

# Celebrating 10 Years In the Community



The

# ANCHOR NEWS



Serving the Central Texas Community

Volume 10 Number 10

May 2013

FREE

## Jones named Citizen of the Month

Patsy Jefferson Jones was recently named Cen-Tex African American Chamber of Commerce's Citizen of the Month. She is the proud wife of Deacon Kenneth R. Jones, Sr. and the mother of three adult children Kendra, Kenneth, Jr. (Serita) and Patrick Jones, Sr. (Elissa). She is Mimi to Andrew, Rajariyun, Patrick, Jr., Demetris, and Ariana.

Born and raised in Waco, Texas, Jones attended Waco Public Schools graduating from Jefferson-Moore High School. She holds degrees from McLennan Community College (AAS Mental Health), University of Mary Hardin-Baylor (Bachelor of Science-Behavioral Science) and Amberton University (Master of Science- Human Resources). Additional graduate studies at Baylor University and Paul



Patsy Jefferson Jones

Quinn College. Jones is a Texas Board Certified licensed social worker. She has completed basic and advanced training in "Dr. William Glasser's Reality Therapy."

Jones has been employed at McLennan Community College for the past twenty-one years serving

in various positions. She served in the capacity of counselor and academic advisor for the Displaced Homemakers Program, as well as counselor for the MCC Career Center. Currently, Jones serves as the project director of the Upward Bound Program. The Upward Bound Program is a federally funded college preparatory program which serves students in the Waco ISD, Connally ISD and LaVega ISD school districts.

The program's fundamental purpose is to provide academic tutoring, personal counseling, career exploration, post-secondary information/advisement, financial aid assistance, academic testing and evaluation, cultural enrichment, service learning and mentoring to

See JONES Pg. 6

## Thomas brings "Road to Damascus" for troubled youth in Waco

By Danielle Skinner

The book of Acts is a story of tested faith, redemption, and God's revealed purpose for Paul. God leads the apostle on a life changing journey. Mia Thomas, founder of "Road to Damascus" is an organization with a similar purpose for misguided youth. It's a non-profit Christian organization designed to help troubled youth get back on the right track.

Mia Thomas didn't build "Road to Damascus" from the ground-up overnight. According to Thomas, God took her through her own life-changing journey.

"As a teenager I made bad choices," Thomas explained. "I also know what it's like to be told I wouldn't amount to anything."

Thomas is an Atlanta native but grew up in Jessup, Georgia. She comes from a military, single-parent home. Her mother remarried and her family moved to Waco. She says as a teen she began to act out.

"I would say peer-pressure and me doing what I wanted to do was a reason I acted out," said Thomas.

Thomas says her "change in the right direction" came when she got involved in the criminal justice field at age 18.

"I got to see firsthand how people were treated on the other end of the jail bars," she said.

Little did she know her experiences working with the Sheriff's



Mia Thomas

department, substance abuse programs, correctional facilities, and juvenile detention centers would develop her passion for helping people change their lives.

Once her own personal "Road to Damascus" became clear, Thomas knew she had to continue touching the lives of others in Waco, but in a more impactful way.

"I've had to overcome so many obstacles, and I want to help others overcome their own," Thomas said. "God showed me I needed to do this. Road to Damascus came to me in a vision."

Thomas put her "vision" into work. Road to Damascus is a resource center and transitional home that targets kids ages 11-18 who have behavioral problems.

Their mission statement is to implement spiritual solutions through Christian in-

See THOMAS Pg. 10

## MHS senior wins national photography award

Midway High School Senior Nathan Jaquith has won the Walsworth Yearbook Publishing Company Award for Feature Photography. His photograph of a football coach consoling a player after the last game was chosen out of 2,500 other photographs in this nationwide contest which involved professional judges and a Facebook voting campaign.

This honor includes a \$100 Visa gift card, a letter from the Walsworth president, Don Walsworth, a large plaque, and a pizza party lunch for the yearbook staff. In attendance of the award presentation on April 30 was MISD Superintendent George Kazanas,



Nathan Jaquith

Principal Jeff Gasaway, numerous assistant principals

and some of Jaquith's current teachers, as well as the rest of the yearbook staff. The award was presented by Walsworth's Team Texas Representative Ryan Rinaldi.

Jaquith is currently the photo editor of the Midway High School yearbook and a third-year staff member. His duties, in addition to his page design assignments like the marching band, tennis and the life skills department pages, are to shoot a vast majority of major MHS activities like athletics and fine arts department performances. Last year Jaquith served as the academic editor. His sophomore year he

See JAQUITH Pg. 2



**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.

## Grudges...

(NewsUSA) - It's her again. She puts your teeth on edge. You want to say something, but the words won't come, so you picture an anvil falling on her head, instead.

Sound familiar? You can hardly navigate the world without ever running into conflict with another person. But carrying grudges can be destructive. In 2009, researchers at the Department of Psychology at Medical College of Georgia published a survey, which revealed that those who don't forgive can experience more pain disorders, heart disease and stomach ulcers.

"Holding onto negativity

See GRUDGES Pg. 13

# Doris Miller memorial fund now over \$200,000



**Doris Miller**

**By Doreen Ravenscroft**

It's exciting news! The Doris Miller Memorial Fund is now over \$200,000 [www.dorismillermemorial.org](http://www.dorismillermemorial.org)

The 140ft memorial will be located in a grassy area between the Bledsoe-Miller Recreation Center and the Washington Avenue Bridge on Martin Luther King Boulevard.

Recently in Waco, Stan Carroll, architect, met with the Doris Miller Memorial team, strategic chair Ken Hampton. Talking with Claire Masters, Stan said, "The Memorial is made up of many panels of layered, overlapping aluminum that are transparent, porous and textured."

He included a large image of the Navy Cross symbol cast in bronze to match Doris Miller's bigger-than-life bronze statue, which will stand at one end of the ship. Eddie Dixon of Lub-

bock will create the bronze images. Carroll also added, "We will leave an empty space near the Navy Cross that hopefully will be used someday to insert a bronze image of the Congressional Medal of Honor, which many people believe he deserves. The bow of the ship will appear to enter a shallow basin, which symbolizes the loss at sea of our hero. " It will be constructed of black granite, making it appear fathoms deep and hiding the fact that it is only a few inches deep.

To help encourage donations for the project, the DM Team is offering a commemorative Doris Miller coin for your donation of \$50 or more. Many area churches and community groups are helping in this effort through their own programs. Special Doris Miller coin collection boxes are also available through youth groups.

Four area banks are providing an easy way to make a donation and receive a coin. Those banks are American Bank, Central National Bank, Community Bank and Trust, and First National Bank of Central Texas. You may also make a donation on line at [www.dorismillermemorial.org](http://www.dorismillermemorial.org) or send a donation to "CAW"

Doris Miller Memorial, 801 Washington Avenue, Suite 405, Waco, TX 76701. Tel 254 723-6830

The Doris Miller Memorial team is grateful for any size donation received. The celebration of Memorial Day reminds us of all who gave their lives and those who served and still serve their country today.

## JAQUITH

Continued from page one



**Nathan Jaquith's photo of a football coach consoling a player was chosen the winning photo out of 2,500 entries.**

was a staff photographer and, as a freshman, he took journalism/photojournalism class. He has an extensive photo portfolio with work from news, feature and sports assignments as well as wildlife and landscapes. Jaquith has participated and won many photography contests throughout his four years at MHS. He has also participated in job shadowing opportunities with local

photographers.

