

THE Anchor News

Serving the Central Texas Community

Celebrating 13 Years!

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Free



Greater Bosqueville Baptist Church celebrates 150 years of service

BY LINDA WEAVER

Marking a century and a half, Pastor Ron and First Lady Alexia English, along with the Greater Bosqueville Baptist Church congregation, recently marked a mile stone that many churches do not reach. On October 2 through the 4th, GBBC celebrated 150 years of service.

The first African-American residents of this small community came to the area as slaves. Some of the farmers in the area owned many slaves, well over two dozen, and many of the slave owners were preachers, doctors and business owners. One of the prominent preachers of the time owned close to 20 slaves. These slaves were allowed to worship with the white congregations of Bosqueville.

In 1865, shortly after the Emancipation Proclamation, the slave's freedom information



PASTOR RON AND LADY LEXI ENGLISH

arrived in Texas. At this time, freed slaves separated from these churches and started their own places of worship. The free slaves formed the Bosqueville Colored Baptist Church. The Waco Baptist Association, then

all white, supported the separation.

The newly freed slaves did not congregate in a building. Their first site was the banks of the Bosque River. Another site was known and is still known as the Oak Tree, which is located across the street from the congregation's modern, brick building, now known as Greater Bosqueville Baptist Church. The first pastor of the new congregation was Reverend Jordan. Later, the church became a wood frame building and some time later, the Bosqueville Colored Cemetery was established.

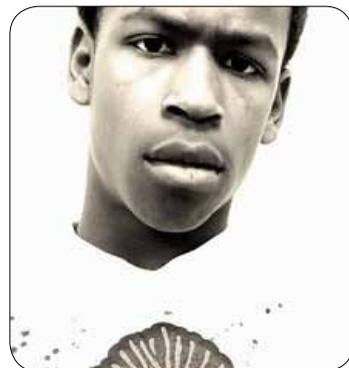
Pastor E.J. Barnes rebuilt the church, and in 1966 the church purchased land under the name of Greater Bosqueville Baptist Church. Today, the church is blessed to have Deacon Lewyn

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High school student becomes national music producer

Austin/Waco, TX - Local High School Student defies the odds by living out his dream of being a nationally respected and successful music producer. Dondre' Strother dba Drizzle T Productions turned to music at 13 years old as a way to deal with family turmoil all around him. Coming from a single parent home and being a co-caregiver of his ailing grandmother, music became his escape from reality. Fueled by his mother's support and ignited by passion, Strother diligently started learning the craft of music engineering.

Having a unique ability to put his hands on the pulse of music he's created sounds



DONDRE' STROTHER

interwoven with contagious bass lines, string instruments, and an unorthodox rhythm to develop a signature. Within a year he caught the attention of a local independent record

label in Waco, TX founded by Charod "Chevy" Laws called Mobb City Recordings & Publishing and the his foundation was laid. Since signing with them early this year, Strother has produced numerous tracks for artists in Pop, R&B, Gospel, and Hip Hop. He went on to graduate BESTEAM Teen Business Program March 2015 through the SIB Leadership Development Institute, officially forming his own business, Drizzle T Productions. Slated to be the first male to graduate in his family in over 17 years, Strother set his own

See **MUSIC** pg. 10

Camouflaged sisters

BY W.B. GUNTER



LILA HOLLEY

The military is one of the few organizations with a foundation built on cooperation, leadership through the ranks regardless of differences. It has a history of success that has afforded opportunities to all who are willing to learn and apply what has been taught. Young people of all backgrounds have risen to levels of accomplishments they never imagined. Camouflaged Sisters, a literary journey, as seen through the eyes and hearts of 14 authors; all females, all veterans, and each one served as leaders.

Camouflaged Sisters is currently in its presale phase with a launch date set for November 14 as part of the Wealthy Sisters Network Killeen Chapter's 2nd Annual Veteran's Day Presentation at the Bell County Expo Center in Belton Texas where the WSN will be Honoring Women In Leadership from 5:00PM-6:30. To meet and speak with the authors, make plans to attend this event. Tickets are available at eventbrite.com/wsn-killeen-2nd-annual-veterans-day-celebration-tickets-18501175514. The book encompasses stories of triumph, faith, overcoming adversities, reflections, growth, mentoring, and womanhood. For every parent who has a daughter in the military, every child who has a mother serving or who has served, for every woman considering military, R.O.T.C. instructor, for everyone who cares, Camouflaged Sisters is the

story of America through the lives of women who served during peace time and war.

