

Celebrating 11 Years In the Community



THE ANCHOR NEWS



Serving the Central Texas Community

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Free

T.D. Jakes youth pastor, Wacoan Drew Castillo, scheduled to lead youth ministry training

By Linda Crawford

He calls himself a former “thug-wanna be.” Wacoan Andrew “Drew” Castillo, now youth pastor at T.D. Jakes’ The Potter’s House ministry, will be coming home to minister and conduct training sessions for area youth pastors and youth leaders at The Collaboration Conference, scheduled for December 14th from 9 to 12 a.m. at the Waco Convention Center.

According to event organizer and local pastor, Marselo “Selo” Lozano, this free workshop will offer youth pastors and leaders a different take on youth ministry and leadership training. Titled “Rethinking Youth Ministry Leadership in the 21st Century,” its purpose is to support the local church, sharing creative ways



Drew Castillo

that the church can better become the voice of leadership that will draw this generation.

“We believe we can have a tremendous move of God in our nation’s young people,” said Lozano. Area churches are also join-

ing together for a United Youth Service later in the evening at 6 p. m. All are welcome and invited to come out for the morning and evening gatherings.

Castillo wasn’t raised in church. “I was a Catholic,” he said, “three times a year—at Easter, Christmas, and at Quinceañeras.” Castillo admits to living a very dark life until his girlfriend took him to Waco’s First Spanish Assembly of God, and even though he could not understand the Spanish service, he did understand that the presence of God was there.

He began going to church on Wednesday nights because the services were in English. During his junior year in high school, he gave his life to the Lord and by

See CASTILLO Pg. 9

SSGT Alonzo Lunsford...

Interview with Fort Hood shooting victim/survivor

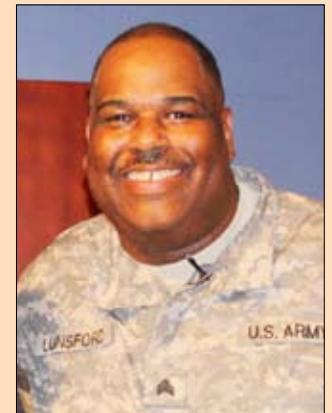
By W.B. Gunter

By mid-afternoon an eerie silence hung in the autumn air. No one was allowed to enter or leave the area. Residents were instructed to remain indoors. Traffic halted, and the sounds of emergency vehicles, sirens and helicopters circling the sky broke through the uncomfortable silence. In the aftermath, 14 were killed, and at least 32 were wounded. This massacre has become known as The Fort Hood Shooting.

It all began around 1:30 p.m., November 5, 2009. People began receiving notifications of a shooting on Fort Hood via texts, phone calls, and eventually over news outlets. At the same time reports were coming in, nearby students were being released for an early school dismissal in celebration of Fort Hood Family Day. Before the last students were out, Fort Hood and the surrounding areas were in full lockdown. Emergency teams were dispatched.

Staff Sergeant Alonzo Lunsford was on duty that afternoon. He was shot 7 times by former colleague and high ranking officer, Major Nidal Hasan. SSGT Lunsford survived the shooting and is able to recount details of November 5, 2009. He continues working through the process of healing while sharing glimpses of a tragic event that altered so many lives forever.

Born in Roxboro, NC, Alonzo Lunsford graduated



SSGT Alonzo Lunsford

from high school in Rockingham, NC where, at 6'9," he was a star athlete and a star student. His grades got him accepted to Johnson C. Smith University in Charlotte, NC. With all of the talent and good grades, Lunsford had a clear understanding of the precarious nature of the future for African American males.

“I grew up during a time when statistics stated that 1 in 3 African American males between 18-25 years of age were destined to be in gangs, locked up, or dead. I didn’t want to become a statistic, so I signed up for the military. I knew war was possible, so I came in prepared to work, not reap the benefits, not lured by the glamour of the commercials. All of the males in my family served the country. I came in the military to serve my country.”

In 1990, Lunsford became a Reservist in the

See SURVIVOR Pg. 15

Tarl Lloyd, Jr. named Citizen of the Month

The Cen-Tex African American Chamber of Commerce recently named Tarl Lloyd, Jr. the Citizen of the Month. Lloyd was born in Hearne, Texas, proudly known as the Brazos Bottom and was raised in the Village. His parents, Tarl Sr. and Mary Lloyd, great aunt, Isabella Fannin, and a host of relatives, neighbors, church members, educators, and coaches all had a role in raising him.

“All of these people has had a direct impact on who I am today. They taught me morals, discipline, a strong work ethic, and the love for the Lord and Savior Jesus Christ.”



Tarl Lloyd, Jr.

Lloyd attended segregated schools in the Hearne ISD and the Temple ISD. He graduated from Temple

High School following the integration of the Temple ISD. However, Lloyd feels that the foundation for his education was developed at the segregated schools of Blackshear Elementary, Wheatley Elementary, and Dunbar Jr. /Sr. High School. At those schools, he was involved in athletics, band, choir, UIL, and Student Government. “The teachers and administrators at those segregated schools would not accept mediocrity. I feel so blessed that they cared so much, that we were not allowed to fail.” Lloyd received

See LLOYD Pg. 4



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.

From the Crawfords...

Can you remember wanting something so badly but getting it seemed to be no where in sight? That new car? That new house? That college degree? That wedding ring? We often tell people that they have to visualize it, even if they don't have it.

"You have to believe it and see it, talk it until you can walk it; act it until you can fact it." Truly "calling those things that are not as though they are" can be tiring. At times you might even feel discouraged, but you have to continue to stand against all odds. You have to have dreams and lights at the end of the tunnels. During those times when you can't quite see the light, you have to burn a candle buy a candle or use a flashlight to keep your hope alive. And most important, when you run into negative people, YOU HAVE TO KEEP RUNNING!

A progressive blessing

By **Mona Dunkin**

Thanksgiving is a wonderful celebration, not only as an annual American holiday but also as an addition to your all-days. Life is too short to hold on to stress, grudges or anything that weighs heavily on your mind and heart. And too long.

We live in a fast paced society and seem to want everything instantly. Yet character is developed over time and by going through difficulties. Struggles have the ability to forge qualities in us such as patience, compassion, humor and moral fiber.

Lower emotions such as fear, anger or stress damage your nervous system. Higher emotions such as love, courage and forgiveness repairs, heals and energizes every system in your body. Prepare your heart – or a special place of your choosing – to be the location where you exchange and transform lower emotions into higher ones.

Make this special spot your emotional recycle center. Give permission to your body, mind and soul to be the healing place it is designed to be. Light dispels darkness. Truth weakens the shadow side. Breathe in the white light of truth and feel it permeate every cell, tissue, system and muscle in your body. Let the white light of truth goes as deep, as broad and as expansive as you can imagine.

Expose darkness to the light and be healed physically, emotionally, relationally and spiritually. The quality of your thoughts determines the quality of your actions. Allow the following Progressive Blessing to be instrumental in affecting transformation.

May you awaken each



Mona Dunkin

morning filled with excitement over a new day.

May you eagerly taste the deliciousness of life.

May you revel in challenges presented and humbly triumph.

May heaven shower you with love, joy, mercy, compassion and faith to overflowing.

May you be overcome by the awe of a sacred moment.

May you embrace change and see it as the life-giving force that it is.

May you be healed of poverty, lack, intimidation, or anything that keeps you bound.

May you be released from unforgiveness, anxiety, or whatever may keep you stuck.

May you allow God to love you and to bless you.

May you receive the gift of yourself.

May you be free from fear, doubt, scarcity and be empowered to risk success.

May you be encompassed by peace in the midst of turbulence.

May you experience restful sleep and pleasant dreams.

May your last thought of the day be one of profound,

yet simple, "Thanks".

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Mona Dunkin, owner of *Solution Principles*, is a professional speaker, trainer, and

personal success coach. She can be reached at mona@solutionprinciples.com View training topics at www.mona-dunkin.com.

Boys and Men's Conference planned for December 27

"Train a child now in the ways that he/she should go." You probably learned some version of that scripture years ago. That's the focus of the Boy's and Men's Conference to be held at To-liver Chapel MBC at 1402 Elm Ave in Waco, Texas. Are there topics that you haven't discussed with your child? Is your teenager getting out of control? Are there questions you just haven't been able to discuss with the young men in your family?