Jaquith plans to attend McLennan Community College after graduation. He later hopes to transfer to The Pratt Institute in New York His long-term professional goal is to work in photography.

Jaquith is the son of Charles and Penny Jaquith of Hewitt and the grandson of Billie Frayer, also of Hewitt.

## 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 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.

### 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).

### ADVERTISING RATES

To request advertising rates, contact the office at (254) 715-8943.

[www.theanchornews.com](http://www.theanchornews.com)

## STAFF

**Linda Crawford** ~ Editor / Owner

**Stasha Austin** ~ Associate Editor

**J.L. Crawford** ~ Director of Operations / Owner

**Ray Austin** ~ Website Designer

**Gale Edwards** ~ Public Relations

**Armando Arvizu** ~ Advertising

**Wanda B. Gunter** ~ Contributing Writer

# In Honor of Mothers



*Minnie "Mama" Mason*

**You were the heartbeat of the Mason family. We miss you so much! Happy Mother's Day in heaven!**

*Your Son, Willie Mason and all of your grands & greats!*



*Theresa Crawford*

**We miss you so much! Happy Mother's Day in heaven!**

*J.L. and Linda*



*Linda Mason Crawford*

**Our mom is the best mom ever. She has been there for us through thick and thin, and we are the God-seeking, independent individuals that we are today because of our mom. Thank you for everything!**

*Ray and Stasha Austin*



*Eliza Mason Amos & Lessie Mason Franklin*

**We miss our mothers so very much, but we know they are dancing in Heaven. Happy Mother's Day in Heaven!**



*Emmer Mason Gladney & Annie Mason Norman*

*Helen, Bobbie, N.J., Peggy, Delois, Linda and Kenneth*



*Annie Mason Norman*



*Mildred Prince Johnson*

**"Let integrity and uprightness preserve me, for I wait for You." – Psalms 25:1. Happy Mother's Day 2013! We love you!**

*From Mr. Lorea H. Johnson & Ms. Deidre F. Johnson*



*Bertha Fowler*

**"Her children will rise and call her blessed." – Prov. 31. We want you to know that you are a true inspiration to the entire family and we all love you so very much.**

*Love your kids, daughter in laws, son in law, grandchildren and great-grandchildren.*



*Rosetta Manning Mainor Stone*

**Thanks mom for training us up in the way we should go.**

*Love, Marcia, Brenda and the Girls*

# Don't talk about Mom



Ron Oliphant

## By Ron Oliphant

I heard someone say that a friend of theirs had a baby, with the kind of face, only a mother could love. Needless to say mom must be a very tolerant person when it comes to her own child for that to be a well-known saying. Even the worst mom, if she raised you, had to feed and clothe you for a long period of time. So, I think we should give her praise for that. Now seeing how this is the month we show our appreciation for mom, I thought about how we express our true feelings for our mother. For some reason just the mere mention of mom in any negative fashion will spark a third grader to fist a cuffs.

This feeling for mom does not change as we get older.

If you look someone in the eye, in anger and say "Yo Momma!" you just asked for a fight and I don't care how old you are. You don't necessarily need to say anything connected with it, just know you will need to defend yourself if you say something even remotely, in the area.

The saddest thing I ever heard was a criminal talking about how his life started out by being dropped off on a door step. He knew that if his own mother did not love him, he was born bad and was destined to be a menace to society. The only thing he wanted was to know who she was and to talk to her. The majority of people in this world love Mom and it is not just because she provides food and shelter. Mom will care if no one else does.

Recently I read an article online that talked about how the mother of the two men responsible for the bombing in Boston, defended her sons. Now these guys had taken people's lives. This led me to search out other mothers who defended their killer sons, and I must admit the list is long. I guess the connection between a mother and her child supersedes logic.

I love my children but if my son was killing people I would be the first to tell the authorities where he is if I knew. I would feel apologetic

about raising such a terror to my fellow man. However, I did not have to carry my children or breast feed so although I love them, maybe Mom is connected more.

There obviously is something spiritual going on because in my own life, my mom has always been there for me. I must admit even when I was wrong, my mother may have chastised me, but she loved me anyway. She would call to check on me just because she would feel something in her spirit when I was down.

She nursed me when I was sick, fed me when I was hungry and if you even as much as call my momma out her name, we gone! fight! Oh, excuse me...I forgot that I am writing an article. I meant we are going to have a problem. Anyway, I would just like to say Happy Mother's Day to all mothers.

**HEAD START**

**GETS YOUR PRESCHOOLER**  
**Free Pre K Head Start Services**

**OPEN ENROLLMENT**  
**SATURDAY,**  
**JUNE 15**  
**3221 SPEIGHT AVENUE**  
**10:00 A.M. TO**  
**2:00 P.M.**  
**254-753-5324**

Bring Birth Certificate & Income Verification

TANF, SSI, Homeless, and Foster Children are automatically eligible

ADDITIONAL INFORMATION

**COMPLETE SERVICES**  
- FOR ALL CHILDREN -  
FOR CHILDREN WITH SPECIAL NEEDS.

Early Head Start  
Pregnant Women, Infants & Toddlers  
(254) 754-5642

Call 753-5324  
or visit  
3221 Speight,  
510 South 12th

1988 SMALL WORLD GRAPHICS - FORM 344

**BROKEN SILENCE BOOKS & PUBLICATIONS**  
PO BOX 2873  
Harker Heights, TX 76548  
www.brokensilencebooks.com

**WB Gunter**  
Author, Poet, Artist

# EOAC offers onsite assistance in West

The Economic Opportunity Advancement Corporation (EOAC) is pleased with its diligence in helping our West families. An EOAC Child & Parent Advocate from our organization is in the area to work with parents. In addition, Head Start is providing buses to pick up children needing the Head Start program. The organization has a disaster plan that allows these children to be admitted into the program.

The Child Care Services program in conjunction with the Workforce, has a Client Services Specialist on duty there to assist with childcare needs, along with a childcare provider in West. The Weatherization staff is there to look at assistance in that program for home assistance. EOAC requested and received a Grant from the Texas Housing and Community Service Department in Austin to

use along with its present funding to provide housing, and funds for food and gas with cash cards as needed. To date, EOAC has served several citizens there, helping as many as 51 in one day alone.

The EOAC Waco Charter School has collected clothes and supplies for individuals and delivered. The Head Start staff has bought water for West and delivered through HOTCOG.

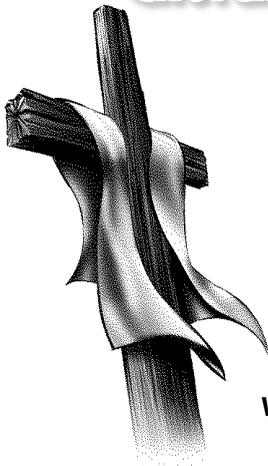
Individuals in our programs are taking up funds to provide assistance on their own.

EOAC will continue to have staff in West, providing the assistance of its programs based upon abilities with funding sources. "The good thing about what we do," says John Key, Executive Director, "is that we will still be around a year from now if we are needed."