When Lila Holley envisioned the book, she shared that vision with others who were willing to write. In an interview with four of the 14 authors, Lila Holley, Tamara Thomas, Luvina Sabree, and Since-ria Allen, each one spoke candidly about their paths to leadership while in the Armed Services and the lessons that have forged them into the women they are today. Holley stated, "I asked, and everyone I asked, said yes. I was talking with women about transitioning out of the military. I wanted to tell their stories from the perspectives of black women."

Allen expressed entering her story by saying, "I prayed. When that email came across, it gave me a vision of the future. I had never done anything like this before, so I walked out on faith." Holley reminded the ladies, "You

See **SISTERS** pg. 4

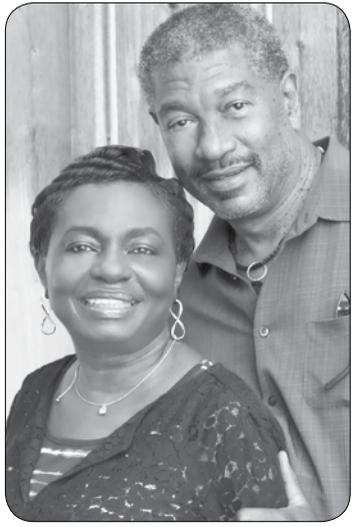


Photo by Any Given Day Photography

J.L. AND LINDA CRAWFORD

A co-owner of *The Anchor News*, J.L. Crawford is the director of operations for the paper. He is also an instructor at McLennan Community College, a Bible teacher, and a LegalShield Senior Associate. Linda Crawford is co-owner and editor of *The Anchor News*. She is an instructor at McLennan Community College, a Bible teacher and a conference, workshop and motivational speaker.

Grudges hurt: How to forgive and forget

(NewsUSA) - The pace of daily life can be hectic, and when certain personalities collide, sometimes people disagree.

Sound familiar? It's impossible to navigate the world without ever running into conflict with another person. But carrying grudges can be destructive to your emotional and physical well being. In 2009, researchers at the

See **GRUDGES**, pg. 8

CELEBRATION

Continued from page one

Weaver, the eldest member of the congregation, who shares memories of the beginning days of GBBC.

"The congregation would often hold services under that Oak Tree," explained Weaver, motioning with his hand, toward the tree. The church is located at 6802 Logue Lane in Waco, TX 76708. Weaver also remembers the Bosqueville Community Well, which served as the water source for the community. In 1983, Pastor Allen Burr and his wife, the late Elise Burr, began leading the congregation. During Burr's 20 years of leadership, the Joint Community Worship Service was established. This three times a year service includes Bosqueville Baptist, Bosqueville Methodist and Greater Bosqueville.

Greater Bosqueville has a rich legacy, and Ronald L. English will be the first to say so. He and his wife, Alexia, have been faithfully leading the local congregation since September 2008. English stands in a long line of men called by God to serve the congregation in the small community of Bosqueville. This is a community which has so many ties to the African American community throughout Waco.

Affectionately known as Pastor Ron, he, along with Alexia, are working to continue moving the congregation as God leads them in advancing His kingdom. Pastor Ron has worked with deacons, trustees, ministers, and other church leaders to expand the horizons of everyone in the congregation through shared learning experiences. In collaborating with church leaders, the church has marveled at

how God can use a small congregation to do so many great things.

English currently works as an advisor in the Paul L. Foster Success Center at Baylor University. He has been employed at Baylor for 16 years but has been serving in his current role since 2007. As an advisor for students, English's particular job is to help students that are attempting to improve their academic performance. Pastor Ron and Lady Lexi serve as faculty advisors for Baylor University's Heavenly Voices Gospel Choir (Pastor Ron is a charter member of Heavenly Voices). He views his work with students as an opportunity for ministry work because he often meets students when they are at a crossroad in life.

English is also currently enrolled at George W. Truett Theological Seminary in the Doctor of Ministry program. The focus of his final project is on Biblical Church Leaders. He expects to graduate in May 2016. English has also served as a Spiritual Formation Mentor to a small group of Master of Divinity students.

Pastor Ron and Lady Lexi have two energetic boys that make them so grateful to God for the gift of children. They love the Lord and truly want to please Him in all they do. They desire to serve the Lord as a couple and as individuals. They confess "God has been too good to us for us to do anything else but serve Him."



