower premium.

**Pump Up What You'll Pay.** If you choose a higher deductible (the amount you pay for any

damages to your home), you will pay lower premiums. Be prepared to cover damages up to \$1,000, so you can save your insurance claims for larger damages.

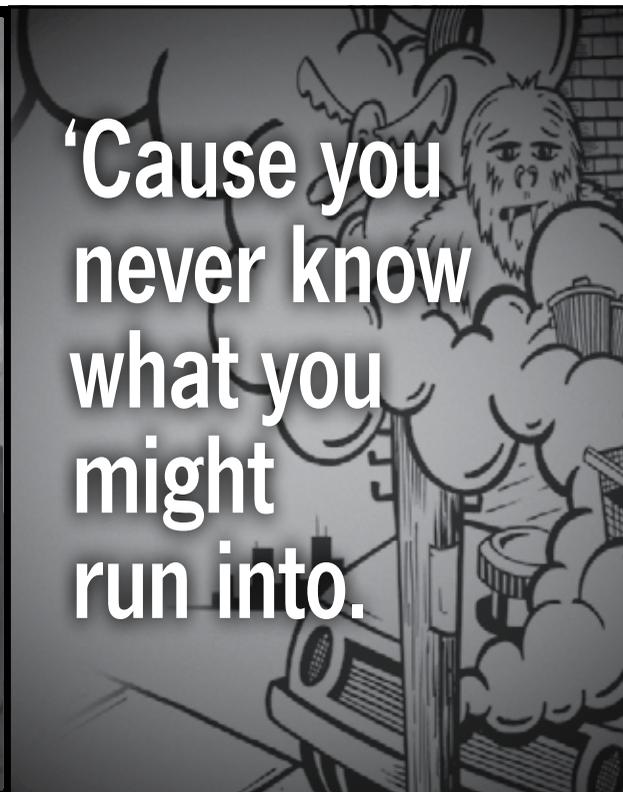
**Shop Around.** Read up on information about home insurance rates, and also about complaints related to price, customer ser-

vice and a range of other issues. You can find many insurance quotes online, as well as customer feedback about the company. You may find that paying slightly more for home insurance from a company with mainly good reviews is worthwhile.

**Double Up.** Consider using the same company for home in-

urance and auto insurance. It's not uncommon to get a reduced home insurance rate from a company if you also have car insurance or other types of insurance with them.

*For your insurance needs, call your local State Farm agent, Richard Kruger, at (254) 776-4593 or (254) 722-8793.*



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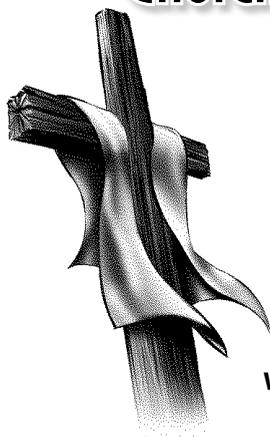
**Sunday School**  
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**Morning Worship**  
11:15 AM

**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*

## Budget-conscious brides trim bill with destination weddings

(NewsUSA) - Tying the knot isn't what it used to be. The wedding industry is as profitable as prime-time football, celebrities compete for the shortest, most gimmicky marriages (72 days or less?) and the exotic appeal of a romantic getaway has led to the widespread popularity of destination weddings.

One in every 10 weddings features an exotic locale, or at least a location neither the bride nor groom calls home. While there's no absolute explanation as to why destination weddings have started a bridal takeover, the hefty price of typical weddings is reason enough for many -- especially if Daddy isn't footing the bill.

"If done correctly, destination weddings can be a cheaper alternative for everyone. Guests don't have to buy expensive gifts, just a ticket. All the money spent on the wedding party, venues, refreshments, cake, reception and decor is signif-

icantly reduced if not cut altogether,"explains Nini Pardo, wedding planner at Stay in Costa Rica, an accommodations and rental management company.

The author of "Destination Weddings for Dummies," Susan Breslow Sardone, says the traditional American wedding costs an average of \$28,082, whereas destination weddings average around \$20,600.

"Some of the cost difference is definitely a result of resorts and hotels capitalizing on the trend. Many now offer the full wedding package with wedding planners, musicians, photographers, etc. We employ full-time wedding coordinators, like myself, to craft intimate weddings at our Los Suenos Resort," Pardo adds. "We've found it really appealing to budget-conscious brides."

Budget-conscious brides have become a trend as well, according to Patricia MacArthur, executive director of WeddingStar.com -- a go-to authority on all things wedding-related. MacArthur says more brides are trimming expenses by taking the DIY route for guest favors and some decorative elements.