On December 27th at 7:00 p.m. four young men from Waco will be hosting an intervention/ prevention seminar dealing with the issues that confront black males in today's culture. No topic will go unaddressed. There will also be a question and answer session.

James Martin, Micheal McCoy, Vincent Carter, and Jesse Sneed will share their experiences and lessons learned as they stand transparent before listeners who have a desire to become all they can be. These four men grew up in the Waco area and attended Waco public schools. They are very familiar with the issues facing our young men today because they themselves walked in places that our youth are in today.

Carter is a minister and Gospel rap artist and will provide music. James Martin is a motivational speaker. Jesse Sneed is founder of



Jesse Sneed

the JESSE Foundation Inc. and Michael McCoy is an administrator with Dougherty county in Albany, GA.

Everyone is aware of the drop out rate, incarceration rate, unemployment rate, drug addiction rate, and health issues our young black men are facing. This conference will speak to these matters, and more.

We invite the entire male community in the McLennan County and surrounding areas to come and be apart of this event. Our main focus is on young men starting from age 8 and up. From this event, we hope to encourage the aged men to begin mentoring our young males. Every problem has a solution and we hope to provide some solutions to some of these issues. For more information, contact James McCoy at 254-644-2686.

The ANCHOR NEWS

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PURPOSE

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

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Kimberly Graham

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Waco Full Gospel Holy Temple Church family and friends day

Waco Full Gospel Holy Temple Church hosted a grand Family and Friends Day at the church located at 512 Hillsboro Drive in Waco, Texas. With two worship services and a family barbecue-styled cook-out sandwiched in between, the church was filled with many glad hearts and satisfied taste buds.

This time of fellowship and praise and worship included congregants from the local area and also from the cities of Cleburne, Dallas, Temple, Cedar Hill, and Gainesville Texas. Baylor Alumni, Dr. Alton Wilks and Annette Archer were on hand for the celebration.

The attendees were encouraged to speak the word of the Lord and watch God perform it in the message preached by Pastor Murphy in the morning service. The afternoon service confirmed the purpose of the saints with the message Stay on Your Post delivered by Rev. Johnathon Halton of Cleburne, Texas.

Full Gospel Holy Temple is a church on the move and actively encouraging area citizens to stand on the word and live as God has commanded, for His return is eminent. We believe that holiness is still right for a people that aim to gain eternal life.



Speakers, family and friends greet each other during service.



Guest minister encourages a lively congregation.

To learn more about Waco Full Gospel Holy Temple and its pastor, Rev. Mack Murphy, please come and worship with us on Sunday mornings and Wednesday evenings.

Upcoming community events include a Thanksgiving Revival and Musical in November, along with a "Warming our Community" coat giveaway on December 21.

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LLOYD

Continued from page one

an athletic scholarship to Tarleton State University, where he graduated with a B.S. Degree in education. Later, he earned a master's degree in education administration from Prairie View A&M University.

Lloyd's first job as a professional educator was in the Amarillo ISD, at Fanin Jr. High and Tascosa HS as a teacher and coach. He moved Waco and worked for over 20 years at University High as a teacher, assistant football coach, head basketball coach, and later as an assistant and associate principal. Lloyd worked at the Texas Education Agency as the State Director of Parent Involvement and later moved back to Waco and became the principal of GL Wiley Middle School. He has since been an administrator at the Marlin Orientation and Assessment Unit of the Texas Youth Commission, assistant principal at La Vega ISD, and a coach again at

University High, where he is currently an assistant principal.

His professional achievements include the following: four times District Coach of the Year, Teacher of the Year, Cen Tex Coach of the Year, Grant Teaff Christian Coach of the Year, and TABC South All-Star Coach. His teams have won five District Championships and two State Final Four Semi-Finals.

Lloyd is the proud husband of Joyce Lloyd, retired teacher and administrator. They met at Dunbar High when he was 15 and she was 14. They have been happily married for 41 years and have two sons, Tarl III, the head girls' basketball coach at University High, where his daughter, Desarae, is a senior and basketball player, and a younger son, Tremain, who works in technology in the Dallas area. Tremain and his wife, Stacy, have a daughter, Jasmyn, a second grader in Grand Prairie.

Lloyd is a member of Toliver Chapel Missionary Baptist Church, where he serves as an usher.

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The U.S. government shutdown 2013

By Ron Oliphant

This year, while we stuff ourselves with turkey and dressing, we should be thankful that the United States Congress agreed to stop fighting and pass a bill to end the Government shutdown. The government fiscal year runs from October 1 to September 30, and each year Congress must pass a bill to appropriate funding.

This year the Government shut down for 16 days because of a small disagreement about a new healthcare plan known as Obamacare. The Republican party has been against the bill since its inception and this bill will determine our now Democratic president's legacy. Simply stated, "The fight is on!"

The Government was shut down and the torch that would burn the bill was held in the hands of our own Texas Republican Senator, Ted Cruz. President Obama would not budge and our country started to resemble a little league game with screaming parents, threat-



Ron Oliphant

ening to fight. The fight has been postponed until after the holidays because of obvious public relations concerns. An interim appropriations bill has been and so as of October 17, 2013, over 800,000 government employees were able to return to work.

If you were not affected directly by the government shutdown, you may not have cared. Americans tend to focus on what is in front of them. Your eyes may have been focused on gas prices or how much food costs have

increased over the years. If you have a loved one in the military, you may be concerned about the tension over in the Middle East.

I just want you to remember that we the people are the true decision makers in this country. We vote in our representatives and the number one job in Congress is to keep the machine that is the United States of America well-oiled and operating smoothly.

The government shutdown affects the already unstable economy and just like dominoes, one fall can lead to another. It is a shame that our two party systems are failing us because of

prejudices and struggles for power. It should only matter what is best for the country as a whole.

If you live and work in the United States, you pay taxes. That tax money is not simply used to pay for non-working, poor people who are trying to get over on the government. That money is given back to you if you, yourself are injured at work or disabled. It is given back to you if you become victim to misfortune such as becoming unemployed. It is given back to you if you become victim to the need for food programs if you fall on hard times.

It is not charity; we the people pay for these benefits. Congress is arguing over how to spend our mon-

ey. It also is used to pay your representative a hefty salary that does not change, although the government may be in shutdown. Both parties are responsible for the fiscal health of this great country of ours. Neither party is completely right or wrong; both have good points.

Our inability to have a stable government makes us look weak. This is not a time for fighting amongst ourselves. It does not matter what your political view may be if the value of the American dollar starts to sink. Congress must resolve its issues and pass legislation appropriating funds in the New Year.

Ron Oliphant is the author of The South Side of Dallas and Love Bones.

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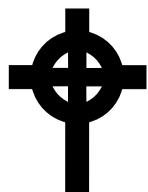
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Oldest Texan, McGregor resident, dies at age 114

McGregor resident, Naomi Conner, recently passed away at age 114. She was the oldest person in the state of Texas. Following is a reprint of an Anchor News October 2008 feature story when Conner and her family celebrated her 109th birthday.

By Linda Crawford

"I'm just a little piece of leather well put together," says Naomi Conner of McGregor, who recently celebrated a birthday on August 30th. At 109 years old, Conner still has a sense of humor and can still remember most things. She knows what she wants and doesn't mind letting others know. And she loves butter-pecan ice cream and ham.

At her 106th birthday celebration, recalls granddaughter, Bennie Henderson, Conner was not too happy to see a menu of cake and ice cream. "Where's the meat?" she asked.

Since that time, explained Henderson, every celebration has not been without "the meat."

Until Conner went into the nursing home facility, she was up and about, attending Roberson Chapel A.M.E. and getting around where she wanted to go. It was not very long ago, that Conner was still making her own lye soap.

"And she just loves gifts and gift bags," said Henderson. One of her favorite presents is a singing bear. A friend gave it to her for one of her birthdays, and she loves it. She also loves hymns and outlining them. "I love the Lord; he heard my cry," "Guide Me Over Thou Great Jehovah," and "Precious Lord" are among her favorites.

Now residing at Westview Manor, Conner spent most of her life in Wharton, Texas before moving to the Waco area almost 65 years ago with her husband. With a century behind her and then some, she's experienced more than a lifetime of happiness, as well as sorrow.

