

Celebrating 11 Years In the Community



THE ANCHOR NEWS



Serving the Central Texas Community

Volume 11 Number 3

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Free

Israel Houghton in concert this Sunday, October 13, at Bell County Expo Center

By Linda Crawford

When he was conceived, he was called “a mistake.” On his official website, Israel Houghton says, “When my mother was 17, she got pregnant. The suggestion was, ‘Have an abortion. Let’s just chalk this up as a mistake and move on.’”

Houghton continues his story, explaining that an abortion was not God’s plan for this pregnancy. Without having all of the pieces to the puzzle, I found myself comparing his story to that of Mary and the Baby Jesus. I believe Houghton’s mother made the secret decision to keep her baby and that decision was affirmed when a stranger walked up to her declaring a word from the Lord. The lady told her that Jesus loved her, He remembered her,



Israel Houghton

and yes, that she was making the right decision.

That was over 40 years ago. Today, Israel Houghton is a full-time worship pastor who is impacting the world. For the past 20 years, his heart and time have been spent leading

people into the presence of God. Currently leading worship for Joel Osteen’s 50,000 member Lakewood Church congregation in Houston, Houghton is known internationally for his anointed voice, anointed music, and anointed praise and worship.

He and his wife, Meleasa, founded a ministry made up of singers and musicians from different churches and denominations. We know this ministry as New Breed. Usually performing with New Breed, Houghton has released a number of best-selling singles and albums, taking him into the category of being the recipient of a number of Grammy, Stellar, and Dove Awards.

The Texas native is a re-

See Houghton Pg. 2

From incarceration to imagination...

Author Johnny A. McDowell to release second book

By Linda Crawford

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 in just a few weeks through his own company, The House Of Legacy Publishing, LLC.

McDowell’s journey has not been an easy one, and while studies show that nearly half of former prisoners 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.

Yes, I could see the po-



Johnny A. McDowell

tential of this Wacoan, with his profound imagination and unprecedented way with words on the page.

I remember writing the following in his review: “When Johnny McDowell pitched me with the idea that *Raising Hope for Darius*’s audience would be an urban population, I agreed with him, having read only a few pages of the story. Now, after editing the book, I must disagree with him. *Raising Hope for Darius* is a murder mystery for all audiences.”

A Shift in My World, his new book, is no different. Due to be released soon, it can be described as an action-packed fiction for all audiences, as well. No, I’m not the editor, but McDowell is adamant that he will continue to try new things and will not be tied down to the bondage of trying to

See McDowell Pg. 3

Bailey named Citizen of the Month

Cen-Tex African American Chamber of Commerce recently named Helen S. Bailey Citizen of the Month. Born in Lorena, Texas, she is a retired Waco ISD administrator. She received a Bachelor of Arts from Paul Quinn College, Waco, TX a Masters of Education from North Carolina Central University in Durham, North Carolina, and an Administrative Certification from Baylor University.

From 1986 to 1998, Bailey served as the principal of J.H. Hines Elementary, developing the first public Montessori school in the district. Prior to that, she



Helen S. Bailey

taught in South Carolina, North Carolina, and Kaiserslautern, Germany before beginning her career in Waco in 1968. After her retirement, Bailey worked as a counselor at Dean

Highland Elementary and Waco High School for 7 years. Currently, she is tutoring students in the Waco school district and is also co-owner of Baili’s, a clothing and home goods store.

Since her retirement, Bailey has continued to be very active in the community. She is on the Altar Guild of St. Paul’s Episcopal Church in Waco, TX and also volunteers with Meals on Wheels. In addition to her continued commitment to serving Waco schools, she is a member of the Waco Alumni As-

See Bailey Pg. 3



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.

McLennan County reminds voters Photo ID is required

McLennan County, Waco, TX – Kathy E. Van Wolfe, McLennan County Elections Administrator reminds voters that photo identification will now be required for voting in person.

"In McLennan County, we are working to make sure our voters understand the new ID requirements and have all the information they need to cast their ballots," said Van Wolfe.

A voter will be required to show one of the following forms of photo identification at the polling location before the voter will be permitted to cast a vote:

- Texas driver license issued by the Texas Department of Public Safety (DPS)
- Texas Election Identification Certificate issued by DPS
- Texas personal identification card issued by DPS
- Texas concealed hand-

gun license issued by DPS

- United States military identification card containing the person's photograph

- United States citizenship certificate containing the person's photograph

- United States passport

With the exception of the U.S. citizenship certificate, the identification must be current or have expired no more than 60 days before being presented at the polling place.

This photo ID requirement is for voters casting a ballot in person, not by mail. Voters age 65 and older may vote by mail.

Election officials are encouraging voters to update their voter registrations to reflect the names on their IDs. Voters may use IDs that do not exactly match the name on their IDs if the names are substantially similar but will have to sign an affidavit stating they are the same person. Voters may look up their registration at votetexas.gov and if their name is not an exact match they can update their voter registration online at votetexas.gov.

"By preparing now, voters can help make sure voting goes smoothly when it comes time for the election," said Van Wolfe.

To check and update their registrations, voters can visit VoteTexas.gov or call 254-757-5043 for more information.

For more information about photo ID requirements including exemptions, visit www.votetexas.gov.

Information on how to obtain an election identification certificate if you do not have another form can be found at www.dps.texas.gov.

HOUGHTON

Continued from page one

cording artist, a songwriter, and most recently, a producer, touring with his new movie release, *I'm in Love with a Church Girl*, starring Houghton and New Breed, and T-Bone. Other cast members include Ja Rule, Adrienne Bailon, Stephen Baldwin, Vincent Pastore, and more.

Houghton's hit songs are too numerous to name. A partial list includes *Your Presence is Heaven to Me*, *Jesus at the Center*, *Lord You are Good*, *Friend of God*, *Cover the Earth*, *Turn it Around*, *Again I Say Rejoice*, *Come in from the Outside*, *We Speak to Nations*, *Better than Life*, *Sweeter*, and *Here I am to Worship*, to name a few. Now a

household name, Houghton travels the world bringing ordinary people face to face with God's presence.