# Temple of Christ Church

**Matthew Reed Ministries Inc.**  
609 N. 5th St., Waco, TX. 76701 • (254) 753-0772

## Church Services



**Sunday School**  
10:00 AM

**Morning Worship**  
11:15 AM

**Sunday Evening**  
6:00 PM

**Monday Bible Study**  
7:00 PM – 8:30 PM

**Wednesday Prayer Worship**  
7:00 PM

*Pastor Matthew Reed and Wife Helen*



## GLOBAL WEB DESIGNS

**ARE YOU A SMALL BUSINESS OR A CHURCH NEEDING A NEW LOOK? DO YOU NEED A BRAND NEW WEB SITE OR JUST AN OVERHAUL OF YOUR EXISTING SITE? GLOBAL WEB DESIGN IS HERE FOR YOU! PROFESSIONAL, SKILLED AND AFFORDABLE... WE DESIGN WITH YOU IN MIND!**

**INFO@GLOBALWEBDESIGNS.ORG - WWW.GLOBALWEBDESIGNS.ORG  
254.537.2796**

## TALENT AUDITIONS TO BE FEATURED ON:

# Our Daily Bread Show

**SEASON 4**

**SINGERS  
PRAISE DANCERS  
MIME DANCERS  
GOSPEL RAPPERS  
MUSICIAN  
SPOKEN WORD  
GOSPEL COMEDIANS**

**AUSTIN • BELTON • DALLAS • FT HOOD • KILLEEN • TEMPLE • WACO**



AGES 5 AND UP. UNDER 18 MUST REGISTER WITH PARENT OR LEGAL GUARDIAN. \$15 REGISTRATION FEE PER PERSON. GROUPS ARE LIMITED TO UP TO 6 PEOPLE. SOME RESTRICTIONS MAY APPLY. PRE-REGISTER AT: **WWW.OURDAILYBREADSHOW.COM/AUDITIONS**

## JONES

Continued from page one

low-income/first generation student populations. During Jones' tenure, approximately one thousand low-income and first-generation students have been assisted in completing high school, entrance and completion of varied college degrees. Numerous Upward Bound students have gone on to become successful contributors of our community and society in general.

Jones' community service includes serving as past president of the EOAC Head Start Parent Board and Youth Connection Board. Currently, Jones serves as committee member for BSA-Pack 403 and is a member of the Waco ISD Parent Teacher Association. Additional community service includes, but is not limited to HEB Feast of Sharing, Komen Race for the Cure,

Relay for Life, Boy Scouts of America, MLK Day of Service, Heart Race and Neighborhood Works.

Jones united with the Toliver Chapel Missionary Baptist Church at a very young age. During her forty-five years as a member of Toliver, she served in several leadership positions beginning in her youth: Youth Usher President, Baptist Training Union Secretary, Women Auxiliary President, and Celestial Voices Choir President. Additionally, she served as a Sunday School Teacher and Vacation Bible

School Teacher. Dr. Jimmy Hunter served as her pastor. Jones recently joined her husband, Deacon Kenneth Jones uniting with the Second Missionary Baptist Church, where Dr. Nika Davis serves as their spiritual leader.

Over the years, Jones has counseled numerous young people, helping them to recognize their God given gifts. Jones hope that this and future gener-

ations of young people will realize the great potential, which lies within each of them. She is praying that these young people will give themselves to Christ, so that He may use them for His glorification! Jones continues to serve as mentor, counselor, teacher and friend. One of her favorite scriptures is Philipians 4:13: "I can do all things through Christ who strengthens me."

# Centex

## PEE WEE FOOTBALL & CHEERLEADING

Registration / BBQ Bonanza

**Centex Pee Wee Football League is a non-profit organization located here in the Waco area. Attached is the information you requested please feel free to use it as you feel it will best service the community.**

### May 11 • 11:30 - 2

Victorious Life Church, 7459 S. IH-35, Waco, TX 76706

## Children 4-12 Years Old

Flag Football - \$75 • Tackle Football - \$165 • Cheerleading - \$130

*This is a great time to meet the coaching staff who are all USA football certified and national background checked. Parents can register for our 2013 season while players will be fitted for uniforms and equipment. While registration is going on, you and your child can enjoy a bite to eat as well as a safe place to play and have some family fun.*

**\$3.00 OFF FOR  
FIRST-TIME CUSTOMERS!**

## THE ROCK BARBER SHOP

Barber on Duty



*Rashad  
"Chip" Davis*

**Hours:**

Tuesday-Friday, 10-6

Saturday, 8-3

~ By Appointment Only ~

112 Jim in Panther Square  
(254) 235-3233

Bellmead  
Strong  
Radio  
~ 1580 am ~



*The Rockin Mr. B*

*I grew up in Saint Louis, Missouri. At the age of 15 I became a Dance Hall Disc Jockey for young people. I did this until I was 17 years old.*

*Now after retiring from 26 years in the Army, I wanted to pick up where I left off! This has been my life's dream and I hope to brighten your days with the sweet sound of old school music! So sit back, relax, and enjoy the wonderful sounds of the music we all loved so much!*

*On Sundays, we provide Classic Gospel with artists such as: The Five Blind Boys, Maholia Jackson, Soul Stirrers, Sam Cooke, and many more! With the help of our Lord Jesus Christ, I know this station will be a success!!*

*Thank you for your Blessings and Support!*

To be a sponsor and/or supporter, please contact us through Email: [bellmeadstrongradio@gmail.com](mailto:bellmeadstrongradio@gmail.com) or call 254-799-2062

P.O. Box 154303 • Waco, Texas 76715-4303

Bellmead's First "Old School" Radio Station

~ 1580 am ~

Listen Live 7:30 p.m. - 9:00 p.m.

Sunday - Friday

<http://stations.swcast.net/bellmeadstrongradio>

[www.bellmeadstrongradio.com](http://www.bellmeadstrongradio.com)



# Making the switch

**By Jennifer Snyder**

The days are gloriously warm without being too hot; the nights are breezy and cool without the threat of freezing. Spring has officially sprung! With the changing seasons comes swapping out our wardrobes. Some (men) are blessed to be able to wear the same clothes all year long while women have boots to swap for sandals, sweaters to swap for tanks, and I could go on all day.

As you are moving out the turtlenecks and suede boots to make room for the sundresses and shorts, think about what you wear and how often you wear it. We tend to keep things that we don't wear for a variety of reasons but here is the deal! If your INCOMING clothes meet any of these criteria they should be donated and donating to the citizens of West, Texas is a great place to start!

1. More than 1 size bigger than your current size or more than 1 size smaller than your current size. Let me define "current," what you wear right now – not what you wore in high school or before the baby but right now.

2. Colors that are not flattering to your skin tone. By "not flattering" I mean they make you look like a zombie or feel like one.

3. If you did not wear it all season last year. This means you either do not



Jennifer Snyder

like the way it fits you or the style or type of garment simply does not suit your lifestyle.

4. If you do not have anything to pair it with. If you have to buy a top or shoes in order to wear it, you don't need it now. I don't care how cute it is!

5. If you would be embarrassed to wear it in front of your children or to the grocery store where you might run into a friend of your mother's.

Now that we know what we don't need, let's consider what to do with the cold weather clothes. If you are lucky enough to have a high bar in your closet then move them up there. If not, here are a few ideas for stashing those out garments until fall.

1. Consider an under-the-bed plastic storage bin for out-of-season shoes – only put it in the bottom

of your closet instead of under the bed. This will give you a false bottom and keep the shoes handy in case of an emergency.

2. Try to squeeze a few inches out of another closet in the house for delicates so they can hang all year long.

3. Jeans, sweaters, and

knits can be folded and stored in a plastic tub. If the tub has to go into the attic, basement, garage or storage building, place each garment inside its own gallon-size Ziploc bag for added protection.

Make sure all clothes are clean prior to storing or they may become soiled

permanently. These are just some ideas to keep your closet current and your clothes happy.