She has seen the birth of her children, grandchildren, great-grandchildren, great-great-grandchildren,



Grandchildren celebrate with Naomi. From left to right are Billie Bias, Clayton Thomas and Bennie Henderson.

and most recently a great-great-great-grandchild. She has buried three husbands, one of her three children, and two nursing home roommates. In addition, for the last three summers, Conner has had pneumonia. "Surprisingly enough," said Henderson, "she managed to beat it each time."

Born just 30 years after slavery was abolished, Conner has witnessed the election of 19 presidents, including McKinley who was elected in 1897, two years before Conner was born. When she was 21, women received the right to vote, and ten years later, she lived through the Great Depression of 1929.

The fourth child of nine sisters and brothers, Conner has lost six siblings, with two of her sisters' deaths being recent. Of her two brothers still living, she is the oldest; however, both brothers are over 100 years-old and one gets around like a spring chicken.

At each of Conner's parties, the Westview staff usually gives Conner something special to represent her age. When she turned 106, staff made arrangements to have 106 children

from McGregor Elementary come out to entertain her. For her 107th birthday, Westview gave her 107 balloons, and for her 108th birthday, staff gave her 108 doughnuts.

"We ran out of ideas this year," explained Henderson, "but we made sure that we had ham and ice cream."

Twenty-six family members and friends attended this year's party. Conner was so excited because... remember...she likes gifts. And when people told her that she looked pretty in her floral, she smiled and said, "Don't be making fun of me."

The family recently celebrated three birthdays. On August 27th Henderson turned 56. Her mother, John Ella, Conner's daughter, turned 87 on September 19th and of course, Conner's birthday was August 30th.

After the party, Conner continued her celebration, riding in McGregor's Founder's Day Parade. She was honored as the city's oldest resident.

Asked about her secret to living a long life, she said she credits living holy, making her own medicine, and staying away from doctors.

Becoming one – a necessity for Christians

By Matthew Reed

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

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

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

As Jesus Himself is sanctified in the word of truth, we also must become sanctified by or in the same word. Understand that Jesus wasn't praying for those who were presently with Him only but also for those of us who would come later and believe on Him through their teachings. Know this, the Father always hears Him because Jesus does always those things that please Him (Him being Father God).

In addition, we can only be sanctified by God and before God by walking in the word of God. Jesus also states that the glory that God has given Him he has given us. Verse



Pastor and Mrs. Reed

22 (the power) The Purpose and desired end for all that I have written thus far is found in verses 21-23—that we may

be one in God the Father, God the Son, God the Holy Ghost, that the world may believe that God has sent Him and has loved them, also that we be made perfect in one.

To sum up everything, I draw these conclusions: 1. We must understand that God has determined that for the world to know us as his disciples, to know that he loves them, to know that he has sent Jesus and for us to be perfect. We must be one. This cannot be disputed. 2.

All of us who are saved must have the same word because He is no respecter of persons and what He says to one He says to all. Understand we can have different administrations and different gifts but only one God, one Lord, one spirit, one baptism, one faith. We must have the doctrine of the Bible for in the doctrine is the power to become one with each other and with God the father, God the Son and God the Holy Ghost.

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



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Linda McDonald, ABR

The body, soul and spirit constitute the total person, Part 6

Continued from the November issue of The Anchor News.

By Ruby McCray

The Apostle Paul ended his first letter to the church at Thessaloniki by saying, "Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again. God will make this happen, for he who calls you is faithful" (1 Thessalonians 5:23-24).

"And God said, 'Let us make man in our image, after our likeness: ...'" (Genesis 1:26a). "And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul" (Genesis 2:7).

Paul said, "Beloved, I wish above all things that that thou mayest prosper and be in health, even as thy soul prospereth" (3 John 2, The King James Version). "Dear Friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit" (3 John 2, New Living Translation).

If you're just now joining us in these series of studies, please go to www.theanchornews.com, and search the archives to begin with Part 1.

An improper diet is the number one culprit for poor health; another is un-forgiveness which weakens the immune system, causing it to become physically sick. It causes depression, head and stomach aches, raises the blood pressure, and so many other sicknesses attach themselves to the body. Many times the ones that we hate are vacationing in the Bahamas, Honolulu or some other resort, while we are at home, sick, tired and becoming more ugly inside and outside.

Un-forgiveness goes against God's command. We must forgive! It's all through the Bible. One can be reading along and enjoying all of the possibilities if one just have the faith (Mark 11: 15-24), and the very next two verses say, "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. But if you refuse to forgive,



Evangelist Ruby McCray

your Father in heaven will not forgive your sins" (verses 25-26). That command appears to mess up that entire passage. But in reality, that's the best thing that needs to be done.

Jesus told us that if we are at the altar offering a gift, (of any kind) and remember that someone has something against us, stop the offering of the gift, leave the altar, find that person, make reconciliation, then come back and finish offering the gift. We'll say, "But I didn't do anything. They did it to me." It makes no difference! If you know that someone has a problem with you, you have the responsibility to try to resolve it (Matthew 5:23-24).

"Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tender hearted, forgiving one another, just as God through Christ has forgiven you" (Ephesians 4:31-32).

"Since God chose you to be the holy people he loves, you must clothe yourselves with tender-hearted mercy, kindness, humility, gentleness, and patience. Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. Above all, clothe yourselves with love, which binds us all together in perfect harmony. And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful" (Colossians 3:12-15).

God allows things to happen in our lives in order to give us opportunities to forgive or not to forgive. I choose to forgive. It's sad to

say, but Roosevelt McCray and I were divorced before he passed away. He, his new wife and her daughter had Thanksgiving dinner in my home along with all the rest of our family clan. I, too, had Thanksgiving dinner in their home. How can that thing be? It's all about a choice to obey God in forgiving. It's not about my will, but His will. We, both, chose to forgive and not hold any grudges, and tried to teach our children the same. I believe they've succeeded. Oh, there have been lots of tests

that I've passed, and pray that I will pass all of those that are yet to come.

"A glad heart makes a happy face; a broken heart crushes the spirit" (Proverbs 15:13). "For the despondent, every day brings trouble; for the happy heart, life is a continual feast" (Proverbs 15:15). "A cheerful heart is good medicine, but a broken spirit saps a person's strength" (Proverbs 17:22). "A human spirit can endure a sick body, but who can bear a crushed spirit" (Proverbs 18:14)?

Then what is the conclusion of the whole matter? Obey God's commands and LAUGH haughty laughs as often as possible. "Be happy; don't worry!"

Please join us in December as we continue this study. 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.

Alice Walker's Temple of My Familiar

By James (Jim) McKeown

African-American writer, Alice Walker's website provides a brief biography. It reads, in part, "Alice Walker is an internationally celebrated author, poet and activist whose books include seven novels, four collections of short stories, four children's books, and volumes of essays and poetry. She's best known for *The Color Purple*, the 1983 novel for which she won the Pulitzer Prize—the first African American woman to win the Pulitzer Prize in Fiction—and the National Book Award. (<http://alicewalkersgarden.com/about-2/>).

I read some of Walker's works in a women writer's class in grad school, and I found *The Color Purple* extremely moving. The persistence and courage of Celie inspired me in a number of ways. *The Temple of My Familiar* came my way at the urging of a close friend. What I found was something quite different from *Purple*.

Rather than read this novel, it needs to be experienced. Yes, the story is convoluted, with an amazing array of characters and time periods, with love and hate, fear and courage, but at the end, characters who possessed the same persistence Walker gave us in *The Color Purple*. A map of the family and its shifting relationships would most definitely assist a reader.

One interesting character, Fanny, married to an African man, Suwelo, has



Jim McKeown

visions of historical characters. Suwelo is a history teacher, and he is skeptical that spirits actually contact Fanny. He researches one, Chief John Horse, and finds Fanny has described his life in meticulous detail. Suwelo once asked her about the spirits. "What do you love about these people?" (186). Fanny replies,

"I dunno. They open doors inside me. It's as if they're keys. To rooms inside myself. I find a door inside and it's as if I hear a humming from behind it, and then I get inside somehow, with the key the old ones give me, (...) and as I stumble about in the darkness of the room, I begin to feel the stirring in myself, the humming in the room, and my heart starts to expand with the absolute feeling of bravery, or love, or audacity, or commitment. It becomes a light, and the light enters me, by osmosis, and a part of me that was not clear before is clarified. I radiate this expanded light. Happiness. / And that, Su-

welo knew, was called 'being in love'" (186).