And such is the plan for this Sunday night, October 13th. Sponsored by Open Fire International Fellowship, Israel Houghton & New Breed will bring the power of God into the Bell County Expo Center promptly at 6:00. Part of his *Jesus at the Center* Tour, the concert promises to be a sold-out crowd from Killeen, Waco, Temple and surrounding areas.

Even if you have not bought your tickets yet, you can still do at the door. For more specifics, see the concert ad on page 16 in this issue of *The Anchor News*.

A note from the Crawfords...

Photo ID required to vote in November

Things may not be going the way you would like for them to go, but you should vote. You may be struggling financially, spiritually, and even emotionally, but you should vote. Perhaps you feel unimportant, like your vote won't make a difference. Push those thoughts to the back burner, because you should vote. Even if you don't have transporta-

tion, you have never voted before, or you just turned 109 years old, push through. You should vote.

Yes, an official photo ID will be required from now on, and perhaps you will have to go to great lengths to get a photo ID. Still, you should vote. I said all of those things to say this: "Happy People! You should vote!"

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WB Gunter
 Author, Poet, Artist

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

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The comments and opinions of our readers are welcomed. Letters and articles should be e-mailed. Letters should be no longer than 200 words and must include a name and phone number. Article submissions should be no longer than 450 words and should include an original head shot (in jpeg format) along with your name, address and phone number. We reserve the right to edit for grammar, space,

potentially libelous material and copyright infringement. We also reserve the right to refuse derogatory, irrelevant and malicious submissions.

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McDOWELL

Continued from page one

please everyone. His attitude is obvious with the book's cover (see the ad on page 8). When I opened the file, I could immediately see some of our *Anchor News* readers squirming and closing down as they disapproved of our printing this advertisement for McDowell's new book. Well, to be honest, when I called McDowell about it, I was squirming, too, anticipating phone calls from our readers who will surely react as I did—by "judging the book by its cover."

Nevertheless, after praying about it, we have the assurance that it's okay to support McDowell and his down to earth account of a young Honduran woman who risks her own life to help free her people from oppression.

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, 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."

This new book is about Catalina, who 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 Ste-

phon, who learns he must bring down the one man who has taught him everything he knows."

Since I met McDowell, I have been amazed with his imagination. Often, I'm like, "Johnny, how did you come up with these ideas?" Well, it started way back when.

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.

That writing ability is apparent in his books. McDowell promises that this new story-line will keep avid, high impact, action-packed drama lovers sitting on the edge of their seats.

In the meantime, he has already started jotting down ideas for his next couple of books, with one being a children's book on self-esteem. And even though he plans to try his hand at several other genres, he admits that he just can't seem to wrap his mind around a country western story-line just yet.

McDowell is pumped, not only because of his hard work is finally coming

together, but also because his publishing company now has investors, and he will be able to promote the material of other writers.

"I found that in the entire state of Texas, there are no independent fiction publishing companies, and now I will be able to give others an opportunity to submit their work for possible publication."

While McDowell will accept non-fiction as well, his interest lies in material that could also be "Hollywood material."

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 and expect more information on purchasing *A Shift in My World* in next month's *Anchor*. Most importantly, remember that Johnny A. McDowell is right here in Waco and he will have both books available soon. Contact him to reserve your copies today—just in time for Christmas.

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BAILEY

Continued from page one

sociation of Waco Public Schools, the AJ Moore Alumni Association, and the Retired Teachers Association.

She is the mother of Danielle Bailey, Houston, Texas, grandmother of Simone Bailey, San Fran-

cisco, CA, and daughter of the late Ophelia and Edgar L. Smith, Jr.

Bailey's personal life philosophy: "It is apparent that life is real. It keeps me in touch. It keeps me practical in the highest of my imagination."

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Invisible Clutter

By Jennifer Snyder

Do you wish your clutter were invisible? It may be more invisible than you think – especially to you. When we live with items and see them day-in-and-day-out, they tend to dissolve into the background of our lives. Want to see your clutter with new eyes? Take a photo and post it on a social media site. Your clutter in all its glory will quickly appear.

If you would like to see your clutter without revealing yourself to the entire Internet, try sitting in a different spot or in a rolling chair. Sit and observe your environment from places other than the normal place. Stand on a chair in the middle of the room or even lie on the floor and look up.

Now that you have found your clutter it is time to do something with it. How long has it been hiding? Is it covered in dust? If it has been years since you have laid eyes upon your newly found treasure, put it straight into the donation box. (If you don't have one, make one right away.) If you think you will



Jennifer Snyder

use it – notice I didn't say "might use it" – clean it off and move to its proper home.

Not sure if you want to see the clutter? Just remember that your guests sure will. When all else fails, invite a friend over to be brutally honest about your clutter. You have to see it before you can address it.

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

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Grandma has what you need

By Ron Oliphant

While crossing the border from the great state of Texas into Louisiana, I felt a change over take me. Suddenly I was craving a Natchitoches meat pie and some authentic cajun boudin. The pine trees seemed to stretch on forever, the sun was shining bright, and it was humid as the moisture hung in the air. I wanted to see my momma and so I soon found myself headed down a dirt road covered in trees. Now this was not the country as in a farm I was headed to; this was the woods. I realized I was home when I saw the porch of an old plantation house that my father had restored. My father died in September from a long battle with cancer and so now my mother is alone. When I pulled into the drive way, she was on a riding lawnmower doing the job he had done not so long ago.

I go home periodically to help with work around the house, but this trip was to help pick out a grave marker. We went in to town and talked to a man about



Ron Oliphant

the cost of head stones and then went to go visit my father's grave. Once out there I found myself reading head stones and searching out relatives. It was interesting to read what was on some headstones. Some grave markers had the actual picture of the person on it while others had images of fishing and golf courses. Turning to my mother I said, "I guess I need to ask Grandma a few questions about relatives. I want to know the names of my great- great-grandparents."