If you have a good idea for storing out of season clothes, I would love to hear it. Please feel free to send an email to me directly at [jennifer@neatasapin.net](mailto:jennifer@neatasapin.net).

## DO THESE FACES LOOK LIKE THEY NEED DRUGS?



**ATTEND A  
FREE ADD/ADHD SEMINAR  
GUEST SPEAKER: DR. SHAMONICA TRUNELL, D.C.  
PLEASE CALL TO REGISTER, SEATING IS LIMITED  
(254) 754-4000**

**HILLCREST CHIROPRACTIC CLINIC  
3500 HILLCREST DR. SUITE 8  
WACO, TX**

**A DRUG-FREE APPROACH TO TREATING LEARNING & BEHAVIORAL PROBLEMS**

**FREE LUNCH WHILE YOU LEARN  
HILLCREST CHIROPRACTIC  
DATE: TO BE DETERMINED**

**SEATING IS LIMITED TO 20 PEOPLE. RESERVE YOUR SPOT TODAY!  
254-754-4000**

**AN EDUCATIONAL AND INFORMATIVE PRESENTATION, YOU WILL LEARN A SIMPLE AND NATURAL SOLUTION TO THE EVER-GROWING NUMBER OF KIDS AND ADULTS, AFFECTED BY "ADD" AND "ADHD."**

## Jazz Quartet

Bringing you contemporary & traditional jazz, praise & worship, wedding music, etc.

**BLUE NOTE JAZZ** 

*For hire for any occasion. For bookings,  
please call Shane Hall at*

**254.744.7092**

# Stoney Brook residents know a thing or two about mothering

HEWITT, TX (April 29, 2013)—May 12 is Mother's Day, a fondly anticipated holiday by many mom's and a wonderful time to share advice, memories, and stories by those who have been "mothering" the longest. Where better to find some of the wisest mother's in town than at a local senior living community. At Stoney Brook Senior Living of Hewitt, mothers abound and relish the role they have played in the lives of their fami-

lies and the community at large and have some sage thoughts to share with others.

"For decades many of our mothers have experienced all that life has to give- the ups and downs but through it all they are the treasure keepers and consummate advice givers," says Chelsey Haeffner, Community Marketing Director. "And each of these mothers have stories that warm the heart, and make you believe in the power and presence

that every mother brings to her family."

Meet some of the mothers at Stoney Brook who offer tips and share a story or two about their role of a lifetime.

The mother of daughters, Shirley Keen, knows a thing or two about flexibility. She says, "As a mother, you have to just go with the flow." Ms. Keen goes on to smile and reminisce about her daughters being ornery and sneaking out onto her roof. She remembers often

having to take this as her own advice.

Ms. Julie Connell credits a great deal of her parenting to raising her children in the church. She states that one of the greatest lessons a child can ever learn is to "honor thy mother and thy father." Other than that, she says the best advice she can give about being a mother is simple: "Just love your children."

Another wise mother, Ms. Ruby Klatt, who raised three boys advises parents

today to support their children in the things they enjoy. "Take interest. Go to their activities or sporting events. Later on in life, they will express their appreciation." Ms. Klatt agrees with the sentiments of Ms. Connell, though, in that the greatest thing you can do as a mother is to love your children.

And who says you're never too old to act like someone's mother. Many residents still impart advice and recreate for their children a link to their childhood like no one else. To celebrate their love, devotion and patience, Stoney Brook of Hewitt will be hosting a Mother's Day Event.

The "Celebrate Mom" event will be on May 9, 2013 with portraits with Mom at 10 a.m., a champagne lunch for residents and their families at 11 a.m., and a fashion and jewelry show at 2 p.m.

About Stoney Brook of Hewitt

Stoney Brook 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, 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](http://www.stoneybrookhewitt.com).



## BUSINESS DIRECTORY



### Advertise Your Business Here!

Call 715-8943 before this space is taken!



### Cuttin' Up

8730 LaVillage in Waco  
(254) 666-8959

Hair Care • Pedicures  
Manicures • Mary Kay Cosmetics  
Hair Removal Sugaring

*Jackie Berry, Owner*



### Neat as a Pin

ORGANIZING EXPERTS

Jennifer Snyder, Owner & Organizer  
Neat as a Pin! Organizing Experts • (254) 715-3888  
[www.neatasapin.net](http://www.neatasapin.net)

### Rick's A/C & Radiator Service, LLC.

All General Repairs  
Foreign & Domestic  
A/C Service  
Computer Diagnostics  
Brakes  
Batteries  
Tune-Ups

website: [ricksacshop.com](http://ricksacshop.com) email: [ricksac@att.net](mailto:ricksac@att.net)

4004 Sames Street • Waco, TX • 76705 • 254.799.1438

### THE ROCK BARBER SHOP

Barber on Duty

*Rashad "Chip" Davis*

Hours:

Tuesday-Friday, 10-6 • Saturday, 8-3

~ By Appointment Only ~



112 Jim in Panther Square. • (254) 235-3233

**COLDWELL BANKER**

Jim Stewart, Realtors

500 N. Valley Mills Dr.  
Waco, TX 76710

Business: (254) 776-0000  
Fax: (254) 776-4417  
Cell: (254) 855-1717

[lindamcdonald@coldwellbanker.com](mailto:lindamcdonald@coldwellbanker.com)  
[www.lindamcdonaldrealtor.com](http://www.lindamcdonaldrealtor.com)



Linda McDonald, ABR

## Advertise In The Anchor Today!

Call  
715-8943

# MINISTRY DIRECTORY

ADVERTISE IN THE  
MINISTRY AND BUSINESS  
DIRECTORIES TODAY!

Call (254) 715-8943 for information

## High Point Church



**Service Times:** Sundays 9:30 a.m. & 11:00 a.m.  
Life Groups Meet Throughout the Week

4600 Sanger Ave. in Waco (Texas Christian Academy Building)  
**John Rambeau, Senior Pastor**  
www.highpointchurchwaco.org • info@highpointchurchwaco.org

## Temple of Christ Church

*Matthew Reed Ministries, Inc.*

**Sunday School:** 10 a.m.

**Worship:** 11:15 a.m.

**Evening:** 6:00 p.m.

**Monday Bible Study:** 7:00 p.m.

**Wednesday Prayer Worship:** 7:00 p.m.

609 N. 5th Street • Waco, Texas 76701  
(254) 753-0772



## Temple of Deliverance

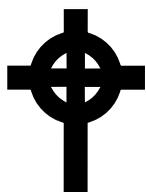
*Ministries*

**Sunday Worship**

10:00 a.m.

**Tuesday Bible Study**

7:00 p.m.



Apostle  
Sadie L. Henderson  
Pastor

1121 N. 18th St.  
Waco, TX 76707

Church: (254) 754-2102  
Mobile: (254) 498-1707

# Waco selected for upcoming Mid-America Arts Alliance community mural project



Waco Cultural Arts Fest dba Cultural Arts of Waco was awarded TEXAS Mural project for WACO competing with ten other Texas cities in the grant process. Cultural Arts of Waco was supported in its effort to achieve the award for Waco by NeighborWorks Waco, the City of Waco, the Greater Waco Chamber of Commerce, and business owners in downtown Waco.

Mid-America Arts Alliance, in partnership with the Texas Commission on the Arts, is pleased to announce that Waco, Texas, has been selected as the next site for its Community Mural Project. This unique community-based program offers residents direct hands-on experience in the research, design, and execution of a major public artwork in their community. Work on the project begins this month and concludes in June 2013.