Another character, Lissie, remembers in great detail all of her past lives – from a childhood in Africa, to one during the middle passage, through to one as slavery ended and another during the civil rights movement of the 60s.

Another interesting aspect of the novel is Walker's mention of an African writer, Bessie Head, whose work I had never encountered. Usually, when something like this occurs in a novel, I find the author and books wholly fictional. However, something about Walker's description sounded intriguing, and I began to investigate. I found that Bessie Head was a real person, who had won numerous awards for her writing. I found two of her novels available, and I intend to follow this interesting trail through to its end.

Some novels require a great deal of patience and close reading. Not all are worth that extra effort, but Alice Walker's *Temple of my Familiar* most certainly is. The only flaw involved rapid shifts of time and place, which I found confusing – until I understood what Walker intended. Despite this, I did not invoke my rule of 50, and my persistence paid off. One chapter explains the life of Lissie, and it all fell into place.

Jim McKeown © August 2013. Jim McKeown is a professor in the Language, Literature, and Communication division at McLennan Community College.

CASTILLO

Continued from page one

his senior year, he was sold out, convinced that he would never go back to his old way of living.

"I went from a thug wannabe to a Bible thumper," said Castillo. A 1998 graduate of University High and a product of South Waco, he played football in high school and later in college, but after feeling God's pull on his life, he transferred to Southwestern Assemblies of God in Waxahachie, Texas, where he received his Bachelor of Science degree in biblical studies. Later, after serving for almost 6 years as a youth pastor at an area church, he again felt the pull of God directing him to move to the next phrase of his life.

His obedience led him to visit The Potter's House, where he ran into a college mate who served in the youth ministry there. It was after Castillo was a guest speaker at one of the services that church officials approached him about being the youth pastor, and he accepted. That was 10 years ago, and Castillo knows that he is walking in his calling and destiny. Today, he travels the country as a youth evangelist and leadership trainer.

His heart is for the youth, but his strategies for youth ministry may not be the norm for some. As a matter of fact, some may call him radical, but Castillo is convinced that leaders must rethink youth ministry. They must make Jesus relevant, he explained, while being creative with presenting the Gospel.

"I tell my kids to go and make Jesus famous."

To make his point, Castillo used the story of the lame man whose four friends

lowered him into a building through the ceiling so he could see Jesus. "The friends got creative. They cut a hole in the roof. Think about it. The number four represents creativity. As pastors, we need to be creative to get our youth to see Jesus."

For example, Castillo is convinced that all night shut-ins are not relevant to this generation. "Still," he explained, "the world is setting the bar for what's creative. So if cutting edge is MTV, the church can be just as creative. We need to make Jesus relevant to a loss world, letting our young people know that Jesus is not law nor religion, that they can have a relationship with Him and that he is more than the 'you can't, you can't, you can't.'"

But just what does 'being creative' mean to Castillo? He is known for using football analogies in his sermons. Often ditching the suit and tie, he might be dressed in a football jersey while he compares the Gospel to a play in the game. All who know him also know that he is a huge New York Jets fan. In addition, he played ball with a childhood friend who was the TCU standout who became the NFL's No. 5 all-time rusher. Castillo makes use of every opportunity to make his sermons more vivid by using football anecdotes from their high school days.

In addition, he believes the youth should be the leaders for all of the ministry. "At The Potter's House, the youth run the whole service—delivery of the word, fine arts, announcements, ministry—everything."

Castillo's vision is to empower the youth with hands on ministry, by letting them conduct the entire service with adult supporters and supervision. "My whole ministry is about empowering

others. I never want to build any ministry around myself."

"I don't believe youth stay away from church because of disbelief. I believe they don't come because of 'disinvolvement' and lack of engagement. They want to be part of something bigger than they are." Castillo's messages to his youth are always about "...who they are and whose they are. For them to be who God called them to be, they need to realize their identity."

Castillo loves serving children, and where many may see the area of youth ministry as a challenge, he admits that serving has never been the issue. "It's getting senior leadership, volunteers, support staff and parents involved. Many make children's ministry a glorified babysitting service. The challenge is getting adults to buy into the importance of youth ministry and the importance of adult involvement."

Castillo is pleased that an increasing number of churches are now beginning to pump resources into children's and youth ministry, especially children's ministry. "I believe children's ministry is the most important area because we are training them to be the next generation of God's leaders."

Still, according to Castillo, many churches put children's and youth ministry on the back burner, and in many instances, the two ministries are separated. "There needs to be a cohesiveness between children and youth ministries. Leaders need to work closely so the children won't be intimidated when it is time to transition from children's church to youth. That's why I do a lot of ministry to children's pastors in my breakout sessions."

In his conferences, Castillo focuses on the whole spectrum of youth ministry—period. "There is no cookie cutter solution to any ministry, but there are universal principles. Leaders can always expect inspiration and vision. I want to see the youth take over my hometown and the nation."

Admitting that ministry can be tough and lonely at times, at his trainings, Castillo always offers words of encouragement to pastors and workers. Children's workers are included, as well.

On a lighter note, Castillo also shared a few things with *The Anchor News* that people might not know about him. He loves, loves, loves breakfast and can eat breakfast at any time of the day or night, and "Sometimes, I also think I sound like Israel Houghton, but I'm the only one who thinks that way."

Castillo is still a newlywed. He and wife Cheron married a little over a year ago, and he loves, loves, loves his wife. "She's wonderful, and so is her 13 year-old son, Kaden. I'm a husband and

dad, and I'm loving it!"

For more information on The Collaboration Conference, please see the ad in this issue of *The Anchor News*.

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What do you need?

By Jennifer Snyder

Many times as I am around town at networking meetings, I am asked what I need in my business. My answer is typically one of two things... complainers and people who are chronically late.

Complainers complain about many things and although I am unable to help them with their neighbor's lawn or the thoughtlessness of a coworker, I can help them with so many other things...like how to make the most of traffic, how to organize their day around what matters most and primarily how to stop complaining and start making things happen. I am by no means a miracle-worker yet when you have an unemotional and objective perspective on your woes, it seems to make them easier to digest.

Now for those that are chronically late, this is the easy one. There are many time management tools that can be utilized to help us arrive on time. One of the most significant is to only schedule 50% of our day. By practicing the 50% rule, it frees up a large portion of your day to accommodate appointments that run long or unexpected issues like sick



Jennifer Snyder

children and flat tires. If we are lucky enough to stay on time all day, use the extra time to catch up on nagging tasks that would otherwise be put off. Having such items off your ToDo list will eliminate far more stress than you would think.

Regardless of what happens during your day, few things feel as good as completing everything we should have plus a few extras. Now take the time to pay attention to the complainers in your life, even if you are one of them.

Jennifer Snyder is CPOO of Neat as a Pin Organizing Experts, www.neatasapin.net, (254) 715-3888.

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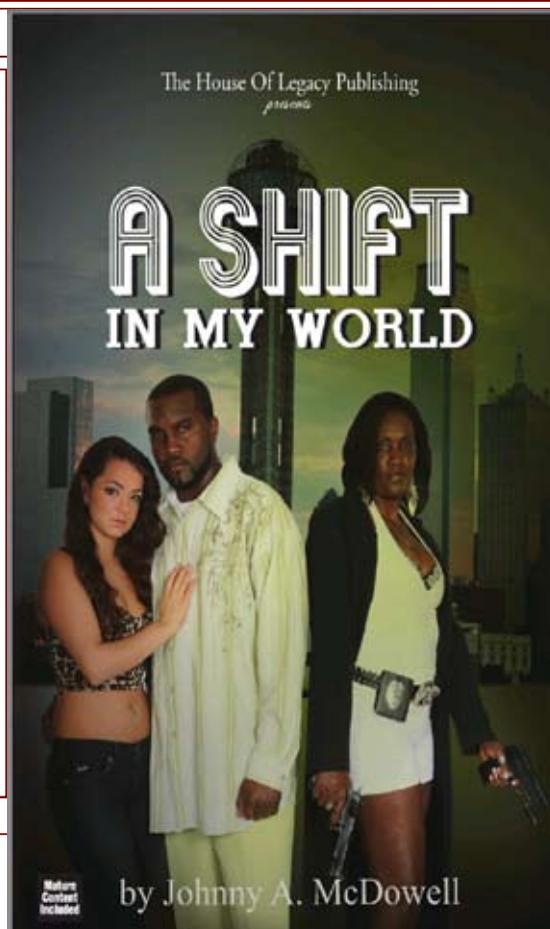
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I can do all things through Christ who strengthens me. Philippians 4:13



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by Fan Minnitt

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Cross Out Puzzle sponsored by State Farm Agent Richard Kruger.