She said, "I know that information." Pulling out her cell phone she let me see a picture of a young couple. "Now that is your great grandmother Ophelia's Momma, Mary Cross and that is your grandfather Robert."

I stared at the picture, smiled and laughed at how silly I was. I was thinking to myself "If grandparents are alive, they probably knew their grandparents. The only thing I have to do is ask."

We got in the car and drove straight to my grandmother's house, Queen Ann Lucas, and she told me all she knew, one great story after another.

The next day I drove back to Waco, a little fatter of course than I had left. After

telling about my adventures in Louisiana, I convinced my wife and brother-in-law to take me to their father's grave site at Willow Grove Cemetery on the outskirts of town in Speegleville. My wife, who has not been there in a long time, struggled to remember the way. As we drove down the long winding roads, memories began to drift back into both of their minds. She pointed out houses she had once visited as a child as her brother talked about going to the Willow Grove Church with his father. Once there, they found themselves taking pictures of the church and the cemetery's sign. We all realized that the cemetery is actually a historic landmark in Texas. My wife and her

brother were amazed to find out that their great grandfather, William 'Buck' Manning has his name on the historical marker. He's on there because Speegleville was once an African American community called Willow Grove, settled in 1871 by Buck Manning and A.W. Crawford.

I encourage all, not just African-Americans, to use current resources such as Waco's genealogy library or online sources to research their own past. We could also ask elderly family and community members questions about our family tree. Just like with most other things in life, sometimes Grandma is the best place to go for information and advice.

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A partnership between industry and education

Just before the new school year began, Waco ISD and the Waco Business League held a grand opening for the Greater Waco Advanced Manufacturing Academy (GWAMA) at the Academy's new home, located at the former Doris Miller Elementary School, 2401 J.J. Flewellen Road.

The newly renovated building is a place where students from Waco ISD and nine surrounding school districts will have an opportunity to learn industrial skills that are in high demand in Waco as well as Texas and the nation. The building has been retrofitted with specialized classrooms and state-of-the-art welding stations to accommodate this new and unique partnership between industry and education.

The Academy (GWAMA), which opened its doors in late August, will introduce students to the world of welding and precision metal manufacturing. Much more than a trade school, the Academy will also teach math and science skills that are mandatory to acquire today's high-tech industrial jobs.

"We've had a fantastic start to the school year," said Marcus Walker, principal of the Greater Waco Advanced Manufacturing Academy. Walker said there are currently 63 students attending GWAMA.

"In the last few weeks, students have been moving from welding theory learned in the classroom to practical welding in the laboratory," Walker said.

"At the moment, students are practicing welding techniques through shielded metal arc welding, commonly referred to as 'stick' welding," Walker added. In conjunction with welding, students have been learning measurements and voltage in their science and math classes to help determine correct amperage and speed of the welds."

School districts participating in the Academy include: Bosqueville ISD, China Spring ISD, Crawford ISD, Connally ISD, Midway ISD, LaVega ISD, Lorena ISD, McGregor ISD, Riesel ISD, Robinson ISD, Waco ISD and Methodist Children's Home.

The Academy would not



A student at the Greater Waco Advanced Manufacturing Academy practices his welding technique in the new state-of-the-art facility.



Waco ISD Board of Trustee Cary DuPuy prepares to use a welding torch to cut a metal ribbon at the Greater Waco Advanced Manufacturing Academy, with Waco Business League member Wilton Lanning (first row, far left), Waco ISD Board of Trustees Angela Tekell, Allen Sykes (first row, second and third from left), Norman Manning (second row, center), and representatives from the Academy's founding business partners and the Waco Business League.

have been possible without the vision of many business leaders in the community. A highly educated workforce is the key to successful wealth creation and economic prosperity. Technically skilled and highly educated workers are in high demand by business and industry. The Greater Waco Advanced Manufacturing Academy forges the relationship between business, industry and education so that Waco ISD and all participating school districts may produce a prosperous, thriving and competitive workforce.

Founding business partners are: Waco Business League, University School of Engineering & Computer Science, Capstone Mechanical, Caterpillar, CenTex AGC, Central Texas Iron Works, Elixir Industries, Grainger,

Greater Waco Chamber of Commerce, Lochridge-Priest, Manitou Group, Matheson Gas, Mazanec Construction, Packaging Corporation of America, SpaceX, Sturdi-steel, T-Squared Manufacturing, Texas State Technical College-Waco, Time Manufacturing, Tymco, Vantran, Wallace Group, and Education Service Center Region 12.

Just recently, Waco ISD was awarded a \$2.2 million grant from the U.S. Department of Education's Magnet School Assistance Program to further enhance the Academy. A major goal of the grants is to promote courses of instruction within magnet schools that will substantially strengthen students' knowledge of academic subjects and attainment of tangible and marketable vocational skills.

What is salvation?

By Matthew Reed

Salvation is God in his power doing for you what you cannot do for yourself. Let's look at salvation as a tent that encompasses security from wicked men, a doctor that specializes, a lawyer that never lost a case, a financial advisor, a spiritual adviser, a counselor for every situation, a psychologist for adults and children, an instruction book for all things. Salvation is full of promises that are guaranteed. Salvation is the greatest investment people can ever make. It secures them a place in heaven. There is no greater investment.

Let's go to the scriptures and substantiate these claims that I have made. Exodus 14:13 says, "... Moses said unto the people, fear not, stand still, and see the salvation of the Lord, which he will shew to you today: for the Egyptians whom ye have seen today, ye shall see no more forever. 14 The Lord shall fight for you, and ye shall hold your peace.

Proverbs 16:7 says, "When a man's ways please the Lord, he maketh even his enemies to be at peace with him." Luke 1:71 declares that we should be saved from our enemies, and from the hand of all that hate us: And this he did keeping a promise made to our fathers that if we would serve him he would defeat our enemies for us, enabling us to serve him without fear.