For tropical weddings especially, many of the cheaper, DIY options are more easily packed into suitcases. For instance, colorful fabric is being used to replace flowers and native delicacies are replacing towering cakes.

An extra tip from the experts, when considering the perfect setting to make your vows and possibly trash the dress: look at locations that are one flight away from you and most of your guests. Direct flights tend to be cheaper and less hassle. To learn more about saying "I do" in Costa Rica, visit [www.stayincostarica.com](http://www.stayincostarica.com).

# Pharisees?

BY MARSELO  
"SELO" LOZANO

Many times we read the scriptures and often forget to apply them to our time, culture, life style, and thought process. I am amazed at how we all expect so much from God and Christ. Yet, we never consider that being the offspring of the creator of the universe we should expect just as much from ourselves and our brothers and sisters. We read the gospels and think they are written for the lost and then use them to preach at the lost. yet Jesus served the lost and taught the church to repent. If everyone who said they were a Christian actually repented and loved one another then the world would know we were his disciples.

In a church service my pastor expressed the need to adhere to the one another scriptures. He then began to fire off scripture after scripture which depicts how we should behave scriptually to one another. As I went back and looked and studied them, it seems today's church just might need to reevaluate what we say we believe. After looking at the scriptures and today's culture; must one be a Jew to be a Pharisee? or is Pharisee a religious individual from a denomination? If Jesus is a Jew and we are followers of Christ could a Christian be a Pharisee? Can posting on FB, Snap Chat, instagram, Twitter and every other social media become a religious act of a Pharisee.

It has been said the world is hard on the church, and esteems it lightly. I say the church is being weak on the church and esteems it self lightly. The body of Christ seems to be a confused bride without a groom. Looking at the church from from the outside point of view, why follow a group of divided religious, racist, people whom act like Pharisees and who can't even agree on what they believe, say or do. From the outside looking in Sunday's between 9am and 12:30pm are the most segregated times in the American Church.

We say racism doesn't exist but looking at the church from the outside, I would say

it appears it does. Unable to agree on doctrines we look divided into multiable groups, religious sects and



denominations. The world hears us scream and proclaim, "We are all the family of God!" But the world continues to see an unwelcoming, back biting, divorce ridden, unholy, poverty minded, diseased and dis-functional family/ church. Now this is not who we are, but how we act towards one another. Scripture says, the world will know we are his disciples by the love we have for one another.

I dare say if this generation can't pick out a wedding dress, cake, finger nail polish, shoes, or hair style the groom will not come soon enough. We are so caught up wanting God to move, we never move for God. But when we compare ourselves among ourselves are we fit to be the bride of Christ or just another Pharisee filled church, body, or bride looking for the Messiah?

I believe before the church can effectively reach this lost world we must understand love. It seems to me, today's world and society is more caring, loving, thoughtful, forgiving, and accepting of people than the church is. We say we love the sinner but not the sin and then treat the sinner as sin. Then walk contrary to love when it comes to the family we call church. So for one to walk in love one must be in love. When one is in love then one acts on love. I ask you this, where are the heroes? You know those guys who would risk everything for everyone just to see that justice ruled, righteousness prevailed and compromise was left for dead.

Where are the men of right

doing, the protectors of right standing, the peacemakers of the land? Where are those who's beliefs cost them family, friends and followers? Those who paid the price; money will never buy? Where are all the doers of good deeds?

The ones whose dreams are far greater than the crowd watching. Where are the men of valor and honor, Men with unwavering integrity? Where are those who in the face of adversity and defeat, smile at the face of the enemy and ask who's or whats next? Those who only carry the weapons of faith, hope and love. Those who walk in the mind and understanding of truth. Where are those men whom set aside self so others may achieve their dreams? Where are they who reject the high standard of normal? Where are they who live the life that others tell stories, write books and make movies about?

Have we such a twisted idea of a Christian, Pharisee, the church, a hero, a warrior, and a peacemaker that it must be acted out on the silver screen, school play, or video game?

Is it the money that motivates the crowd and the fame thats purchased with compromise? Todays Warriors play Call of Duty, Dark Souls, and Gears of War because they always get another life. It seems the will and fight in a man, has been traded for a mobile device, game system, couch & A/C with flat screen. With no fight left in them, todays warriors and heroes wage war in the dreams, and fantasy lands that hold them captive in a cell with no walls or bars. It's much easier to be a captive in life than to actually live it. The war being fought is not seen to the naked eye. So, we all appear to be at peace.

If you too are wondering where they are...look in a mirror.