See answer key on page 15.

CROSS OUT

Fit all the words listed into the grid.
We have given you a word to get started.

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4 LETTERS	5 LETTERS	7 LETTERS	9 LETTERS
Area	Liar	Angry	Egghead
Dole	Semi	Anvil	Ravioli
Eons	Sofa	False	Roaming
Glow	Stay	Nails	Sawmill
Iris	Tiff	Rural	Session
Isle	Wage	Sorts	Stirred
		Sucks	Uniting
		Twang	Yoghurt
			Addresses
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			Laterally
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HEALING by Sophia A. Strother, MBA LCCA

H-E-A-L-I-N-G...what does that mean and how can one truly complete that process after being hurt, abused or neglected? This is the question at hand and often times never answered in one's life until they've reach their breaking point or hit rock bottom.

With 1 in 4 women experiencing domestic violence at least once in their lives or 1 in 6 women and 1 and 33 men experiencing rape in their lives, it's definitely a word that should be understood and thoroughly practiced. Literally speaking, healing means to make whole. It is the means being restored to health. This organism can be your physical, mental or spiritual being.

When you've been vio-

lated it's hard to know how to become whole again. You think no one can understand nor feel the hurt and pain you feel. But I'm here to tell you YOU'RE NOT ALONE and you can successful become WHOLE again.

There are things you can do to start that journey. Number 1 – Realize and accept you've been broken. So many times you can delay your process by being in denial. Bad things happen to good people; however your past doesn't have to dictate your future. Just think if you were able to live through it, you're already a SURVIVOR. Now it's time to become alive again.

Number 2 – Believe you can be made whole again. Number 3 – Be patient.



Sophia A. Strother

Healing doesn't happen immediately. It's an everyday journey to becoming whole again. Don't push yourself based on where someone else thinks you should be. You know your own body, emotions and aspirations

for becoming whole so begin to trust yourself again by not comparing yourself to someone else's critic or journey.

Number 4 – Find and receive the right support. Everyone can't provide healthy and constructive advice to people who have survived domestic violence, sexual abuse or child neglect. Contact professionals that are passionate and able to send you to others and/or support groups in your community. Call 1(800) 799 – 7233 anytime.

They are available 24 hours day!

Number 5 – As you're traveling on your journey of healing, always remember YOU'RE WORTH REAL LOVE THAT DOESN'T HURT! Whether it's receiving love from a relative, friend or significant other, demand and never settle for anything less than love that communicates, that supports, that radiates positive energy, that uplifts, and appreciates you.

If they aren't exhibiting those qualities of love LEAVE. You're not obligated to surround yourself with individuals, family or not, who won't allow you to heal or grow.

Remember that being HEALED takes time, commitment and courage. It's a process/journey that can take months or even years; however, it's attainable and YOU CAN DO IT!

From one survivor of abuse to another: Don't give up on yourself. You're worth real love. Visit www.sophiastrother.com for more resources.

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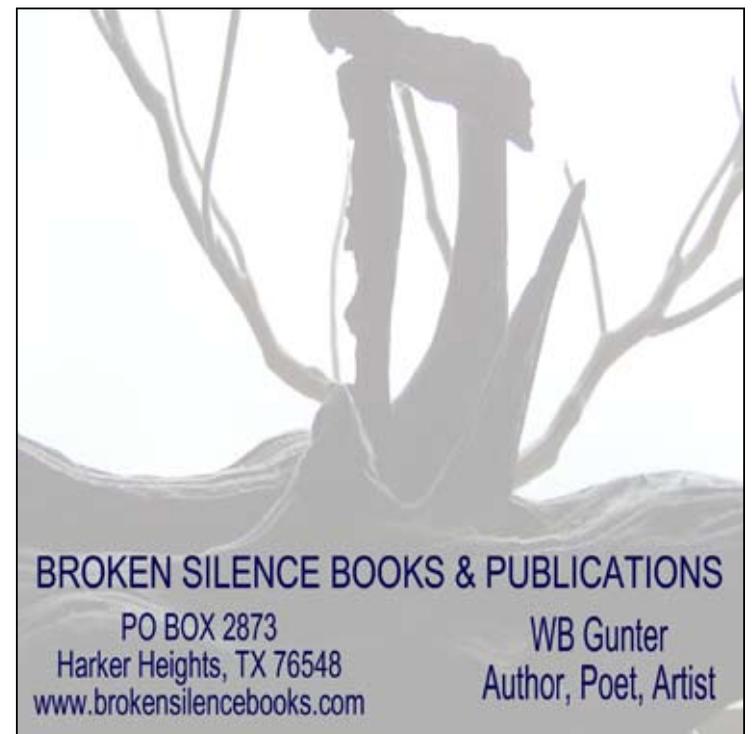
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NERNA to host community forum on November 21

The North East Riverside Neighborhood Association (NERNA) is hosting a community forum, November 21, 2013 from 6:30 p.m. to 7:30 p.m. at the Eastern Waco Development Corporation, 715 Elm St., Waco 76704. The guest speakers are Clint Peters, Katy Sivas, and Steve Voiles of the City of Waco Planning and Engineering Departments; Delisa Burnell-Smith of NeighborWorks. For more information call Jeanette Bell at 254.652.9056.



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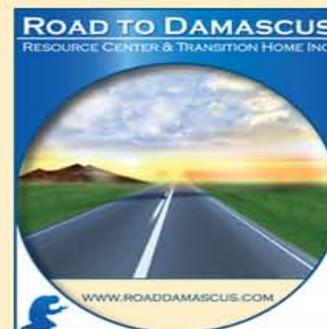
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From the desk of Pastor Marselo "Selo" Lozano, the mind behind The Collaboration Conference

By Marselo "Selo" Lozano

The idea behind the ministry, theriseonline.com is a vision and passion to help grow, encourage, organize, and coach a generation of youth pastors/ ministers and student ministries. This upcoming event on Dec. 14th "The Collaboration" is being offered to support our local church to be the voice of leadership this generation needs to usher in the move of God in our nation's young people. Area churches are also joining together for a United Youth Service later in the evening at 6 p.m. at The Waco Convention Center.

With this in mind I would like to share some insights that are often never realized at the local level of student ministry. One of the problems facing almost every small church in America is reaching young people while growing the church. The average size church in America is just under 90 people. So many times smaller churches are not able to attend denominational conferences, seminars, or conventions because of their lack in numbers and finances.

Then you have the youth minister or leader who serves without pay and often is left out in the cold and alone because of work, family, or even financial trials. So we end up with a host of churches from every denominational background feeling overwhelmed, incomplete and unaccomplished. Pastors and youth pastors often feel pressure because they think, "our church is too small." The size of church is so often overlooked because senior pastors may attend large conferences, workshops, seminars, and never really grasp how normal they actually are.

Media and the church have drastically distorted how we "The Church" see ourselves. Often times we can drive around town of our own city and think, "Why are there so many churches?" or "Their town or city has too many churches." We really could use more or work together better to reach the city. If you notice they are all about the same size, not huge but not too small either. I would like to share a few statics are from different agencies and organizations that might give a better understanding on where we are.

The Barna Group reports that the average local church has 75 regular participants in worship on Sunday mornings, continuing that this number represents 59% of all churches in the United States.

The Barna Group also reports that only 2% of U.S. churches has 1,000 or more in attendance on Sunday mornings. Only 11% of worshippers, according to National Congregations Study, go to small churches.