THE GREATER BOSQUEVILLE BAPTIST CHURCH CELEBRATED ITS 150 YEAR ANNIVERSARY FROM OCTOBER 2 - 4.



THE OLD OAK TREE WHERE THE CONGREGATION WOULD OFTEN HAVE SERVICES.



THE WELL USED TO SERVE AS THE WATER SOURCE FOR THE COMMUNITY.

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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Anchored on the principles of scripture, *Anchor News* will at

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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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MEMBER FDIC

Dr. Umar Johnson to speak in Killeen

BY W.B. GUNTER

Get ready Central Texas for an evening with Certified School Psychologist, writer, political scientist, consultant, and direct descendant of abolitionist, Frederick Douglass, Dr. Umar Johnson! Within minutes, you will be empowered to reevaluate what was once believed to be an impossible task in education. Johnson is an internationally renowned expert on learning disabilities, especially in regard to the effects on Black children. Johnson offers beneficial educational tools essential for transforming learning environments and homes. Come prepared to take notes and put into action strategies that will modify challenging and disruptive behaviors. He evaluates children ranging in ages 3-21 to determine the most appropriate educational services. The way children are treated is a reflection of the community's health at large and everyone is responsible for the eventual outcome.

Johnson, author of the book, *Psycho-Academic Holocaust: The Special Education & ADHD Wars Against Black Boys*, expresses the reasons for his concerns. In the trailer for the book, he states, "The biggest challenge that I do, is interrupt the money hustle." He goes farther by identifying methods labels are used to isolate, medicate in ways that makes the developing mind a commodity by destroying it. Johnson, in the opening of the trailer, "I'm not in the business of making money. I'm in the business of making sure my people are truly free." In the words of NAACP's National Education Chairperson, Phyllis Jones, "His knowledge of our Black children in school and at home" fuels his purpose and addresses a national concern for their safety and education. If you know of a child, parents, related or not, you need to gather the information to share with members of your community who may be un-



DR. UMAR JOHNSON

able to attend.

The doors will open to the public at 7:30PM, Sunday, November 22 at the Killeen Civic and Conference Center located at 3601 S. WS Young Drive in Killeen. Tickets for this event are \$15. in advance and \$20 at the door with free parking. To purchase tickets online visit the website: <https://DrUmar-JohnsonKilleen.eventbrite.com>. Email your questions to Dr. Umar Johnson at drumar-johnson@yahoo.com or by calling, 215-989-9858.

IMPAC, the organization who sponsors and produces the PBS series, *iYouth Chat*, along with So Natural Organic Restaurant and Market have teamed together to bring Dr. Umar Johnson's Killeen lecture series to the Central Texas audience. Thanks to the diligent efforts of Rodney Duckett, (www.IMPAC.org), and Luvina Sabree, owner of So Natural Organic Restaurant & Market, Johnson will be appearing in Killeen at 7:30 PM. According to Duckett, topics will include "developing community unity, black economics, and youth development." Johnson will be conducting book signings during the Armed Forces Hair Expo, which will take place earlier during the day at the same location. Make plans to spend a day of enrichment with your family and friends at the Killeen Civic and Conference Center. Get your tickets today!

Who am I? Who are my people?

BY MONA DUNKIN

It has been said that the only identity is such an important aspect of our personality. We proclaim our self to be Caucasian, or Russian, or a City Slicker, or a Methodist, or Rotarian, or – you get the picture. We label each other by ethnicity, geography, religion, politics, associations (clubs, gangs) and a plethora of other venues.

Our identity in some areas is by chance. All of the lineage and circumstances were met for you to be born you. Some is by choice. We look around to see what we think we might like to be like and join those forces.

Our identity shapes us deeply, profoundly, mystically and undeniably. Our identity, as well as what tribe we are associated with, results in healthy or low self-esteem, effective or less effective relationships, acceptance or antagonism of self, community and the world populace as a whole.

Life is simple, only we often make it complicated.

Life simplifies when we choose to incorporate the dissonant fabulous and flawed aspects of our heritage and personality into



MONA DUNKIN

humble acceptance of 'this is who I am'. We look at what it is about our self that

we can change or control. We ask and answer hard questions. We seek and employ wise counsel, while always being true to the illusive fact that we are each self-determining.