Then there are the Hebrew boys in the fiery furnace and Daniel in the lion's den and David the little shepherd boy and the enemies from which he saved me. These situations exemplify salvation! Luke 7:12-15 reveals Jesus encountering a woman who was burying her only son with great grief. He had compassion on her and her son lived again. What a doctor. That's salvation!

In Luke 8: 48 a woman touched his clothes and was healed; that's a doctor. That's salvation! In John 8: 4-12, we find him defending and protecting a woman rights to repent and be saved from her sin. He did this without compromising the laws of God or his integrity. I am glad I have such a lawyer; he comes



Pastor and Mrs. Reed

with salvation.

This same lawyer/doctor in Matthew 12 met a man in the synagogue with a withered hand. He faced the

same opposition we encounter today when we want to do good. Those evil power-hungry people of that era tried to use the laws of the Sabbath to bind him. Being the advocate he is, he first advocated for the man and then put on his doctor's hat and healed him. That's salvation!

In the area of finances he says "seek ye first the kingdom of God and his righteousness" and the things you need shall be added. The God of Salvation knows

that ye need them.

Jesus cautions against worry. Worry is vanity; no one through worry is able to add any increase. God can! Get salvation! Mark 2:4-11 show how Jesus perceived in his spirit after saying to the sick of the palsy "thy sins be forgiven thee," that there were present those that thought he blasphemed and questioned his ability to forgive sins.

There are more places in scripture where Jesus through perception knew the thoughts and intent of men hearts. In salvation I have a psychologist and psychiatrist. This is a part of the package. In salvation

I have found the fountain of youth. Psalms 103:5 states "the Lord satisfieth thy mouth with good things: so that thy youth is renewed like the eagle's."

Receiving Jesus Christ as Lord is mandatory. This means that whatever tune he calls, we dance to it. 2nd Thessalonians 2:12 explains that we are chosen to salvation through sanctification of the spirit and belief of the truth, meaning i whosoever calls on the name of Jesus shall be saved.

Remember this: Jesus is the horn (strength) of your salvation. Nothing happens unless it is in His name.



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Waco CDC welcomes new team member

Priyanka Rajaratnam is excited to join the Waco Community Development team as an AmeriCorps VISTA! She was born and grew up in Waco, graduating from Baylor University in 2010 with a degree in Interior Design and Business Administration. She has always had a passion for working with the com-



Priyanka Rajaratnam

munity, empowering others and seeing positive growth and development.

Rajaratma loves everything about music, traveling and being immersed in culture, unique design/architecture, and cups of coffee with friends. Since graduating, she has discovered an interest in Social Entrepreneurship (the creation of innovative, sustainable solutions to social problems) and hopes to pursue this further in community projects and future graduate studies.

Rajaratma has worked with organizations, such as Mission Waco assisting with poverty education and training, and working with the fair trade market and microcredit/development projects in Haiti. She also volunteers with and supports other groups lo-

cally and internationally that are involved with fair trade and issues of social justice. Currently working with Baylor University's Community Engagement & Service Department, Rajaratma is responsible for campus service projects and is involved with local non-profits such as AVANCE, and program development opportunities with The Parent Resource Center at South Waco Elementary.

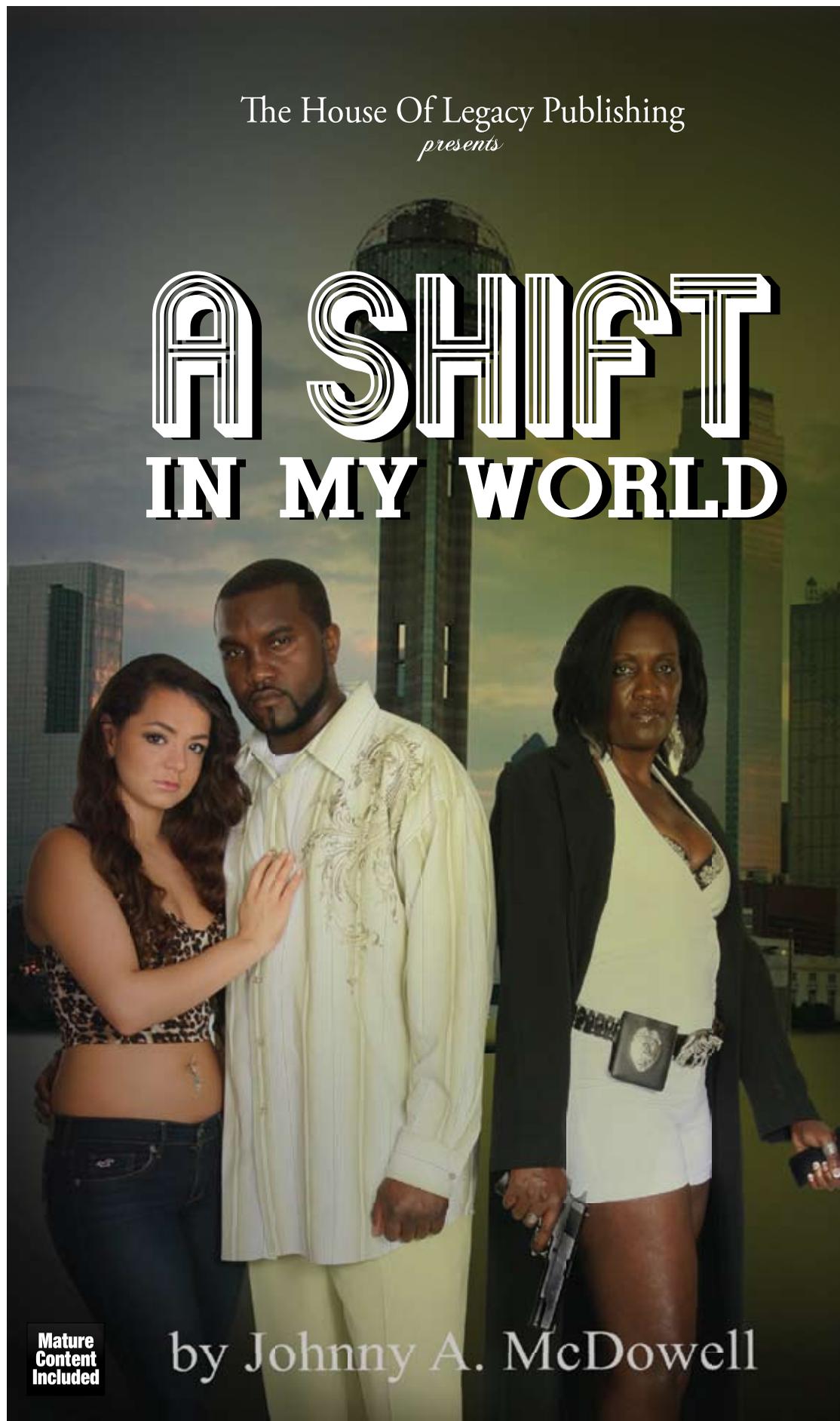
I have really enjoyed being involved with the Waco community after college, learning to love my hometown even more and being a part of the exciting growth that is taking place," said Rajaratma.