Churches where 20% of members were of a racial minority comprised was only 7% of congregations in the United States. Source: Article by sociologist Michael Emerson

Today's Youth Ministry is probably being run by a volunteer. Source: Interview with Jim Burns

85% of the people who make a commitment to Christ make it before age 18 or they never will." Source: The Barna group

Every 10 years we graduate the next generation of church members or ex-church members. Studies have shown the churches that showed the greatest growth have greater youth involvement. Specifically, 58% of growing churches said the level of youth involvement was high. I don't think it is a coincidence the average size youth group in America is 12 students.

As we look it seems that we are training up our children in the way they should go. We the church, have so divided up into denominations, doctrinarians, and segregations our children do the same. The eleven o'clock Sunday morning continues to be the most segregated hour in America. The sad thing is that numbers don't normally lie. So looking at the numbers it seems the church has been deceived into thinking we are right and everyone else is wrong. I believe no matter the size of church it is the youth ministry that sets the tone and momentum for the next 10 years.

Today young people from 12 to 21 make up a little over 80 million of American's population. This Generation Y or sometimes know as the "Millennials" is the largest generation since the baby boomers. In the late 1800's and early 19th century, the American world simply consisted of children and adults. There were no "teenagers" before World War



Selo Lozano

II. It became apparent that a new stage of life had emerged in America "The Teen Years". Even with young people displaying traits that were up until early 1900's unknown among children and adults the word teenager did not come into use until decades later, the full blown teenage mindset dawned in the late 1920s. So with a need to define this new behavior of young people we were given "Teen" and "Teen-ager." Webster's added the adjective "teen-age" and later it became the noun after WW II. Teenager by definition is a person aged from 13 to 19 years of age. We as adults treat them as kids and expect them to respond as adults. We grow tired of immature thinking, acting, teens whom are not motivated by anything but a social life. Yet, over the years the American Teenager has developed grown and so it now has the ability impact a world on a global scale like never before. In the Fall of 2003 teens were spending an average of \$1,742 annually. In fall 2003 girls spent an average of \$1,964. Their buying power is significant to the national and global economy. In 2008, teen shoppers spent between \$140 and \$190 billion on clothing, food, electronics and music, according to U.S. Bancorp Piper Jaffray. Now these are the same teens that tell the church "I have no money." Teenagers make up about 24% of the current workforce in America according to workingforamerica.org; this means someone is giving them responsibility.

Corporations trust teenagers with hundreds of thousands of dollars in transactions and equipment. In public schools students run organizations, clubs, events, student councils and numerous other responsibilities. In

the church we allow them sit in service or help with kids if no adults are available. These social media driven culture teens have no such outlook beyond the social world. It seems there is no adult life to reach for.

With no past spiritual heroes or ideals to look to and with no future with goals set they wait for something real. I believe over the years the church has fallen into this same lane giving in to the world's ways thinking and it perspective of the American teenager. This large number of young people has snuck up on the church with its traditions, religion and stereo types. Teens today are more looking for truth and the experience of spiritual things not just an entertaining church service.

I would like to challenge church leaders to take another look of the American Teen through the eyes of God's Word. If we look to the history of man based on our beliefs and the truth of the bible we will find the roots of youth ministry. From the history our past and the future of the church collide in the present of what we say we believe.

Looking at Jewish tradition and history we find that there were babies, children and adults. According to the word of God, Jewish people are his chosen people; therefore, it is safe to assume their traditions may be on point. If we acknowledge this truth then we should consider recognizing their tradition as well. Young Jewish boys would learn the Torah (Genesis-Deuteronomy) until the age of 10-11, and if they excelled at this they would continue learning up to Malachi.

Then at the age 14-15, those who were the best of the best were chosen by a rabbi to become their disciple. If the child was unable to continue at any point they took up an apprenticeship with their father. So this means when a young girl 12 years of age or young man the age of 13 are considered spiritually mature to be responsible to obey the commandments of God. This is traditionally recognized by the ceremony known as the "Bar mitzvah" the rite of passage into adulthood.

So looking at stories across the old and new testaments, we see almost all men were

young in age. If we look at them at under twenty, it is easier to understand Jesus' patience with them and their behavior and his way of teaching them. In today's culture, we would call these disciples teenagers.

If we believe the Word of God as we say we do, then we "The Church" are the church's biggest hindrance. This would then place a tremendous amount of liability on the church of today's teens and youth ministries. Jesus tells us the church not to neglect the little ones. Yet we tend to paint pictures of little children at his side and then have pictures of him leading a group of older men with white beards.

Taking just the basic thoughts about Jewish tradition and scripture, we could easily cause a huge uproar in churches across America, because it would, in fact, place Jesus in a place we call today Youth Ministry, and he would just be the youth pastor working with a bunch of teenagers.

Marselo "Selo" Lozano has a passion to serve and encourage today's generation of youth pastors, ministers, leaders, workers, and students, motivating them to rise up as the people that God has called them to be. His heart is to help them become the leaders of their families, churches, and communities, so that they can be the voice needed to usher in the move of God in our nation. His leadership style is a unique mix of skills, which range from motivational speaking, character development, life coaching, counseling, and marketing, geared toward equipping and supporting the local church with free resources needed to grow and develop their student ministry. He resides in Waco, Texas with his wife, Mia Lozano and their four children and three grandchildren. Currently serving his local church as youth pastor for the past 15 years and associate pastor for the last 5 years, he also serves his community by coaching youth pastors, consulting churches in staff development and training and marketing. To contact The Rise or to receive free resources, such as CD's and literature, visit leadership@theriseonline.com or call 254-756-1240, ext. 203.

Yvette Shortt, Wedding Planner, introduces Waco to Beautiful Creationz

She is living her dream. This Guyanese-born, Texas-based nurse is also an entrepreneur. Yvette Shortt recently established Beautiful Creationz, a personalized decorating firm catering to weddings, birthday parties, graduations, religious and other social events.

"In 1999 when I did the decorations for a wedding, I realized that décor is a form of an individual's expression," said Shortt. "Ever since that time, I have been beautifying events with my unique touch. From the simplest evening soiree to wedding day events, I provide a service that brings to life the occasion for those clients and their guests on that special day."

Born and raised in Georgetown, the capital of Guyana, Shortt attended Central High School, one of the leading educational institutions at the time, which turned out many well-rounded and distinguished scholars who have made major contributions globally.

"Central High is special to me," she says. "To this day, I love talking to and

interacting with the many friends I made there and reminiscing about some of the teachers who encouraged and inspired me and other students. They pushed me to do well and to be a leader. I eventually rose to the rank of deputy head prefect, learning in the process that respect is earned and not given to you."

After graduating from high school in 1975, Shortt worked in the office of then Prime Minister Forbes Burnham and in the Guyana Public Service's state solicitor officer before migrating to the United States in 1980. As executive secretary of a worldwide church organization, she travelled to several states, including California, Florida and New York before settling in Georgia where she obtained employment as a unit secretary and then co-ordinator assistant at a leading hospital.

"In this role, I learned to plan and execute a variety of events," she recalled. "While making the nursing schedule, I developed respect for the profession, observing that it required



Yvette Shortt

commitment, passion and love for people. When I had to make a career decision, it made absolute sense to me that nursing was it."

Juggling her full-time job and decorating for weddings and other social events, Shortt also aspired to own a business.

"I shared this idea with family and friends and, with their encouragement, I enrolled in a business class at the Central Texas Chamber of Commerce," she recounted. "Opportunity knocked on the first day of classes when, as I was pulling into the parking lot, I received

a phone call from a friend who was selling her special events décor business and wanted to know if I was interested in making the purchase. This was something that I couldn't let slip by. To have the opportunity of combining my love for helping people, decorating and entrepreneurship was a dream come true."

Like most immigrants, life has not been easy for Shortt. She encountered many of the challenges newcomers face in making the transition to a new country and state.

"Getting settled in a new country just over three decades ago and then moving from Georgia to Texas while being a single parent was difficult," she said. "My faith in God and my family, however, have kept me going and my dad remains the biggest influence in my life."

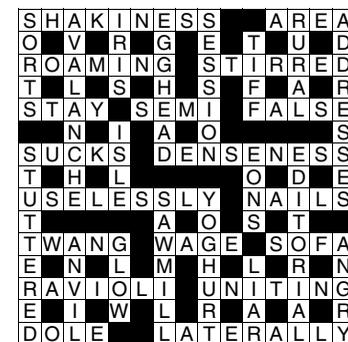
Shortt has huge plans for Beautiful Creationz, including the creation of a one-stop rental storefront in the next three years. In the meantime, she will embark on a multi-promotional campaign, including

attending trade shows and using social media platforms to sell her business.