*Marselo "Selo" Lozano has been around the block a few times. His experience gives him a trusted voice in helping youth leaders understand how to reach and raise the future generations. Don't hesitate to contact Marselo and Mia Lozano. They are quality people, and they'll help you reach the young people of your community.*

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# THE MESSAGE

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SELO LOZANO



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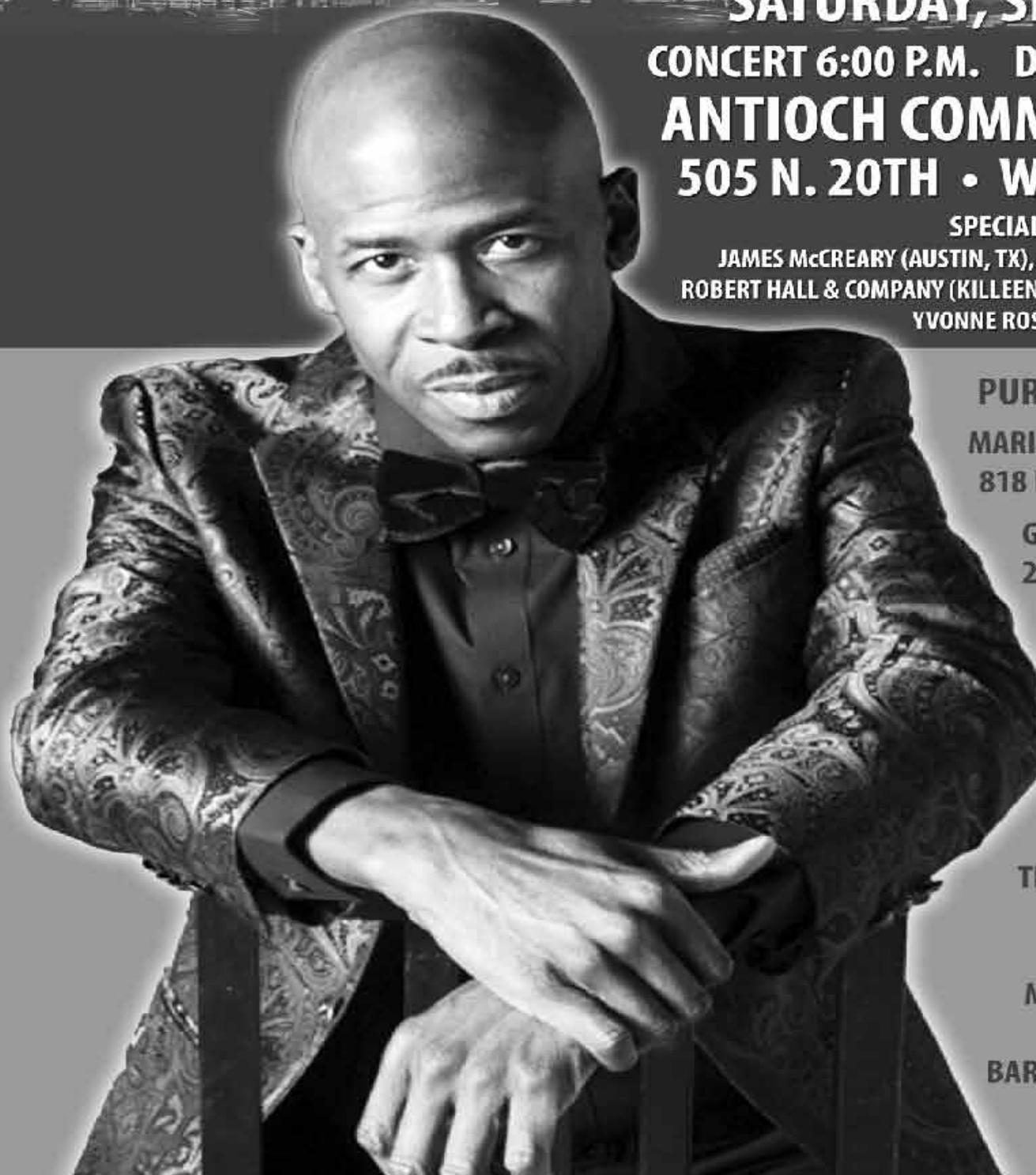
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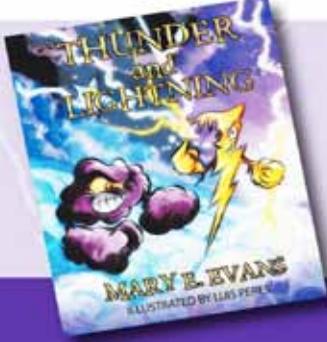
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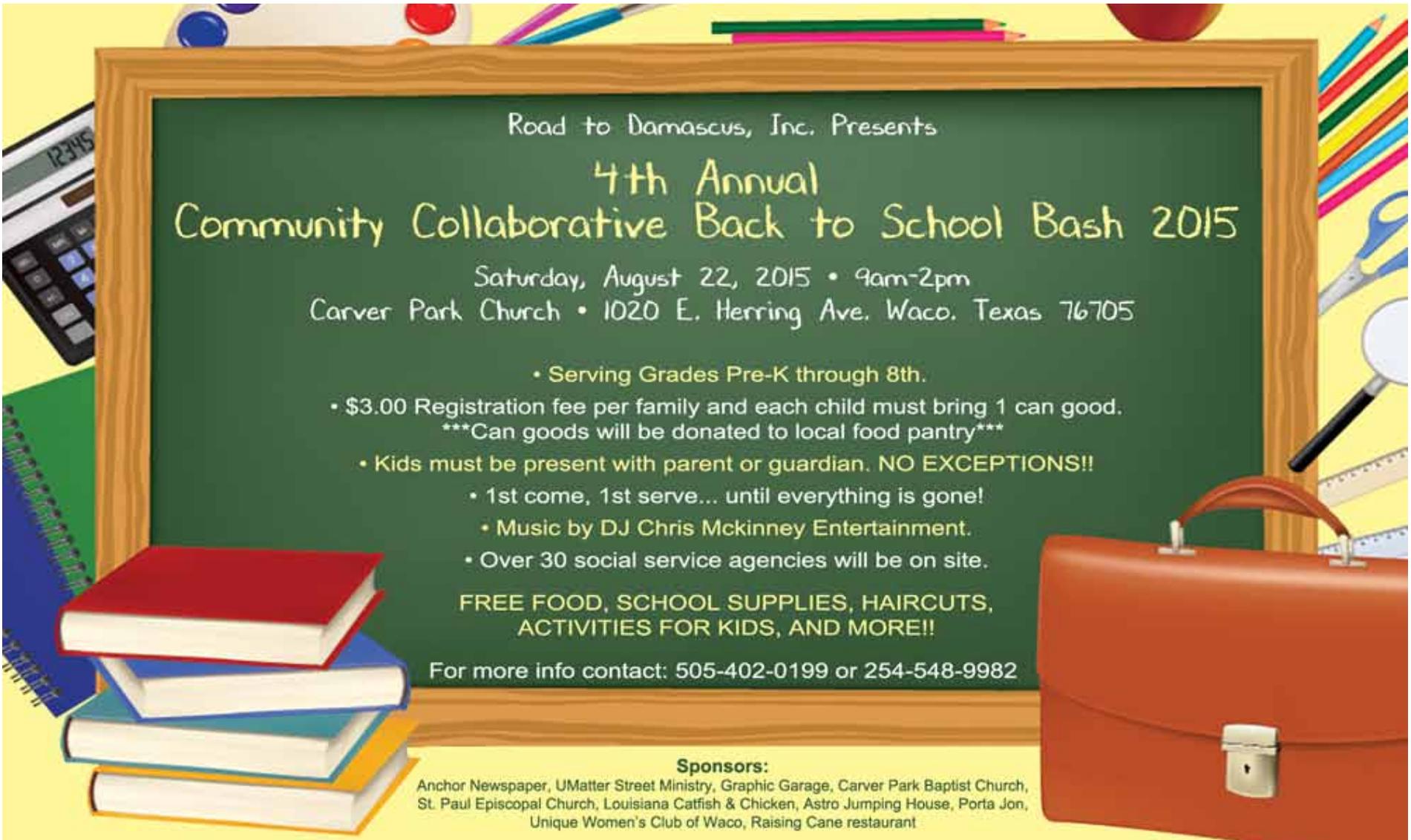
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# Developing contentment