Nationally-recognized muralist Dave Loewenstein will guide the Community Mural Project with mural assistant Ashley Laird, who will be in residence in Waco for approximately two months. Loewenstein of Lawrence, Kan., is a prize-winning

muralist, writer and print maker. His community-based murals are located in several places across the United States, as well as in Northern Ireland and South Korea. Austin artist Catherine Hart was selected as Mural Apprentice. Hart holds a BA from the California College of the Arts, where she focused on painting, drawing, and glassblowing. Since then she has worked on the creation and implementation of large-scale paintings, and teaching community art classes.

The Mural Project will be coordinated through Cultural Arts of Waco, whose mission is to "celebrate and promote the community's diverse artistic and cultural life; develop and enrich its cultural capacity; and champion the economic, social, and educational benefits of the arts in the Greater Waco area and beyond." Work on the mural will be open to anyone in the community who wishes to participate, regardless of artistic experience. Community meetings have begun and interested parties should contact Gale Edwards to get involved-- 254 498-

2597.

"We are delighted to partner with the Texas Commission on the Arts, Cultural Arts of Waco, and the residents of East Waco on this important community art project," says Mary Kennedy, Executive Director. "The community's commitment to investing in the arts and cultural capital, and their desire to make Waco an even more livable community through the arts, will enable the Mural Project to support cultural understanding and celebrate the rich history of Waco."

Waco is the fifth community to participate in Mid-America's Community Mural Project. Murals have been completed in Tonkawa, OK (May 2010); Newton, KS (September 2010); Newton, KS; Joplin, MO (September 2011); and Arkadelphia, AR (October 2012). An additional Community Mural Project will be completed in Nebraska in 2013.

For more information about Mid-America Arts Alliance and the Community Mural Project, please visit <http://www.maaa.org/muralproject> or contact Doreen Ravenscroft, Cultural Arts of Waco, 254-723-6830.

# THOMAS

Continued from page one

interventions so that youth will become empowered, independent, and law abiding citizens.

Once misbehaving children wind up in court, they are recommended to the program. The organization helps children with truancy issues in school, criminal records, and self-esteem issues.

According to Thomas the program began with eight people serving on a board, and was a one-stop resource center. Thomas explained the foundation has taken off since then.

"We have several different programs to offer our youth," Thomas said. "We have drop-out prevention and self-esteem programs, group sessions, and transportation assistance."

Thanks to a partnership with the Shepherd's Heart Food Pantry, vouchers for food, clothing, and other house-hold items can be given to the youth who are in need.

The kids are also given the chance to participate in a mentorship program.

"Children really need to be heard and are often misunderstood," she said. "We have a program called "I am listening",

where we give children a mentor to counsel them."

Once a child completes the program a special graduation dinner for the kids and their families is

held. Should the child repeat an offense he or she can be readmitted into the foundation. Road to Damascus also gives their youth the option of staying into the program longer.

In Acts, Paul was blinded and had to walk by faith in order for God to show Paul His will and purpose.

During Paul's conversion God put people in his journey to help him along the way. Road to Damascus is proven to be quite similar. Teens who are struggling with the obstacles of life are given a chance to take their own "Road to Damascus with people and programs to help them along

the way.

"Road to Damascus" is located in the Ret-Kat foundation building at 5034 Franklin Ave. in Waco, Texas 76710. For more information visit their website at [www.roaddamascus.com](http://www.roaddamascus.com), or call 254-732-0307 and 505-402-0199.

## Texas Southeast Second Jurisdiction Church of God in Christ Women's Convention



**Dr. Joyce Thomas-Campbell**  
Supervisor  
Friday Morning  
May 17, 2013

**THEME**

D ~ Designed  
E ~ Efficient  
T ~ Triumph  
O ~ Obedient  
X ~ extra-ordinary Woman of God



**Lady Tihara Thomas**  
Jurisdictional 1st Lady

Morning services  
start at 10 a.m.  
Nightly services  
begin at 7 p.m.



**Assistant Supervisor**  
Lillian Billie

*Celebrating 10yrs of Service as Supervisor of Women*



**Assistant Supervisor**  
Otha Bradshaw

## Solution

Waco, Texas **PRINCIPLES**

Mona Dunkin

Consultant and Trainer

Seminars and Workshops

- Keynote Speeches
- Private Consultation
- Plenary Sessions
- Corporate Training
- Staff Development
- Focus Groups
- Retreat Entertainment
- Reality Therapy
- Choice Theory
- Lead Management

(254) 749-6594

mdunkin@flash.net  
[www.monadunkin.com](http://www.monadunkin.com)



**Lady Lillian Thomas**

Wednesday Evening  
May 15, 2013



**Dr. Jan Lightfoot**

Thursday Morning  
May 16, 2013



**Pastor Sonjia Dickerson**

Thursday Evening  
May 16, 2013



**Bishop LaDell Thomas, Jr.**

Friday Evening  
May 17, 2013

May 15~17, 2013

May 15~17, 2013

Bishop LaDell Thomas, Jr. Jurisdictional Prelate  
Bishop A. LaDell Thomas, Sr. Bishop Emeritus  
Superintendent Richard L. Thomas, Sr. | Host Pastor

Life Cathedral Worship Center | 1301 Webster Ave. Waco, TX

# Reshaping the African American experience in education for males

In December of 2012, the annual Texas State Higher Education Summit on Black Males was held in Austin. On the agenda was an in depth look at the experiences affecting African American males in the educational system. Phyllis Jones, Texas State Conference NAACP Education Chair, and host for the KISS FM 103.1 radio broadcast show, Community Connection attended the summit. After attending the summit, Phyllis took immediate action. Knowing what needed to be done to affect meaningful and lasting changes for African American males, she needed committed African American men.

David Woodberry, Director of Program Coordinator for Communities In Schools, answered the call. Malcolm Adair and Frank Smith, work in similar fields in different cities. Never having met one another, they agreed to commit their efforts towards actively challenging the status quo in an effort to create a shift in the way African American males see their roles. T.J. Carson dedicated his time, Judge Greg Simmons. Rodney Duckett, a historian, was ready for a collaborative challenge. Steve Johnson, community advocate dedicated his efforts, and so did Raymond Goosby, who made it clear that before you invest your time instructing males, they have to believe your efforts are genuine. He states, "You can't move forward with youth if you don't have one seated at the table." Raymond fills that seat.

A group of men who had never met before were ready to gather their resources and form a coalition for the community with a common vision. They believe in what they have committed to do and distance is not a deterrent. Each Sunday in February, at 8:00AM, Phyllis Jones mediated as the panel of visionaries had candid conversations with the audience on a subject entitled, "Reshaping The African American Experience for Males" According to Ms Jones, text messages, the phones, and social networks continued the conversations. By the second week, more listeners tuned in eager to learn how to shift the chasm in education that was caused by systematic racism. Education touches and intersects every part of our lives. It affects

interactions, democracy, and the economy. The panel focused on education as it relates to the community, the home, and the church.

In researching the African American experiences for males, many of the experiences were similar. They were not specific to one or two regions, clothing didn't matter, and the interactions were not based on specific actions that would cause one to fear or mistrust. The conditioning effects of fear based on gender and race, has systematically seeped into the American consciousness, and the African American male is aware of the insidious reality from childhood. It's experienced directly, and/or indirectly, and easily identifiable. Before reshaping, it is important to take a look at some of the experiences first experienced by actions. Some, of the experiences are so familiar, so common, that it has become expected, and in some instances, a normal pattern of social behaviors. The discussion is not an easy one, neither is the work. The magnitude of completely fixing what is broken will take years, and it starts now.