Through Waco Community Development, she will continue researching microfinance to explore the possibility of expanding Waco CDC's Individual Development Account and Financial Literacy programs to include small businesses. This possible expansion could include working in cooperation with existing small business development groups in Waco.

"I believe, as Frederick Buechner says, that 'the place God calls you to is the place where your deep gladness and the world's deep hunger meet.' I am thrilled to be able to have this opportunity to work with Waco Community Development!"

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Miscommunication

By Mona Dunkin

"I know you believe you understand what you think I said, but I am not sure you realize that what you heard is not what I meant." Bonnie Libhart

What? Communication is sharing information with another person in such a way that they understand not only what you say but also what you mean. We speak in words but think in pictures. When what we say does not match the picture of the one with whom we are speaking, we have a miscommunication.

My grandchildren and I returned from swimming and I asked them to hang their wet suits on the swing. The picture in my mind was the porch swing that we had just passed while entering the house. Later, as I was gathering laundry, there were no swim suits on the swing.

I inquired about the swim-suits; they insisted they were on the swing. And they were. They were on the swing they pictured in their minds - the swing set in the yard. I chuckled as I thought of my friend Bonnie's amusing transfix of words about how what we say is not always what is heard.

If we do not give and or get corresponding pictures, then we have not understood one another. Sometimes those miss-matched-pictures of miscommunications are humorous, sometimes they are



Mona Dunkin

irritating, and sometimes they are dangerous.

Perhaps the three most common communications errors are 1) talking too much, 2) listening too little and 3) failing to understand. The failure-to-understand-coin is two-sided: incorrectly assuming we have spoken accurately and thus, equally incorrectly assuming the one to whom we have spoken has heard what we meant to say.

When people give instructions, there is always a speaker and a receiver. Know that things are not always as they seem. Consider the context. Consider your audience (i.e. age, life experiences). Be gracious. Rather than insisting your communication was 100% right on, be willing to see it from the other person's point of view.

What I say, plus what you hear. What does it equal? What I have said? What you have heard? Neither? Where is the break down? Was it with the receiver? Was it with the sender? Both?

If your message is not getting across, spend time thinking and learning how better to express yourself. If you are not receiving information well, spend time thinking and learning how to seek understanding. In both instances be patient, gracious and empathetic. It's worth the effort.

A good place to start is with St. Francis of Assisi's prayer: "Lord, make me an instrument of your peace. Grant that I may not so much seek to be consoled as to console, To be understood as to understand, To be loved as to love..."

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

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The body, soul and spirit constitute the total person, Part 5

Continued from the September 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, search the archives to begin with part 1.

Last month's article talked about how the body heals itself with proper nutrition, and our mother telling us to never take prescription drugs if at all possible. The body cells can't recognize drugs. We must eat that which grows from out of the ground.

Have you ever seen a sick dog or cat going to the drug store to fill its prescription? No, they find the proper grass and eat it. Humans, animals and birds' food must come from the ground if health and wellness are to be obtained and retained (Genesis 1:29-30).

Dr. Derrick M. DeSilva, Jr. also believes that the body will



Evangelist Ruby McCray

heal itself with proper nutrition. He believes that medicine should be our food and food should be our medicine. One should eat the proper food to stay well. Should one get sick, eat the proper food for that sickness; don't take the short cut by substituting a drug.

He said that our skin and body is like anything else. We have to put the time into it. It takes ninety days before one really sees the return in that investment. One need four years of college, four years of medical school, two years of fellowship and research and there's three years of residency. Once one puts the time in, the reward will be there.

Have you noticed that it has taken however many years that the person is old to get the look that he/she has, yet, expect an overnight reversal in appearance. It can't happen if it's not a miracle.

Dr. DeSilva said, "By the age of twenty, you have the skin that you inherited. By the age of 40, you have the skin you deserve, and by the age of 60, you have the skin that you've earned."

Improper diet is just one of the culprits for a degenerating body; another one is unforgiveness. If we think that we've incurred an injustice, or actually have, we tend to want to get even by causing hurt to that person or those

persons instead of forgiving them. Again, our Creator knows what's best for us, and He put the ability to forgive inside of us. Remember, we are made in His image and in His likeness. If you've seen "The Passion of Christ", you saw how He demonstrated forgiveness in the highest degree. Looking at the ones who hung Him on the cross to which He was nailed (hands and feet), He said, "Father, forgive them, for they don't know what they are doing" (Luke 23:34). I don't believe that anybody has ever done us that cruelly. If we don't forgive, we won't be forgiven. That means that we'll die in our sin, and no sin can enter heaven.

In Matthew 18:21-34, a man had just been forgiven for an enormous debt. He saw someone who owed him a meager debt and ordered that he be put in prison until he could pay all. Someone told his master what he had done, so his master summoned him again and called

him wicked (evil) because he had no compassion after he had been shown compassion. His debt was bestowed on him again and was delivered to the tormentors until he paid all. Jesus said, "That's what my heavenly Father will do to you if you refuse to forgive your brothers and sisters from your heart" (verse 35).