BY MONA DUNKIN

“He is the richest who is content with the least.” Socrates

Contentment is the art of being satisfied with what you have. Make a radical commitment of gratitude and thankfulness for what you already have. Anything that appreciates (or is appreciated) goes up in value.

Step up to the challenge of getting debt free and living within your means. Test and see that buying less and paying cash for incidentals of life will help get back the true meaning of living.

Challenge your spending habits. On a scale of 1-10, will you use it? How often will you use it? It is of value to you? Can you afford it? Budgeting focuses on lack and attracts spending. Focus on savings; see the challenge of getting a bargain. Let the savings feeling supersede the spending feeling.

Use wisdom in planning and in spending. Be frugal; shop for bargains and sales. Time is currency. Are you willing to trade time with your family – which you can never get back – for time spend to get money to buy stuff.

Anything worth anything takes discipline. Many Americans put spending ahead of savings yet saving is what builds security. Spending patterns account for your future. Living within your income = happiness. Living outside your income = misery.

Develop a healthy respect for “Just \$1.00.” Depending on your income tax bracket, you have to earn more than \$1.00 to replace the \$1.00. Fifteen percent bracket repays \$1.41; 28% = \$1.73; 31% = \$1.82; 36% = \$2.01; 39% = \$2.16. When you spend, you are spending more than \$1.00. When you save, you are saving more than \$1.00.



MONA DUNKIN

Stop creating new debt. Credit cards cost you money. Even if you pay them off every month you are tricked into buying more than if you paid cash or by check and actually saw it come out of the account.

There is no such thing as a free lunch, i.e. earn cash back, airline tickets, vehicle, etc. Credit card users spend 212% more with plastic than with cash; a credit card gives a false sense of having more money than you do. Opportunity costs. Do not be suckered into the “monthly payment” trap.

The number one cause of financial failure is THE INABILITY TO DELAY GRATIFICATION. The number one means of failure to delay gratification is CREDIT CARDS.

Use your natural creativity. Remember, necessity is the mother of invention. Get control of your spending (and greed) and see how elimination promotes fulfillment.

Mona Dunkin, Motivational Speaker and Personal Success Coach, [www.monadunkin.blogspot.com](http://www.monadunkin.blogspot.com) or [www.monadunkin.com](http://www.monadunkin.com). 254-749-6594.

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# Identity thieves target computers, laptops and stored data devices

**J. L. CRAWFORD,  
LEGALSHIELD INDEPENDENT ASSOCIATE**

(NewsUSA) - Electronics this year are expected to be among the top-five gifts American consumers will give -- ranging from PCs and laptops to iPhones, PDAs and cell phones. This growing affinity for consumer electronics and subsequent reliance on stored data devices to place confidential data -- tax returns, client and personnel information, phone numbers, addresses and photos -- presents two mounting challenges for the American consumer: identity theft and electronic waste.

NexGren, Inc. (pronounced "nex-green"), a new technology innovation company, recently launched DiskEraser, a consumer product that completely erases data from computer hard drives, making them safe for donation, re-use or recycling. New to the consumer marketplace, DiskEraser's patented technology -- available for both Mac and PC systems -- has already been approved, used and proven effective by the U.S. Department of Defense to remove "secure" sensitive information from their end-of-life PCs and laptops.

There are currently more than 100 million computers and laptops stored in offices, attics, basements and garages throughout the U.S. And if these devices don't have their data properly removed before disposal, identity thieves can use them to find personal information.

"Many people fall under the false assumption that by simply deleting all files or reformatting the hard drive, the computer is free of all important data," said Dr. Joe Fergus, founder and CEO of nexGren. "However, deleting files isn't nearly enough. The information remains accessible on the hard drive and can be misused if it falls into the wrong hands."



**J.L. CRAWFORD**

Identity thieves often prey upon lost, stolen or abandoned computers. In 2008, more than 10 million Americans experienced identity theft. It can take up to several years to correct the problem. And it reaches far beyond households. The cost to U.S. corporations over the last five years exceeded \$60 billion. DiskEraser was developed to help combat this problem.

The U.S. Environmental Protection Agency cites consumer electronic waste as growing two to three times faster than any other waste stream. Stored data devices are constructed with lead,

mercury, cadmium, barium and other compounds that represent hazards to human health and environmental safety if not disposed of appropriately.

NexGren aims to slow that stream of waste by offering a nationwide recycling service, which is a critical part of the company's overall green initiative. Soon consumers will be able to send their old computers to nexGren for data removal and recycling with peace of mind and the knowledge that they have disposed of their computers in an environmentally responsible way.

If you're one of the many giving someone a PC or laptop, you should consider giving a second gift -- DiskEraser.

For more information, visit [www.nexgren.com](http://www.nexgren.com).

*If you need assistance, call your LegalShield provider law firm and speak with an attorney. LegalShield can help you with your legal issues. Preexisting problems are covered, so give me a call at 254-717-4927. Hurry. With LegalShield, "...we can help you worry less and live more." Please see the ad in this issue of The Anchor News. J.L. Crawford, Independent Associate.*

## BETTERS

Continued from page one

realize he had." Once a shy child, Betters began to open up through his participation in extracurricular activities. Doors began to open for him to do other things. For example, he served as an grocery attendant for Shepherd's Heart Ministry.