## The African American Experience In Education

In education, a pre-school system is designed to tell kids their worth and they are grouped accordingly. The fast learners, average learners, and those who will need more opportunities to learn are separated. The process of value based separations continues and the ones who fall behind will be grouped together and fall even more behind. One member of the panel explained, "when a system benefits financially based on a child's educational worth, it is a system that is twisted and contorted." The pipeline begins. The male birth population is a determining factor used for building and funding jails instead of classrooms in public schools.

The coded language to suggest a child is African American is understood. A white child may be "having a rough time...troubled... need a little understanding to get through...hit a bump...given some time in ISS (in school suspension)" whereas, a black or brown child is, "lazy...a trouble maker...thug...is going to be suspended."

A preschool male enters



Phyllis Jones

school filled with ambition and curiosity. He's smart, and proud of his accomplishments, talented, and harmless. Between the ages of 8 and 10, his curiosity is viewed as challenging authority. His movements become a distraction, and the joy that once greeted him in earlier years has ceased to exist. In middle school, that same male is still intelligent, but the pride in his accomplishments is suppressed. His sharing of accomplishments are called bragging, arrogant, and viewed as something to loathe. He is publically humiliated and ridiculed for the benefit of classmates to see, and he knows not one adult will risk helping him out of fear of being bullied by adult peers. At this point, if not before, he begins being treated as if he is less than everyone else around him. When he is hurt or sick, his pain does not warrant a visit to the nurse with the same urgency given to a white child. The scenario has occurred between siblings whose physical appearances are different. When an African American male needs to borrow or ask for assistance, what follows is a negative comment, sarcasm, or outright ridicule. That young man either fights back, become enraged, or he shuts down and stops caring. By the time intervention is sought, it isn't for finding preventive solutions. Help is sought at the height of a crisis with fewer options for resolutions.

According to Mr. Frank Smith, when a child has been diminished and put down so much, they may very well find themselves in a correctional system. Unfortunately, getting locked up is viewed as a rite of passage. In the detention

system, kids are exposed to events and actions that are more familiar to where they live. The same kids with influence on the streets are in the detention system. The people and actions parents warn their kids to stay away from are found in the detention system. After correcting one young man about his profanity use, I was told, "I'm old enough to go to jail, so I see no reason why I can't use profanity." He was right, and too young to know the words that spewed from his mouth. There was a sad disconnect and something was so very broken. What frustrates Mr. Adair and Mr. Smith most about the kids caught up in the court system is not meeting the goals. Before children are released, parents are notified about the goals, contact information is given so the transition is complete and outreach can continue. Our mentorship does not end with release, and extending that relationship and teaming with parents is encouraged. Mr. Adair states, "Our goal is to have kids leave with a sense of pride. We teach them how "surround yourself with positive people." It is time consuming, but we continue to strive.

## Reshaping The African American Experience In Education

"The educational system's content is watered down and cannot match the rest of the world" according to Mr. Rodney Duckett. Rather than admit the system is failing, non white students are blamed for the national and state low scores. In pockets of the country where there is less ethnic diversity, scores are low there as well, and not a reflection of a race of people. According to one African American male in Colorado, Mr. Quincy Gunter, "more classes need to be designed to prepare for the real world and ownership of businesses. For students planning on entering the world of business, vocational skills and real life applications that include apprenticeship programs are needed." "Schools are slacking. Other countries have surpassed the US because our schools are not teaching what's relevant in the world we live in today." Advancing America's education system is going to be difficult. As hard as it may be to believe, "Schools could be better but some of the teachers are lazy, lacking the motivation, and

have low self esteem. They just aren't inspired. When teachers feel like they are babysitting, they don't value their own system of education and the expectation is to fail. When teachers walk in the classrooms feeling defeated because they didn't know what to expect when they took the job, chose the wrong career, or if they are just sick of working, they begin to act as if they've been set up. So they walk in acting powerless. The students are seen as competitors for influence, attention, and control." With a powerless adult in charge, there is no authority figure, except other students.

Graduating students with insufficient reading skills is an unacceptable practice. Teaching students to read, spell, and use grammar correctly should be a cornerstone for education. Contracts for leasing aren't written at a 3rd or 4th grade level. It makes no sense to have "people reading on less than a high school level operating a business when they lack the education to do so," said Mr. Duckett. The business will not be able to survive. According to the panel, there are definite life concepts that directly affect the economy our children have to know.

To be Continued in the June Issue of *The Anchor News*.

## HELP WANTED

Information Systems Administrator BSCS/ MIS. Design, administer, audit, and report PEIMS to ensure compliance in timely reporting. Ability to work with SQL Database, Access, and XML web language. Responsible for systems security and management of information systems software. Job Location: Waco, Texas. Send resume to: East Waco Innovative School Development 1020 Elm Ave., #100. Waco, TX 76704. Attn: Matthew Polk.

# Cleaning tips for grimy grill grates

By Linda McDonald

Here are some easy cleanup tips—plus a few more ideas for safe grilling this summer:

- Take 15 minutes. To clean grates on a gas grill, first preheat the grill by turning the burners to high. After 15 minutes, the grease on the grates will have softened. Brush them with a stainless steel grill brush. It won't take long and you won't need a lot of elbow grease.

- Show your lid some love. When the grill is warm but not hot, clean the inside of the grill lid with a damp sponge or, if it's very dirty, a balled-up piece of foil or a brass brush. The most common question from consumers is why the "paint" is peeling on the inside of their grill lids. That isn't paint. The lids are enameled, so they don't flake. That's accumulated grease and smoke that is flaking off. Scrub it



Linda McDonald, ABR

off so it doesn't fall on food or smoke up the grill.

- Don't forget the drip pan. After cooking, empty the drip pan when it's warm, not hot, to prevent flare-ups the next time. If grease is too thick, use a plastic putty knife to scrape off as much as you can.

Excerpted from the article found at: <http://www.aarp.org>.

## The Pest Inspector

Certified Pest Services

- Termites
- Pest Control
- Real Estate Inspections



254-732-2927

# I AM A TEXAS REALTOR

### MAKE SURE YOU WORK WITH THE BEST



Linda McDonald, ABR

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 prop-

erty 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.

## \$5 OFF FOR NEW CUSTOMERS

Bring in this ad for \$5 off new customers' service of \$20 or more



Jackie Berry

CUTTIN' UP

8730 LaVillage  
Waco, Texas 76712  
(254) 666-8959

## Hair Removal Sugaring Procedure

Why use wax when you can use sugar? It even lasts longer than waxing or shaving!

- All Natural Ingredients •
- Smooth, Silky Results •

Specializing in hair care, pedicures, manicures, Mary Kay Cosmetics and more

Certified Sugaring Practitioner

COLDWELL BANKER

Jim Stewart,  
Realtors

500 N. Valley Mills Dr.  
Waco, TX 76710

Bus.: (254) 776-0000  
Fax: (254) 776-4417  
Cell: (254) 855-1717

[lindamcdonald@coldwellbanker.com](mailto:lindamcdonald@coldwellbanker.com)  
[www.lindamcdonaldrealtor.com](http://www.lindamcdonaldrealtor.com)

This information is brought to you by a proud member of the Texas Association of REALTORS®. Whenever you buy, sell or lease real estate, make sure your agent is a REALTOR®. ©2004 by the Texas Association of REALTORS®. All rights reserved.