"In addition, we will supply basic inventory such as silverware and china, lighting, crystal and containers to furnish décor for customers' convenience," she added.

During a brief visit to Guyana last year, Shortt was impressed by the success of small businesses in the country. "Guyana made me strong and taught me life lessons such as the value of the dollar," she pointed out. She is excited to be part of Waco's growing businesses.

For more information on Beautiful Creationz, you can go to the website at www.beautifulcreationz.net or call 254-733-3351.



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Top tips to getting the best bargains on Black Friday

By Linda McDonald

Black Friday falls on the day after Thanksgiving and has earned the reputation of being the busiest shopping day of the year. The name was adopted from an accounting term—red ink denotes a negative profit margin, whereas "in the black" denotes a positive profit margin. Many retailers make or break their sales goals between Thanksgiving and Christmas, with the season kicking off on the Friday after Thanksgiving, hence the name "Black Friday." There are a number of ways to get the best bargains on Black Friday if you plan in advance.



Linda McDonald

1. Check out the ads.
2. Do your research before Friday. If you are hoping to scoop up a deal on Friday on a big-ticket item, go ahead and get your research out of the way as soon as possible.
3. Compare prices. Utilize pricecomparison internet shopping sites such as PriceGrabber.com to assist you in comparing product prices. Compare the "options" included with the product.
4. Look for early bird shopper discounts.

5. Beat the crowds with night owl discounts on Thanksgiving.
 6. Bring the ads. Many stores offer a "lowest-price" guarantee; however you may be required to produce a copy of the exact product being advertised for less.
 7. Know the store policies.
 8. Ask for gift receipts.
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2. Spiritual life depends on the Bible.

3. A study of the Bible will reveal God's will for man.

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"I enjoyed this study very much; it is amazing how we substitute tradition and legend for the "real"

truth."--Jackie, Waco, TX

"I love getting these lessons." --Mary, Waco, TX

"I enjoy the lessons you send because it makes my Bible study enjoyable, keeps me wanting more. Thank you." --Robin, Nacogdoches, TX

"Here are lessons 3 & 4. I thoroughly enjoyed doing them and look forward to lessons 5 & 6. God bless."--Jonathan, Amarillo, TX

If you would like to enroll, please write to Bible Correspondence Course, P.O. Box 7394, Waco, TX 76714. There is no obligation and no one will call on you except at your request.

Singles guide to surviving the holidays

(NewsUSA) - Being single during the holidays doesn't have to feel like adding insult to injury. These tips from the dating and relationship experts at eHarmony Advice (advice.eartharmony.com) can help you make it through the season at peace with yourself and your relationship status.

Holiday Parties

To bring a date or not? That is the question. You can always appreciate the company of a good date, especially if your plus-one is someone you truly enjoy. However, working overtime to keep your guest

entertained is no fun, so don't force an awkward date. The holidays can be a great time to widen your dating circle, so consider going stag. You'll be free to mingle and can leave whenever you want.

Surviving the Family: Deflecting your family's questions about why you're single and when you plan to get married can be exhausting. With the proper mind-set, you can survive even the most insensitive family probing.

- Timing is everything: Decide ahead of time whom you want to see and how much time you want to spend with them. Then stick to your guns, and get out of any situation when you can't keep your cool.

- Deflect and conquer: Your relatives will always find a way to sneak in a question about your dating situation -; well-meaning or not. Anticipate this, and come prepared with a response, such as "There's no news in that area ... but how's your family doing?" Distract them from the original question. They may quickly disengage when they discover you're not sharing any dirt about your love life. Consider that mission accomplished.

Surviving Yourself

If last year you were the Grinch from Thanksgiving through New Year's, this year dive into the true spirit of the holidays.

- Be honest with yourself: Save any self-judgment, and instead, acknowledge your personal value, your accomplishments and the friends and family you love and who love you in return.

- Be good to yourself: Buy yourself a nice gift. Spend a night on the town with your most fun-loving friends, or put the dating ball in your court and log on to a matchmaking service like eHarmony (www.eHarmony.com) to see who might be compatible with you.

If you make these commitments, you might just find the holidays more enjoyable and your hopes refreshed heading into the New Year.



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From incarceration to imagination – Author Johnny A. McDowell hosts book launch celebration on December 14

By Linda Crawford
Partial Reprint

When most people leave prison doors behind, they walk out with a story to tell. How many walk out with many, many stories to tell? Such is the case with Johnny A. McDowell. McDowell is set to release his second book, *A Shift in My World*, at a historical book launch celebration on December 14. The book is being released through his own company, The House Of Legacy Publishing, LLC. Scheduled from 3 p.m. to 6 p.m. the celebration will be held at the Hoffman Center at 400 S. 4th Street in Waco, Texas.

McDowell and his supporters are excited as they anticipate history unfolding. Not only is this author beating the odds that are, supposedly against him, but according to McDowell, in the state of Texas, there are no independent fiction publishing companies. "Now," he said, "I will be able to give others an opportunity to submit their work for possible publication." And with the help of sound, financial investors, the company will also be able to accept non-fiction, as well.

McDowell's journey has not been an easy one, and while studies show that nearly half of former prison-

ers go back to prison within three years of their release, McDowell has stirred clear of such misfortunes. Employed full-time and then some, he has managed to put himself into other brackets—those of a writer and a business owner.

Two years ago, McDowell debuted with his breakthrough release, *Raising Hope for Darius*. As the editor, I knew that this story line of a two-year, the only witness to the murder of his mother, would be a hit. I was right. *Raising Hope for Darius* launched McDowell into the literary arena, earning him a 4 ½ STAR rating and two 5 STAR ratings. He also received The 2011 Distinguished Author Award by the Reflections Book Club and was a featured author at the 2013 National Book Club Conference in Atlanta, Georgia, where he graced the cover of several local magazines.

Described as an action-packed fiction for all audiences, *A Shift in My World* promises to bring even greater reviews. It is described as an action-packed fiction for all audiences. Part of McDowell's bio explains that "Resisting the notion of being tied down to a certain genre is not a battle that Johnny A. McDowell has to deal with as a writer,



Johnny A. McDowell

publisher and owner of The House Of Legacy Publishing. The release of *A Shift in My World* and its sequel, *The Settling*, is McDowell's way of informing the literary world that he possesses the ability to be a "Chameleon" when it comes to his style of writing."

In the story line, Catalina finds herself having to choose her life or her love. According to the book's synopsis, she "finds herself forced to stand by the side of a man who could cost her her very life. This soft-spoken Honduras woman quickly has to decide whether to live under the Cartel's rule or stand against it. Meanwhile, Stephon is thrown into adulthood by the one man he trusted, Uncle

James, the leader of a secret brotherhood that lives by the motto "Use or be used!" Two worlds collide when Stephon and Catalina meet and begin a relationship that is not only forbidden, but deadly. In an attempt to free her people from oppression, she joins forces with Stephon, who learns he must bring down the one man who has taught him everything he knows."

McDowell was born in Waco, Texas. At the age of two, he and his family relocated to El Paso, Texas, a move which allowed him the privilege of not only learning two languages but also understanding two cultures. For the most part, he led a normal life, but through the years, things changed, and not always for the best. When his life took a turn for the worse, he found himself headed in the wrong direction—to prison.

It was during his time of incarceration that he began to discover his talents. He spent much of any free time that he had designing layouts for a clothing line and used his remaining free time reading anything and everything that he could find. In a week's time, he would read up to three and sometimes four books.

Reading opened up a whole new world for him, and in May of 2007, he picked up a pen and pad to write his first story. Within two months, McDowell had written two books and, by then, realized that God had replaced the clothing ideas with a creative

writing ability.

McDowell says he is a versatile writer who has grown in more ways than one, and while he spends much of his time speaking to youth, especially males, and trying to be a role model to them, he has accepted the fact that some people will never be able to see beyond his past.

"And that's okay," he said. "Some look at me and they don't see the change in my life. I have worked very, very hard to turn my life around. I am blessed. I have gained a measure of success, and I am doing what God has blessed me to do. I am living my dream."