Betters is now preparing for college and plans to pursue sports communications at Richland College and later transfer to a four year school to earn his bachelor's degree. Though he is open to other 4-year schools, Baylor is definitely one of his picks. With parents who never miss a Baylor game and an older brother,

Antony Jr., who played for Baylor and works out with his baby brother occasionally, Betters would be right at home as a Baylor Bear. Betters has been employed with HEB for two years as a grocery attendant and plans to continue his employment there during the holidays and regular school breaks.

His parents and grandparents are really proud of Betters' accomplishments on and off the field. As for Betters, he believes that God has good plans for him. "When I seek Him first, He will add all other things."

# Adjusting for a new life during pregnancy

(NewsUSA) - Being pregnant is the experience of a lifetime for most women. But when it comes to prenatal care, many don't know that a doctor of chiropractic care can help with the aches and pains that come with their changing posture.

"As the body changes during pregnancy, the head, spine and pelvis can become stressed," explains Dr. Lora Tanis, a chiropractor specializing in pediatric and pregnancy care. "Chiropractic care provides gentle, effective adjustments to relieve headaches, neck and back pain -- all without the use of medication."



**DR. SHAMONICA TRUNELL-MORGAN**

This is especially important since a UCLA study found that

the drug acetaminophen, if taken during pregnancy, has been associated with a higher risk in children with attention deficit/hyperactivity disorder (ADHD).

Experts now suggest that non-pharmacological approaches, including chiropractic care, can effectively manage pain.

"A postural spinal motion evaluation and treatment can establish balance in a pregnant woman's pelvis and reduce undue stress to her uterus and supporting ligaments," Tanis says. "In addition, with a balanced pelvis, babies have a greater chance of moving into the correct

position for birth."

*For a healthier pregnancy, more women are discovering that chiropractic care*

*delivers. Call Dr. Shamonica Trunell at (254) 754-4000 to make your appointment TODAY.*

## REQUEST FOR SUBMISSIONS

It's free! Submit your feature articles for the August Education issue. Brag on your child, student, teacher, or administrator, etc. Having an educational event? Send us a full write up about it. Enclose a separate jpg headshot. Submissions should be written in the text of an email and the photo should be attached. Send everything by August 2. Send to theanchornews@aol.com (up to 500 words).

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# And these signs shall follow them that believe, Part 7

*Continued from the June issue of The Anchor.*

**BY RUBY MCCRAY**

Allow me to suggest that you get your smart phone or Bible and read these Scriptures whenever you have the time. Please do that for each of these teachings. These passages are taken from the New Living Translation unless otherwise stated.

"And then he [Jesus] told them, 'Go into all the world and preach the Good News to everyone. Anyone who believes and is baptized will be saved. But anyone who refuses to believe will be condemned.

"These miraculous signs will accompany those who believe: They will cast out demons in my name... They will be able to place their hands on the sick, and they will be healed.'

"...And the disciples went everywhere and preached, and the Lord working through them, confirming what they said by many miraculous signs" (Mark 16:15-20).

Last month, I ended with the dialogue that I had with Jesus years ago. My children, siblings and many of my friends have heard me tell it. I believe that unforgiveness is a very common sin, even among Christians, that allows the devil to afflict us and our household with sickness. It seems so easy to justify when one or someone's loved one has been hurt so badly. I never shall forget what Jesus dropped in my spirit when I was trying to justify my pickled attitude.

"Ruby, has anybody ever done to you what your sins did to Me? Immediately, I said, 'Father, forgive her because she doesn't know what she's doing?' I fixed my face! There are so many passages where we are told to forgive or we won't be forgiven. We cannot enter into heaven with our sins unforgiven.

"Give us this day the food we need, and forgive us our sins, as we have forgiven those who sin against us" (Matthew 6:11, 12). "Give us each day the food we need, and forgive us our sins, as we forgive those who sin against

us. And don't let us yield to temptation" (Luke 11:3, 4). We, Christians, pray those two prayers many times. In the recorded passages, we ask The Father to forgive us for our sins just like we forgive others for their sins. If that be the case, some will never be forgiven because they won't forgive.

Jesus spoke to the disciples saying, "Have faith in God. I tell you the truth, you can say to this mountain, 'May you be lifted up and thrown into the sea,' and it will happen. But you must really believe it will happen and have no doubt in your heart. I tell you, you can pray for anything, and if you believe that you've received it, it will be yours. But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too" (Mark 11:26).

There is no way that we can be healed, pray for others to be healed or cast out a demon when we have unforgiveness in our hearts. Unforgiveness gives the demons legal rights to torment us. Let's look at this account.