# When sin becomes a shame again



Pastor and Mrs. Reed

## By Matthew Reed

In Romans 7:5-6 we find that in the flesh sin is set in motion and brings forth death. We also find that having accepted Jesus as Lord we are no longer under the law, but now serve God in newness of the spirit and not in the oldness of the letter. We also find why men are doing their best to silence the word of God. Paul states that he would not have known sin had not the law of God existed.

Today sinners want to suppress the word of God that they may not feel the guilt and shame of sin. (Romans 7:7-13) What shall we say then? Is the law sin? God forbid. Nay, I had not known sin, but by the law: for I had not known lust, except the law had said, thou shalt not covet. 8 But sin, taking occasion by the commandment, wrought in me all manner of concupiscence. For without the law sin was dead. 9 For I was alive without the law once: but when the commandment came, sin revived, and I died. 10 And the commandment, which was ordained to life, I found to be unto death. 11 For sin, taking occasion by the commandment, deceived me, and by it slew me. 12 Wherefore the law is holy, and the commandment holy, and just and good. 13 Was then that which is good made death unto me? God forbid. But sin, that it might appear sin, working death in me by that which is good; that sin by the commandment might become exceeding sinful.)

When we the church publish and speak the word of God, sin becomes exceed-

ing sinful and shameful. Liars, baby killers, whore mongers, adulterers, harlots, homosexuals, thieves whether by fraud on wall street or by gun in your local convenience store, all other sinners become guilty (in other words they themselves become conscience of their wrong) before God. Roman 7: 13 declares that by the commandments sin might become exceedingly sinful. That is why sinners want to discard the word of God. They want to do away with the Bible as it is written. Sin, ever since Adam and Eve disobeyed God, has been present. You see sin is the transgression of the law (disobedience). This is written in first John 3:4. Romans 7 states that the commandments were given that sin might become manifest as sin. In other words disobeying God is sin. Thus Satan is winning a battle that he has already lost. But you can rest assured he won't win the war.

The church is not hating. We simply state what is written in the word of God. That is what we believe and know to be true. We do not have a mandate from God to make anybody live as we believe or according to what is written in the Bible. Every individual can choose to live as he or she chooses. At the end of time God will judge us as we have chosen to live—those that have chosen to obey God a place in heaven eternally, those that chose to disobey a place in hell suffering eternally.

Our business and charge is to do the will of God living according to his word and be a light to the lost. If we

do not put forth the word of God and live it, sin will not be shameful and become exceeding sinful. Sinners won't feel the guilt.

Romans 7 helps us understand why the world desires to silence the voice of the church.

The media paints the church as haters. If we do not articulate the word of God spiritually correct. They

will appear to be correct. You have to be able ministers of the word of God. You cannot be a novice and defend the gospel of Jesus and its doctrine. Jesus came to save sinners; all you and I need do is confess our sins. To avoid going into hell's fire you must accept Jesus as Lord and Savior and confess your sins!

Our charge given to us

in Matthew 28: 19-20 are to go to all the nations and baptize them in the name of the Father and the Son and of the Holy Ghost. We are to teach them to observe all things he has said. He promises that if we would do this, he is with us always, even unto the end of the world. The church should get out of politics and do what God has commanded us!

## GRUDGES

Continued from page one

causes harm to the one who won't forgive," says Dr. Matthew B. James, the president of Honolulu's American Pacific University and the Empowerment Partnership, and a teacher of an ancient Hawaiian spiritual science, called huna.

Worse, refusing to forgive can create chains of resentment through entire communities. "When you point a finger at someone to blame them, there are always three fingers pointing back at you," says Dr. James.

But letting go of old hurts isn't always easy. Dr. James suggests that grudge-bearers take the following steps to find true forgiveness:

- Tell the other person that you forgive them. Don't say that you will "forgive, but not forget" -- the goal is to release negative feelings.

- Ask the other person to forgive you. Ask for forgiveness even if you believe that you did nothing wrong. "Saying, 'I forgive you; please forgive me, too' brings the other person into the picture and gets them actively involved," says Dr. James.

- Have a conversation. Create enough space for you and the other person to say everything that needs to be said. Stay calm and speak in normal tones, even if you

don't like what you hear. At the end of your talk, you should feel relieved to have gotten your thoughts and feelings into the open. Give and ask for forgiveness once more.

- Move on. Ask yourself what you have learned from the situation, and use it to make better decisions in the future.

"To forgive and to never forget is to never forgive in the first place," says Dr. James. "We owe it to ourselves to experience true forgiveness."

For more advice or to learn about Dr. James' teachings, visit [www.huna.com](http://www.huna.com).

## Father's Day

*Honor your father  
with a photo and  
up to 50 words!*

**- ONLY \$25! -**

Deadline is June 11

Send a jpeg photo. Pay by check or credit card.  
For more information, call (254) 715-8943.

# Marsha, Marsha, Marsha Catering

We can organize your event from serving and preparing the food and serving guests to cleaning up & setting up for the next event!

## PROVIDING SERVICE FOR BUT NOT LIMITED TO:

- Banquets
- Business Meetings
- Family Reunions
- Elegant Weddings
- Church/Corporate Luncheons
- Parties
- Anniversary Celebrations
- Showers
- AND MORE!

MARCIA NEAL,

*Owner*

254.652.1924

For that Elegant Touch in fashions, visit...

# Marilyn's Gift Gallery & Sound World

- Jewelry • Hats • Perfume Oils
- Suits and Fashions • Books & Cards
- Christian Apparel • Gospel Music & Videos
- Dudley Cosmetic Products Available
- Regular Clearance Sales

*Dwayne & Marilyn Banks, Owners*

818 Elm Street  
Waco, TX 76704

**(254) 755-8218**

**Spring Fashions  
Arriving Now!**

# We are living in dangerous times! Part 7

*Continued from the April issue of The Anchor News.*

**By Ruby McCray**

“What is this world coming to?” Let this final article resound! The answer is simple; it’s coming to an end! Precious Ones, Jesus is soon to return. Even if it’s five or ten years from now, if you are not ready to meet Him when He returns, will that day be too soon?

“Now the Holy Spirit tells us clearly that in the last times some will turn away from the true faith; they will follow deceptive spirits and teachings that come from demons. These people are hypocrites and liars, and their consciences are dead” (1 Timothy 4:1-2).

We must know that we are truly born again (John 3:1-21). “For everyone has sinned; we all fall short of God’s glorious standard” (Romans 3:24). “For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord” (Romans 6:23). That means that the payment for sin is eternal separation from God in hell. “But if we confess our sins to him [God], he is faithful and just to forgive us our sins and to cleanse us from all wickedness. If we claim we have not sinned, we are calling God a liar and showing that his word has no place in our hearts” (1 John 1:9-10). Before any of that can take place, we must know that God exists, and that He will do for us what His Word said that He will do (Hebrews 11:6).

“He [Jesus] came into the very world he created, but the world didn’t recognize him. He came to his own people, and even they rejected him. But to all who believe him and accepted him, he gave the right to become children of God. They are reborn—not with a physical birth resulting from human passion or plan, but a birth that comes from God” (John 1:10-13). “If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For it is



**Evangelist Ruby McCray**

by believing in your heart that you are made right with God, and it is by confessing with your mouth that you are saved” (Romans 10:9-10).