The one thing he tells young people with whom he comes in contact is they don't have to walk the path that he walked.

"But if they go down the wrong road anyway, I tell them that God can get them back on track. I am a living witness, and if He did it for me, He will do it for them."

Check out the company's website at www.tholpublishing.com as well as these pages on Facebook—*A Shift in My World* and *The Settling*. Both are on YouTube.com.

You can also go to THOL Publishing on Facebook. Most importantly, remember to support Waco's own upcoming star at the Historical Book Launch Celebration in December. Join him at the Hoffman Center for fun and celebration and to pick up copies of *A Shift in My World*—just in time for Christmas.

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SURVIVOR

Continued from page one

US Army during Operation Desert Shield. He learned early in life that "not having is no excuse for not getting, so we do what we have to do so we can do what we want to do." And, that's what he did. He completed his education at Southern University in New Orleans, Louisiana and became basketball coach at St. Augustine College in Raleigh, NC until 2001.

Coach Lunsford was sitting in his office September 11, 2001, when the phone rang. His wife called him with a sense of urgency to turn on the news. He watched as one plane hit the World Trade Center, then another one. Before the day ended, Coach Lunsford knew that his unit would be called into action, and he'd be called to duty. "On November 13, 2001, I was on active duty with a Medical Support Unit."

Lunsford, an avid scholar and soldier, holds many titles. He has served as a psychiatric specialist and worked at Operations for Civilian Affairs. Fluent in Spanish, he has served in Honduras, Central America.

When he received orders to go to Fort Hood, he thought he would be deployed to Afghanistan. Instead, he was assigned to the Soldier Readiness Center. Lunsford had grown used to Ft. Bragg's approach where soldiers do the work, get the job done, and move on. Fort Hood, however, had more bureaucracy, he explained, so it took longer to get things done.

On November 5th 2009 was nothing really out of the ordinary. "We had a unit coming in and knew the day was going to be stressful, so we planned to put in some hours." Lunsford had received his new assignment to Hawaii, where he would be helping medically, to prepare units to deploy.

"I sent out for lunch, but once I finished my work, I relieved another soldier for lunch. That's when Major Hasan did what he did. He chose to wait until after lunch when people are lethargic."

According to initial reports by ABC News, Major Nidal Malik Hasan, who would have been deployed to Iraq, opened fire and killed 12 people before being shot several times. Lt. General Robert Cone called the attack a "terrible tragedy." President

Obama called it, "a horrific outburst of violence." The President went on to say, "It is difficult enough to lose soldiers overseas, but it is horrifying that they should lose their lives at an Army base in the U.S." Fort Hood is the largest installation in the world and within an hour of the state's capital, Austin.

Amid all of the chaos, active duty personnel immediately sprang into action to assess wounds, treat the injured, and secure the area.

Everyone at the Soldier Readiness Program was prepared, said Lunsford. He recalled how quickly they sprang into action as they were working on casualties even before EMS arrived. "Women used their bras and other personal items for dressings and tourniquets. Boots were used as cervical collars to stabilize spine and neck injuries. For a lot of the soldiers, this was their first assignment, and they had to be prepared for combat."

Two nurses, Captain Veronica Pacheco and Shanika Harris began treating Lunsford. According to Lunsford, the local hospital was not prepared for mass casualties, so Scott & White Hospital in Temple took in the wounded. He was declared dead on the scene and had to be transported by a civilian Medevac with Major Hasan. Lunsford flat lined three times while he was in the operating room.

Lunsford survived, however, but the recovery process required extensive support from his family, friends, and the medical staff. He remembers two particular events that stand out in his mind. The first was when his children visited him and the look on their faces. The second vivid memory is the incident that occurred when the Scott & White Hospital's director's son came to see him. The first grader who delivered a picture that fellow classmate had done in class. The child rendered a salute, and Lunsford instinctively tried to salute him back.

"As I was trying to get up, my wife asked what I was doing. I needed to salute him back. She pulled a mirror out of her purse and showed me how I looked. I dug deep. I saw there were tubes in my head, my nose, my legs, everywhere, and until I saw myself, I had no idea how I looked. My head was so swollen, it looked like I had two of them. I fought and I prayed. I could not give up because, I am a Dad and I have to set an

example for my children."

Still, the journey would be a long one of uncertainty, pain and more suffering. When Governor Rick Perry, General Casey, and Admiral Mullins, Chairman of the Joint Chief of Staff visited Lunsford, someone asked him how he felt about Hasan. Lunsford responded, "I forgive him because my faith does not allow me to hold hatred in my heart."

In the time between the shooting and trial, officials made the determination that what happened November 5th was an act of workplace violence. More than 100 victims and family members of the Fort Hood massacre have filed a lawsuit over the "gross negligence" and "reckless disregard for life," according to a New York Times report. The victims, survivors, and family have asked for considerations to reclassify the incident as one of terrorism.

"In the whole history of the United States fighting force, there has not been one documented incident of workplace violence on a military installation. It's an act of terrorism," explained Lunsford. According to FBI Director, William Webster's July 19th independent report, Major Nidal Hasan had corresponded with Anwar al-Aulaqi between December, 2008 and July 2009. Two of the emails were of particular concern due to their content and the high ranking officer. The Joint Terrorism Task force in San Diego notified the FBI's Washington DC's Field Office. The San Diego office continued its investigation

and found at least 14 additional emails, but the two sides were deadlocked.. Hasan arrived to Fort Hood July 2009. He received his deployment assignment in October, and in November, opened fire. Afterwards, the FBI immediately reviewed its investigation and took steps to improve information technology and training.

The men and women who witnessed the attack first hand on the 5th of November, remain in contact with one another and with the families of those who lost loved ones. "We are family. Not everyone is as resilient as I am. They have their good days and bad days. They approve of my delivery when I address the public. When I speak, I'm not speaking just for myself. I am speaking for the 14, and the 32. I say 14, because there was an unborn child who died that day. I also speak for the recruiting station and those affected by other acts of terror. I am



SSGT Alonzo Lunsford and his wife

their voice."

To be continued in the December issue of The Anchor News.

Since the interview with Retired, Staff Sergeant Alonzo Lunsford, legislation is moving forward to change the incident from workplace violence to terrorism. The building where the massacre occurred will be demolished, and in its place, a memorial will stand. Major Nidal Malik Hasan has been sentenced to death for killing 13 people and wounding 32 others in the 2009 The Fort Hood Shooting, the worst mass murder at a military installation in U.S. history. SSGT Lunsford can be contacted by email at lunsford.alonzo@gmail.com or via phone at 910-461-1824.

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Waco violin player declared winner of MTNA competition

By Traci Marlin

Waco, Texas —Haeun Moon, a 7th grader at Midway Middle School, will travel to Louisiana, in January to compete as a Division Finalist in the MTNA Junior String Competition.

Haeun, the daughter of Sungho and Sojung Moon, earned this opportunity after winning the Junior String category of the Texas MTNA Competition which was held on last Saturday (11-09-12). She has been studying violin for 7 years and is currently a student of Dr. Julia Hardie at Central Texas String Academy.

She has performed at Carnegie Hall, NY (Weill Recital Hall) on March 2013 as the first prize winner in her age division in the American Protégé International Concerto Competition. She was also invited to perform at numerous occasions as a solo or a leader of a string quintet, nationally. She is currently a member of Midway Middle School orchestra and Waco Symphony Youth Orchestra.

The MTNA Junior String Competition (Division level) will take place on January 18-19, during the MTNA South Central Conference. The winner of this competition will compete in the National Finals during the MTNA National Conference in Chicago, Illinois, in March.

The three-tiered MTNA competitions begin at the state level. Winners of each State Competition advance to the division competition.



Haeun Moon

Division winners then proceeded to the National Competition Finals.

To receive more information about the MTNA National Competitions, including competition rules and applications please contact MTNA national headquarters at (888) 512-5278, mt-nanet@mtna.org or visit the website at www.mtna.org.

Music Teachers National Association is a nonprofit organization comprised of 22,000 independent and collegiate music teachers committed to advancing the value of music study and music making to society and to supporting the professionalism of music teachers. Founded in 1876, Music Teachers National Association is the oldest professional music association in the United States.

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