Peter asked Jesus would seven times be enough to forgive a person? Jesus said no, seventy times seven. He explained that the Kingdom of Heaven is just like a king calling his servants to update their accounts. One



**EVANGELIST  
RUBY MCCRAY**

owed so much money that he ordered that he, his wife, his children and his assets be sold for payment of the debt. The man asked for more time and he'd pay. The king had pity and forgave the entire debt.

That same man found someone who owed him a little money, but didn't have it, but asked for time to get it. He wouldn't wait, but had the man arrested. Some other servants told the king what was done. The king summoned the man and called him wicked because he had been forgiven but would not forgive. The angry king had him put in prison to be tortured until he could pay all of the debt. Then Jesus further said that

His heavenly Father will do the same to anyone who refuses to forgive his brothers and sisters from their heart (Matthew 18:21-35).

Who had to suffer for that one man's debt? We had better start considering that it just might be our sins that's causing our children's or spouse's sickness. There are so many babies born out of wedlock that have to suffer sicknesses and deformed parts because of the selfishness of the parents. Praise Jesus! He still forgives and heals through us.

One of my mentors was able to pray the prayer of faith for several babies on the terminal ward at Cooks

Children Hospital, Fort Worth. Even though these babies were expected to die, and the Lord healed every one after the parent(s) confessed and repented (turned away from) their sins. One had been there two years;; another came in that night. This six-year old had been shot, and was not expected to survive the night. 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 [rubbyacorm@yahoo.com](mailto:rubbyacorm@yahoo.com) or write to A City of Refuge Ministries, P. O. Box 2025, Waco, Texas 76703.*

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**Wanda B.  
Gunter**

Author, Artist &  
Contributing writer  
for *The Anchor News*

# Annual Education Issue

It's free! Submit your feature articles for the August Education issue. Brag on your child, student, teacher, or administrator, etc. Having an educational event? Send us a full write up about it. Enclose a separate jpg headshot. Submissions should be written in the text of an email and the photo should be attached. Send everything by August 2. Send to theanchornews@aol.com (up to 500 words).

## Man's blessing; God's cursing

BY MATTHEW REED

Man has given homosexuality his blessings in most of the world. God is still cursing it in all of the world. Leviticus 18:22 says, "Thou shalt not lie with mankind, as with womankind: it is an abomination. Leviticus 20:13 says, "If a man also lies with mankind, as he lieth with a woman, both of them have committed an abomination: they shall surely be put to death; their blood shall be upon them."

God looks upon this sin as an abomination (a thing that causes disgust or hatred). Through these scriptures we can see that God is disgusted at this sin and hates it or loathes it. In 1 Corinthians 5, we find instructions to the new covenant church in the judgment of sinners inside the church and outside the church.

The church is not advocating the death of anyone. We are instructed in ways to deal with sinners. As a matter of fact we are not arguing for or against civil rights; our job is to point out sin and teach and lead by



PASTOR AND MRS. REED

example in the way of righteousness. In 1 Corinthians 6: 9-11, we find not only the sin of homosexuality condemned but also fornicators, idolaters, adulterers, thieves, covetousness, drunkards, revilers and extortionists. We can also see by reading verse 11 that there were those present that had been guilty of the entire list but thru Jesus Christ had been cleaned and made acceptable. Verse 11 says, "And such were some of you; but ye are

washed, but ye are sanctified, but ye are justified in the name of the Lord Jesus and by the Spirit of our God."

You see, all can be saved. Once again I resolve that the church's business is to make known the truth of God and to preach the Gospel of Jesus Christ. The truth is, whatever God is cursing he's cursing and men don't have the authority or power to bless it! This thing is going to come to a no good end. You can count on it.

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# A life in Christ: Jesus, our good shepherd

BY PAM TURNER

I can remember as a young child we lived on some property near the Brazos river. We were a fairly large family of 8 boys and 2 girls; I was the youngest. I had 3 older brothers who were very close in age. This was during the 1950's when even though they were young, the boys were allowed to venture off and fish and do whatever boys chose to do. The yard was huge and we would all get out there and play till the sun went down. I did my best to keep up with the boys, but I was not allowed to leave the yard or go down to the water without an adult or one of the teenage boys.

I can remember one day the boys decided to take off for the water and left me alone in the front yard. I don't recall how old I was, but I do remember not being a happy camper, so I decided to sneak off and follow them. I thought I was all alone, and I knew I was about to do something wrong, but I had to keep up with the boys. Just about the time I got to the entrance of our driveway, I heard a loud voice from my mother hollering for me to get to the yard. It was as if a hand had grabbed me by the collar and pulled me back. Oh, what utter frustration I could feel, but something within me knew it was wrong to try and follow the boys. I quickly got back to the house.