We are constantly being told that there are many ways to get to God-- I’m sure, because there are many gods. But there is only ONE way back to the God of Abraham, Isaac and Jacob. Don’t let anybody deceive you—regardless of their status. Believe only what is written in the Word of God. If we try one of the other ways, we will automatically go to hell; no matter how morally good we are. “Jesus told him, ‘I am the way, the truth, and the life. No one can come to the Father except through me’” (John 14:6). “This is good and pleases God our Savior, who wants everyone to be saved and to understand the truth. “For there is only one God and one Mediator who can reconcile God and humanity—the man Christ Jesus. He gave his life to purchase freedom for everyone. This is the message God gave to the world at just the right time” (1 Timothy 2:3-6).

“These people are false apostles. They are deceitful workers who disguise themselves as apostles of Christ. But I am not surprised! Even satan disguises himself as an angel of light. So it is no wonder that his servants also disguise themselves as servants of righteousness. In the end they will get the punishment their wicked deeds deserve” (2 Corinthians 11:13-15). The devil doesn’t mind sharing us with God because he knows that he has all of us (John

8:38-47; Romans 6:12-23; 1 John 3:4-10). But God will not share us with the devil. He wants us to be either hot or cold; He spits out lukewarm hypocrites (Revelation 3:15-16).

Following the prerequisites listed above is water baptism. “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’” (Mark 16:15-16).

Some people only accept the Old Testament

while some only the New. Of course there are those who accept neither. But after Jesus’ resurrection, He took the two men walking on the road from Emmaus through the writings of Moses, all the prophets and the Psalms, explaining from all the Scriptures the things concerning himself (Luke 24:25-26, 44-45). The writings of Moses, all of the prophets and Psalms are found in the Old Testament. All of the prophecies written in the Old Testament concerning Jesus were fulfilled in the New. Let’s

believe the whole counsel of God so that when we leave this planet, we will live with Him forever. You know that He’s on His way back to get His Children (1 Corinthians 15:50-58; 1 Thessalonians 4:13-18). 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 [rubyacorm@yahoo.com](mailto:rubyacorm@yahoo.com).*

**ADVENTURES IN 3D!**

Unplug the video games and connect with furry and feathered creatures at Waco’s 52-acre Cameron Park Zoo, an oasis of natural wonder guaranteed to awe even the most tech-addicted kid.

**CAMERON PARK ZOO, THE HAPPIEST SURPRISE IN TEXAS!**

**CAMERONPARKZOO.COM**

Waco Cameron Park Natural Habitat ZOO

1701 N. 4TH STREET CAMERON PARK ZOO WACO 254.750.8400 9AM-5PM MON-SAT, 11AM-5PM SUN

**LATEST ARRIVAL FROM AUTHOR WB GUNTER!**

[www.brokensilencebooks.com](http://www.brokensilencebooks.com)

## THE IMPULSIONS OF ERIC RICE

### A Play

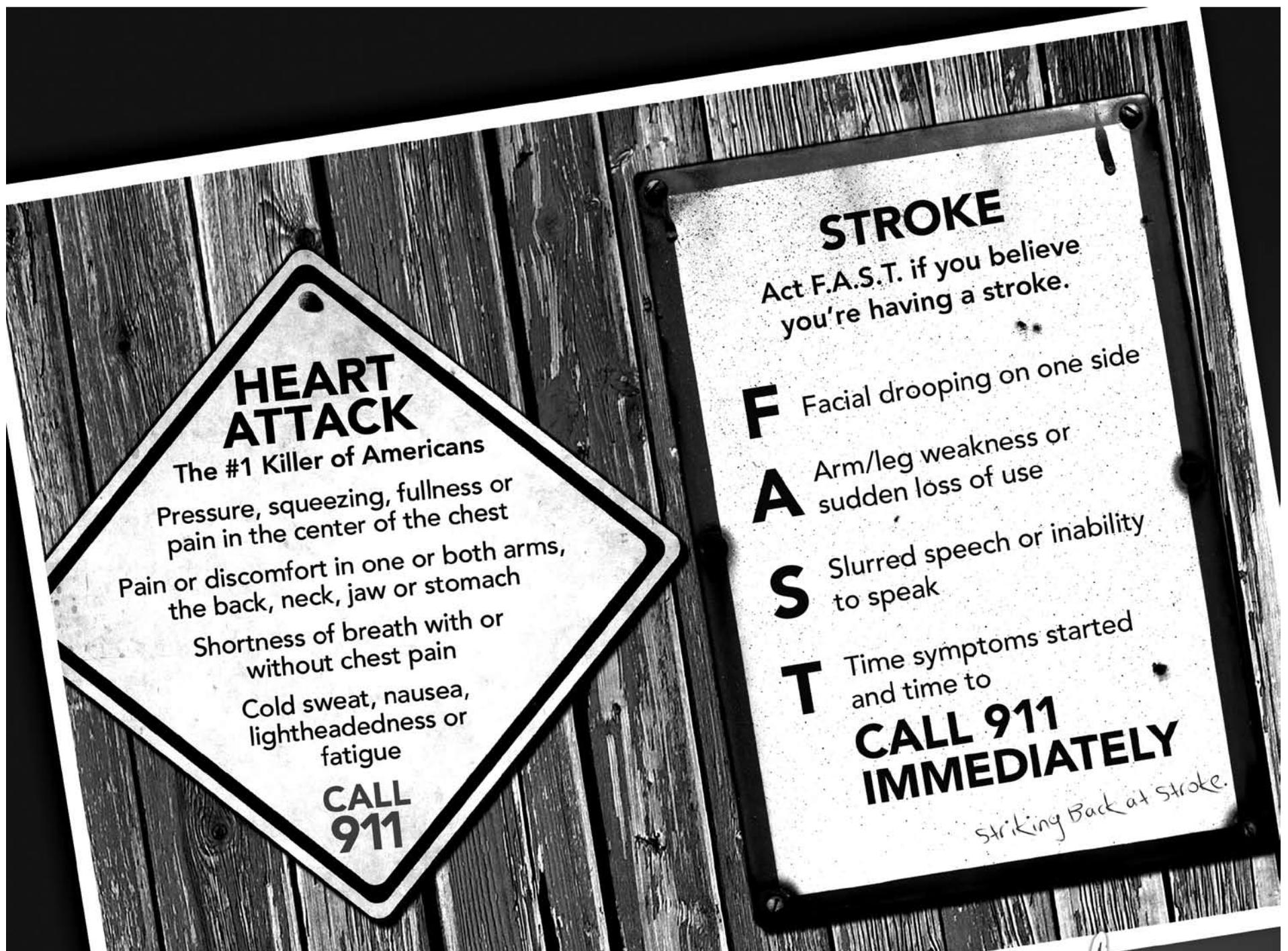
From the soon to be released book entitled...

## IMPULSIONS BETWEEN THE TEA GALLERY AND THE SWEET DREAMS CAFÉ

In the heart of a complex community drowning in a sea of indifference, one man, Eric Rice becomes the community’s wake up call to action.

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





# KNOW THE SIGNS. *For Life.*

Anyone can have a **heart attack** or **stroke** no matter your age, race or gender. But, your chances increase if you have **high blood pressure**, are a **smoker**, have **high cholesterol** or **diabetes**. The good news is you can **protect** yourself and loved ones by **understanding** personal risk and how to **manage** it. **May is Stroke Month** — what better time to **learn** more about **stroke prevention**.



**PROVIDENCE**  
**THE HEART HOSPITAL**  
ACCREDITED CHEST PAIN CENTER



**PROVIDENCE**  
**THE STROKE CENTER**  
CERTIFIED PRIMARY STROKE CENTER

For more information, call 254.751.4000 or visit [providence.net](http://providence.net)

A mission of **compassion.**  
A vision of **excellence.**