We complicate life when we try to change someone else. We simplify life when we use our influence to – ahem - influence. Gently. We increased influence when we hold all beings in high regard, speak truth in love, act kindly and respond graciously.

Need a motivational speaker? Contact Mona at 254-749-6594 or email mona@monadunkin.com.

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CAMOUFLAGE SISTERS

Continued from page one

never know what draws you to a project or what they've (women who served), overcome in the silence." When Sabree was asked she recalled her feelings. "I was apprehensive. Part of the apprehension was that I wasn't sure I had the time. Between the store, and other responsibilities, I didn't think I had the time, so my husband ran the restaurant and took care of everything, which allowed me to take the time I needed to complete my writing." Thomas states, "I was asked to participate with the writing of this book, and like the other ladies, I too, was hesitant. After Holley asked, I was able to pick up on her leadership qualities. I had never written my thoughts on paper before, and I thought it could be helpful.

Allen is employed by AAFES, (Army Air Force Exchange Services). She started her career with AAFES in San Antonio, Ft. Irwin, CA, and currently, Ft. Hood. AAFES goes wherever the troops go. When they go into any loca-

tion, an exchange is set up, so after serving in the military, transitioning to the managerial side of AAFES was like an extension of the military but as a civilian. Her leadership abilities have surpassed expectations. She explains, "I was a soldier. My first deployment was in Somalia. To put it in perspective, remember the movie, "Black Hawk Down?" I was there during the time when that situation became a movie. That was my first deployment. I moved up through the ranks and did what needed to be done. I had one mentor, I didn't like, and told him, I didn't like him. He told me, "I don't care whether you like me or not. My job, my mission is to make sure you are safe and to get you home to your momma alive." Those words stayed with me. No matter what, as a leader, under my leadership, my mission became to make sure my soldiers were safe and have the resources they required. When I teach as a leader, my goal is to push soldiers above

me. I applaud success and I will be proud that under my leadership, that soldier learned. Many of my soldiers received coins based on my leadership. I want to retire, and I need to know that when I do, someone will be able to step in, take over, do well, and be successful."

Thomas enlisted at 17 years of age, by the time she was 18, she was living in Europe on the economy. "Before leaving, I remember my grandmother asking, "what is a little black girl going to do in Europe?" "I was part of a laundry and bath textile company. It was a predominately male environment. At the age of 18, I was faced with uncertainties; unsure of expectations, and I basically lived alone. Six months later, my grandmother passed away. When I left home, my grandmother had stage 4 cancer. She drove from New York to South Carolina and Ft. Lee because in her words, "my grandbaby isn't getting on another plane." My grandmother, my only mentor passed. Here I was, young, alone in the world, and you're expected to know things about the world, the job, how to be grown when there are things about womanhood I didn't know. On the job, my mentor played games and I felt that she didn't want me to succeed. I had to rise above my fears, loneliness, depression, and stop snapping at people. At the age of 19, I was an NCO (Non Commissioned Officer). I was in charge of the warehouse, and my mentor, Major Dodo (doh doh) made a positive difference that continues to impact my life.

Sabree was a 17 year old soldier. A more mature family took her under their care and treated her as if she was a member of their family. As a 17 year old, there were things she was not aware of, so when kindness was extended, she wasn't sure of how to accept it. "On my birthday, they'd get me a gift, and I would say, you make me sick. I questioned their motives when they showed kindness. One day, my male mentor spoke with me and said, "stop telling us we make you sick if we don't make you sick. That hurts and you



PICTURED ARE LILA HOLLEY, LUVINA SABREE, SINCERIA ALLEN AND TAMARA SANFORD.

have to be careful with your words. Don't say things you don't mean." Thomas continues to choose her words wisely. She's insightfully aware about how her words will be received.

Holley was the mother of a 5 year old when she enlisted. "I prayed with every move that the right people will be placed in our lives. We were in England. With every move, we always had a family that would take us on. My mentor told me, "You can't hang with your friends. It's time to separate yourself." The expectations changed. I was thankful for all of the mentorship, but once I began gaining rank, I felt the sting of loneliness. I could no longer go out clubbing. It was a good idea to implement that separation. As a leader, I didn't allow cussing in my office or the workplace. There was no hostility allowed, and for every problem, my soldiers had to bring a solution. I worked hard, kept morale high, and made sure I made it clear to my soldiers, my job is to get you to war and get you home safely. Working in the military is an intense environment. Our job is one based on life and death. Every day, I would read the reports, the stats, the deaths. I went to my mentor and asked, how do I become numb to these stats and reports? I was given good advice and told that the reports, the stats, weigh heavily on you. Whenever the threat intensity levels grew, the soldiers were my responsibility. I made sure they were okay and I had 3 deployments.