We even say to God, "And forgive us of our sins, as we have forgiven those who sin against us" (Matthew 6:12; Luke 11:4). In other words, the way that I forgive is the same way that I want to be forgiven. Unforgiveness actually causes physical sickness; therefore, we must forgive in order to experience health and wellness.

Please join us in November 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

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Missing Link Puzzle sponsored by State Farm Agent Richard Kruger.

Four words have been provided: BARB, QUICK, REVEL, OPIUM. See Answer Key on page 14.

Fill in each letter of the alphabet once only.

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R	E			L		N		D	E		B
			M		Q		M		A		P
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Music & Math Masters Studio Opens

How many people do you know who can play 15 instruments with ease? Not many? Then you should meet Charles Perkins, Sr. because he can.

Perkins and his wife, Rosemary, have opened a one-of-a-kind facility in Woodway—one that blends music and math educational services, sells all kinds of musical instruments, music books, and CDs under a single roof.

Dubbed Music & Math Masters Studio, this spacious store contains a merchandise retail store, nine private cubicles, a 50-seat auditorium, and an instrument repair and service shop.

Even people with interests that fall outside of music and math are able to gain new perspectives by enrolling at the studio. Enabling young and old to develop self-esteem, the principles taught will and spawn self-discovery, impacting one's thinking.

All lessons (whether music, voice, or math) are by pre-scheduled appoint-

ments on a weekly or twice weekly basis, but must be purchased in sets of four. Each lesson is 25 minutes and cost \$30. Clients pay a one-time, non-refundable tuition fee of \$50 that allows them to take any number of lessons for a lifetime.

Studio math lessons are patterned much like a virtual school model, in that a certified math coach guides the students in using a 15-minute computer-generated lesson taught by video professors. Ready to clarify what the students see or hear, a music coach can immediately address any of their questions or areas of concern, as many teachers can easily identify clues from a student's body language indicating whether or not he understands or is confused.

Since all students deserve a good coach who can help them move on to the next level of musicianship, a few of Waco's well known professional musicians serve as music coaches. Perkins says he has ob-



Charles Perkins, Sr.

tained the very best music and math coaches in Waco to assist in this business venture.

In the spring of 1972, he and Rosemary, relocated to Washington, D.C. where Perkins eventually gained a 30-year background as an intelligence analyst with the Central Intelligence Agency (CIA). Later, this experience, along with his background as a music and math teacher, paved the way for his innovative

idea.

In 2004, he accepted a full time position teaching math, physics, and band at a Christian high school in Dumfries, Virginia. His teaching at this school motivated him to explore the fascinating links between music and math, thus the genesis of his business.

Moving back to Waco in 2007, Perkins acquired his teacher's certification in math from McLennan Community College. Throughout that first year as a math teacher at Connally High School, he began field-testing a series of single-page math summaries that would eventually lead to a math book publication. He routinely used these summaries (aka Charleys) while he taught math in two other school districts (La Vega ISD and Aquilla ISD).

Pre-algebra to pre-calculus students raved about how much each Charley helped them understand math and reduced their anxiety concerning math. Turning to his musical

side, Perkins is currently in his 5th year as band director and math teacher at Aquilla ISD (23 miles north of Waco). His band's portfolio includes his own special arrangements of gospel, country-western, classical, jazz, marches, and contemporary styles of music, which he often turns into big band compositions. Perkins not only teaches, writes, and arranges music, but he plays just about every instrument that one can purchase in his store. Therefore, teaching clients how to play any instrument or how to master any math lesson is the core of his new business.

"My goal is to provide one-stop shopping for music and math education services in the Central Texas region. Music & Math Masters Studio should be the first place that comes to mind when you need lessons in music or math."

For additional details, visit the store @ 100-C Midway Center or his website @musicmathmasters.com.

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Will your roof survive the winter?

By Linda McDonald

Winter months can be cruel to your roof. If your roof fails, it can cause great expense, significant damage and wasted time and money. With winter around the corner, give your roof a quick check-up to ensure that your home is protected. Here are some warning signs that your roof may be costing you money and leaving you vulnerable.



Linda McDonald

- "Dirty-looking" areas on roof—possible cause: environmental pollutants; vegetation, fungus or algae; loss of granules due to shingle age.
- Missing, cracked or curling shingles—possible cause: shingles at the end of their useful life.
- Leakage in attic after driving rain—possible cause: leaky or inadequate shingle underlayment or deteriorated flashing.
- Blistering/peeling of outside paint—possible cause: excessive temperature or high humidity due

to poor attic ventilation.

- Stains on interior ceilings/walls or mold and mildew growth—possible cause: inadequate or faulty shingle underlayment allowing leakage or inadequate ventilation.
- Excessive energy costs—possible cause: insufficient attic ventilation allowing heating/cooling system to run excessively.

If you notice any of these warning signs, consider using a professional roofing contractor. Many people neglect their roof or think roofing installation is simple. A well-installed, well-maintained roof is one of the most important things you can do for your home.