You see, my mother was my protector or shepherd; she allowed her children to run and play like a bunch of animals. However, I was her lamb and needed to be watched a little closer than the boys. It was as if she was a shepherd with a staff, and she reached out and grabbed me by the neck, stopped me from getting into trouble and quickly got me back to safety. Do you think I tried after that day to sneak off and follow the boys? I surely did. Was she or another adult there to pull me back every time? Yes, they were, and I'm here today as proof.

In the word of God, we are referred to as sheep, the dumbest animal on the planet. That's why they need a shepherd to look after and care for them. Sheep have a tendency to want to roam as I did and they can get into a lot of trouble. They can get lost or killed by wild animals. Moses obeyed God by leading the children of Israel out



PAM TURNER

of Egypt, all of this with God's help. After they all roamed in the desert for 40 years, it is now time to enter into the land of Canaan, the land God promised to His people.

However, Moses offended God and was not allowed to lead these people into the land God promised. Numbers 27:12-17, God tells Moses its time for him to die and that he will not enter into Canaan. In verses 15-17, Moses asks God to give the people a leader, so the people will not be as sheep without a shepherd. God instructs Moses that Joshua would be anointed to lead the people. As time went by, there would be others to lead. In the Old Testament, we can find where the people would have strong, godly men as their leader, and then others who would disobey God and were wicked in the eyes of God who would lead His people. In 1 Kings 22:17, the prophet Micaiah has come before King Ahab at the king's request. King Ahab is seeking advice on whether war should be waged against Ramoth Gilead.

He advises the king that he could see his army scattered on the hills like sheep without a shepherd, or basically he would be killed in battle if he chose to fight. The king persists in seeking advice until he hears it's okay to fight. He was not someone I would want as my shepherd or leader; of course he went to battle and died as Micaiah had predicted.

If I lived during that period of time and had a choice as to who my leader would be, King David would be my choice. Not only was he a good leader; he was a godly man who wrote most of the Psalms, and the most popular among most people is the 23rd Psalms. It begins "The Lord is my shepherd, I shall not

want." When my daughter was young, she had a blanket that had a silk lining all around the edge. As she would lay there dozing off to sleep, she would rub on that lining with her thumb and index finger. Something about rubbing that silk would bring her comfort and she would doze off. That's the comfort I get when I read David's psalms. Verse 2 says "He makes me lie down in green pastures; He leads me beside quiet waters."

In John 10: 11-14, Jesus describes himself as the good shepherd, one who is willing to lay down his life for His sheep, something he later did at Calvary. Remember though He died on that cross; He arose in three days and now lives as our Lord and Savior.

He's still our Good Shepherd, and the compassion He has for all of mankind is beyond words. He loves His sheep. We have His Holy Spirit to lead, guide and comfort us. So today if you

don't know Jesus as your Lord and Savior, or if you're trying to live a life without the Shepherd, I would like to encourage you to take a moment, and submit your life to Jesus Christ. OUR GOOD SHEPHERD! Let His peace and love be like silk you hold on to during those moments when you need comfort.

*May God Lead and Guide you and grant you the desires of your heart! Pam Turner, a free-lance writer, attends High Point Church in Waco.*

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### MAKE SURE YOU WORK WITH THE BEST

Not all licensed real estate agents in Texas are the same. Only those who pledge to uphold the strict code of professional ethics established in 1913 can call themselves Texas REALTORS.

When you hire me, you can feel secure knowing you have someone on your side. Someone who will help you achieve your goals.

### I WILL ALWAYS PUT YOUR INTERESTS FIRST

I measure success by creating satisfied clients. To do that, I focus on your real estate needs.

### COMMUNITIES MATTER

REALTORS don't just help people buy and sell real estate. We also volunteer in the community to make it a better place for all of us.

### REALTORS ARE ON THE SIDE OF ALL HOMEOWNERS

We work with legislators to create favorable laws for homeowners. We also fight rules that would restrict

property owners' rights.

### MY EDUCATION NEVER ENDS

Laws change. Markets shift. I take courses to increase my expertise so I can better serve you in such an important transaction in your life.

### OPENING DOORS

REALTORS work hard to create more opportunities for people to afford homes.

### I HOLD MYSELF TO A HIGHER STANDARD

All real estate agents must follow laws. But as a REALTOR, I also abide by a strict code of ethics. That means I have additional responsibilities to the public, my fellow REALTORS and to you.

You have a lot at stake in a real estate transaction. I owe it to you to be more than just an ordinary real estate agent. That's why I am a Texas REALTOR.



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