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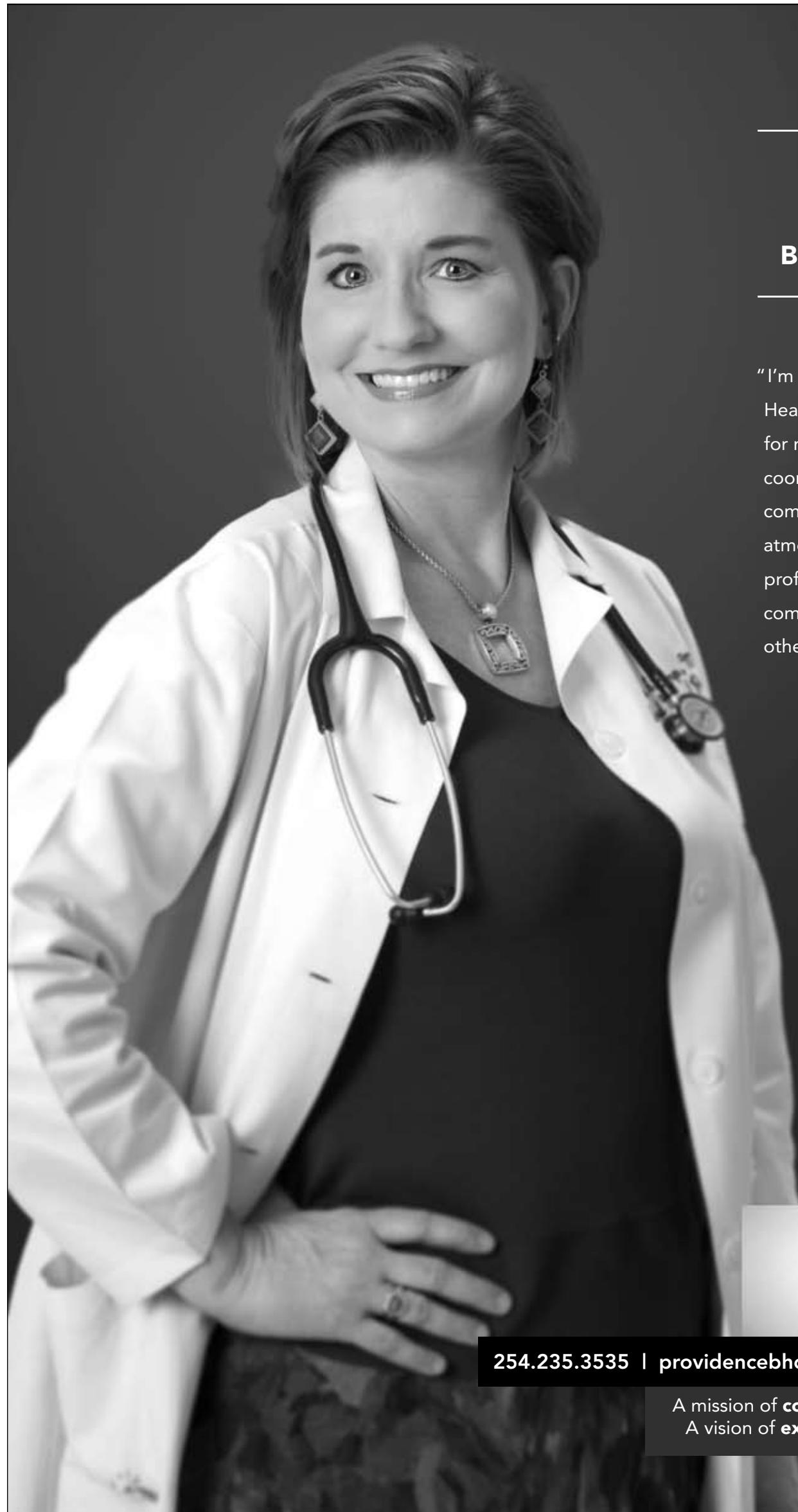
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About Israel & New Breed Concert Promoters: Open Fire International

Promoter of the Israel Houghton & New Breed concert, Open Fire International Fellowship is under the leadership of Dr. Lincoln George Coffie and his wife, Minister Apryl Coffie. Born and raised in the beautiful island of Jamaica, Dr. Coffie was, like Timothy, taught the scriptures as a child. He later migrated to the United States, where he pursued a career in medicine. Coffie received several scholarships and was among the first recipients of the Bill and Melinda Gates Millennium Scholarship in 1999. After several years of medical school, Dr. Coffie is now a physician and practices emergency medicine at the MetroPlex Hospital in Killeen.

Anointed in the areas of healing and deliverance, Dr. Coffie is known as a man of God who preaches the undiluted truth in season and out of season. With his desire to see lost souls saved, he preaches the Good News wherever he goes. God has given him a special grace in his teaching style, allowing him the ability to pull from anywhere in the Scriptures while always pointing man to Christ.

Dr. Coffie is a faithful

father to his two sons, Lincoln Coffie Jr. and Lindel Coffie, and is a faithful husband to his lovely wife, Minister Apryl Coffie. In 2011, they met and married and are now proud parents of a beautiful daughter, Little Miss Lael Amariah Coffie.

Dr. Coffie answered the pastoral call of God on his life a little over a year and a half later. In November of 2012, the Coffies had their first church service in their living room, under the leadership of their overseer and mentor, Bishop Courtney McLean. The next week they moved the services to their garage where they started to experience the power of God as people were healed and delivered. Officially ordained on March 10, 2013, the Lord has since been adding to their ministry. By God's grace, membership at Open Fire has



Pastor Lincoln George Coffie, M.D. and his family.

continued to grow rapidly, allowing the Coffies to now serve in the ministry, along with the team that labored with them since the days of their services in the garage.

As a pastor, Dr. Lincoln Coffie has a vision to see many souls come to Christ under his ministry. His ministry has extended the hand of God in the City of Killeen, Texas by providing food and clothes for the needy through outreach projects. His heart is to establish the Heart of Help Clinic to serve uninsured people.

From The Anchor six years ago...

On June 2, 2007, nearly 60 people—Lincoln's friends and family—gathered at the Moody Gardens Convention Center in Galveston, Texas for UTMB's 2007 graduation—Lincoln's mother, his brothers, his cousins, and a sister, his God-



Dr. Lincoln Coffie

parents, uncles and aunts and his sons—his University of Texas professors, —his mentors, Drs. John and Elizabeth Hamilton, his English professor, Linda Crawford and her husband, J.L., and even his old military buddies, Dougal Hutton and Erwin Thomas.

People traveled from Jamaica, England, Florida, Canada, California, New York, Houston, Killeen, and Waco to witness this day that they had prayed for for so long—the day when the younger Lincoln walked across the stage as a University of Texas Medical Branch graduate—the day he was hooded and his hopes became reality.

Texas will miss the younger Lincoln, now 35. He recently walked through the doors of Northshore University Hospital in Manhasset, New York. There he

will specialize in emergency medicine, for on the second day of June, in the year two thousand and seven, the younger Lincoln's name changed to Lincoln George Coffie, M.D.

Dr. Ben Carson, renowned surgeon known for his successful separation of joined Siamese twins, was the keynote speaker at UTMB's 2007 graduation ceremony.

Missing Link Solution:



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THE PARENTING FACTOR



Part-time in the meantime is the right time

By April Boyd-Noronha

At this time, I am in a season of rest and restoration. After years of constant stress, ripping & running, amidst the dynamics of dealing with a devastating divorce, my body finally said Enough is enough! Earlier this year, I had to lay down the super woman banner as I was rushed to the ICU ward. After multiple hospital visits, a diverse team of healthcare specialists, and a list of medications I am slowly but surely getting back on track.

Now faced with mounting medical bills and an intense, yet purposeful job search for gainful employment, a single mom's gotta do what she's gotta do--explore non-traditional, yet emerging job opportunities that best compliment my vast skills and experiences-- even though I am working at less than 100% capacity.

Since I have to tread lightly, until I get my health status back in check, I cannot afford to over extend myself again, which could lead to another setback. So, at this time, part-time employment is the right amount of employment for me. I have successfully navigated an employment plan that is 1-part stay-at-home-Mom and 1-part self-employed/entrepreneur.

This 21st century career concoction affords me the perfect level of flexibility since my children's schedules are getting more interesting with marching band, social clubs at schools, and boy scouts activities. At this point in my life, purpose and passion are the most important factors to finding myself. Any job/activity I commit myself to have to be purpose driven AND a passion of mine as well.

Having said that, let me share my single parent employment strategy with you:

1)PASSION/PURPOSE#1: Life Skills Trainer/Educator: This Month, I am currently scheduled to teach two classes at the University of Missouri Kansas City campus: Good Bosses Gone Bad (October 22nd) and Successfully Living with Lupus (October 24th). In addition to customized training, I have decided to reenter the classroom as an educator. As a daughter of two retired educators, it only

seems natural that I return to what I love, especially at a time such as this, when dedicated and committed educators are so needed in today's educational system.

2)PASSION/PURPOSE#2: Mystery Shopper/Customer Service: In addition to training professionals and educating our youth, I also observe and rate how the community fares in customer service as a mystery shopper. Yes, these jobs do exist. As a seasoned retail/customer service manager, I contract myself out to perform scheduled mystery shop assignments in the area. So far my assignments have included retail, restaurant, and grocery. So, in any given month, I receive free meals and groceries while on the job!

3)PASSION/PURPOSE#3: Virtual jobs and online sales: I further maximize my skills as a writer on the freelance Internet site Odesk.com. Here, I contract my services (copywriter, proofreader, etc.) to the highest bidder/contract that best compliments my skills. The beauty of this type of employment is that it is all virtual online, and most importantly, I get to work while in my pajamas.

In addition to working online, I also sell items online. Yes, eBay is still a viable source for income, especially when you have a lot of junk in your garage. Keeping in mind that my junk could very well be someone else's treasure keeps me motivated to get my house in order (i.e. clutter free) and get paid at the same time. 4) PASSION/PURPOSE #4: Community Service Politics and basketball: For the past 5 years, I have volunteered at nearly every local and/or national election held in my community. Through the Kansas City Election Board (KCEB), I have served as a Voter Assistance Specialist (VAS). This special role allows me to utilize my technical/computer skills as well as give back to my community throughout the year. In addition to being active in the political system, I also serve as a board member of the Kansas City Keys youth basketball program. Since my father was a retired basketball coach at Sumner Academy I know a thing or



April Boyd-Noronha

two about the game (I also was active in managing basketball in my high school and college years). So as a board member, I am able to continue the family tradition of the love of basketball just not on the court. Fall 2013 Classes This Fall, I will be teaching two classes through UMKC's Community program. Yes, parents, single-moms, single dads, you can make this parenting thing work. And contact me if you have any questions. Let's talk about it.

Formerly a Killeen resident, April Boyd-Noronha is an advocate for successful single parent living. Visit www.singleparentliving.net for advice, tips, and services available for today's single parents. April is the creator and former host of the Community Connection radion show which airs locally on Sunday mornings on 103.1 KISS-FM.

Tips for healthy meals before, during and after school

(NewsUSA) - The school year marks a hectic time for parents. Children run out the door to catch the bus, then spend their evenings at after-school programs or practice. As parents rush children between activities and struggle to balance work and family obligations, many might choose the easiest option available to feed their kids -- fast food or convenience foods, like chips and cookies.

But there's no reason that busy families can't enjoy healthy meals and snacks through the school year. The Weight-control Information Network (WIN), an information service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) and the National Institutes of Health (NIH), offers the following tips for providing healthy food no matter how tight your schedule:

* Make sure that children eat breakfast. Without a healthy breakfast, children won't have the energy to sit through their morning classes. Plus, they'll be more likely to eat larger, less healthy meals later in the day. Even if your children are running late, they should be able to eat a slice of whole-wheat toast with peanut butter or a

berry smoothie as they dash for the bus.

* Allow children to pack their own lunches. Children are more likely to eat meals that they help prepare. Give children choices between healthy options. For example, allow them to choose what kind of fruit they would like in their lunch. Try to include fruits, vegetables, a whole grain and healthy protein in your children's lunches.

* Offer healthy snacks. If children want to munch after school, make sure that they aren't reaching for potato chips by stocking your kitchen with healthier options. For healthy, kid-friendly snacks, try dried fruit and nuts; fresh fruit and yogurt; rice cakes, whole-grain crackers or whole-grain bread served with low-fat cheese, peanut butter, almond butter or soynut butter; pretzels or air-popped popcorn; homemade fruit smoothies made with fresh or frozen fruit and low-fat milk, soy or rice milk, or yogurt; and whole-grain cereals.

For more information, call WIN at 1-877-946-4627 or visit www.win.niddk.nih.gov, and read the free brochure, "Helping Your Child: Tips for Parents."

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