Answering The Call to Lead

After enlisting, successfully dedicating themselves to the missions, and proving they met the qualifications, the women received similar advice from their mentors. That advice was to separate themselves from their peers. They're leadership abilities gained notice, but were they willing to take that extra step forward that would set them apart from their friends?

Thomas, the oldest of 5 looks back thinking, "At the age of 19, I didn't know what responsibility required, or understand why my peers treated me with envy. I had to figure out how to get them to respect me. As you move up in, the intensity levels increase. It's part of the job in the military, but as a civilian, the intensity levels are taken personally. Being the oldest sibling, I had zero tolerance for a smart mouth. Here I was telling other adults things like when to go to bed, get up, and what time to report. It was lonely not being able to socialize and connect with people my age. My battle buddy, whose home was Haiti, became my best friend. We were moving in the same direction, which was to become and do the best as we moved forward. Having someone to count on, made a difference.

Holley remembers the struggle of moving forward in a predominately male field. "As women, we are always fighting to prove something to ourselves. The military

See **SISTERS**, pg. 10

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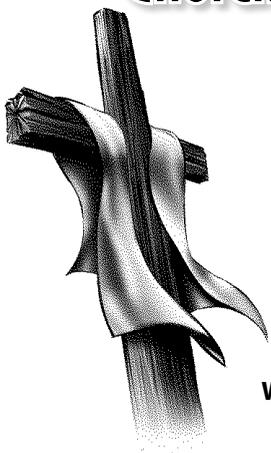
Sunday School
10:00 AM

Morning Worship
11:15 AM

Sunday Evening
6:00 PM

Monday Bible Study
7:00 PM – 8:30 PM

Wednesday Prayer Worship
7:00 PM



Pastor Matthew Reed and Wife Helen

Doris Miller Memorial groundbreaking ceremony

Hundreds came out on the 96th birthday of the nation's hero, Doris Miller, for the Doris Miller Memorial Groundbreaking Ceremony. Held at the Bledsoe-Miller Park on October 12, the event, headed by

Cultural Arts of Waco President, Doreen Ravenscroft, included community leaders and residents, children, local officials and state representatives.



IN THE PHOTO ABOVE IS THE UNIVERSITY HIGH SCHOOL ROTC AT THE CEREMONY POSTING OF THE COLORS.

DORIS MILLER MEMORIAL GROUND BREAKING



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Content

BY MARSELO
"SELO" LOZANO

Being content is one of life's biggest challenges. This stretches far beyond culture, racial, ethnic, and spiritual beliefs. Regardless if life gets better or worse being content means being who you were made and created to be nothing more nothing less.

People in general and even more so Christians are so concerned with reaching out to give a helping hand to the needy they often don't realize how deceived they have become. Believers are quick to quote scriptures, but never really apply them to life or admit to the lack of Christ in their life.

Non believers often get so wrapped up in helping others they neglect the very ones the claim to love. Being content is to not just know Gods love. Not



MARSELO "SELO" LOZANO

just have a relationship with Christ. Not just experience the power of the Holy Ghost.

To be content with having nothing ever added to you or taken from you. Being spiritual is having self control, walking in love not with just your enemy

but the ones whom say they love you as they lie, cheat and steal, while they break your heart and as they turn you over to be crucified while they kiss your cheek.

Can we be content with others for being who they choose to be and not whom they were created to be.

I challenge you to ask of yourself: are you content with where you are and whom you are? I'm not saying not to have

vision, or seek after dreams but will you be ok if you never reach them?

If you never have kids will you be content?

If you never have a great life will you be content?

If you never have a marriage will you be content?

If you remain without will you be content?

If money always seems to be short will you be content?

If Jesus is all you really need

will you be content?

Marselo "Selo" Lozano has been around the block a few times. His experience gives him a trusted voice in helping youth leaders understand how to reach and raise the future generations. Don't hesitate to contact Marselo and Mia Lozano. They are quality people, and they'll help you reach the young people of your community. Contact them at 254.756.1240 or P.O. Box 423 Waco, TX 76703.

'Cause you never know what you might run into.

CTAACC Reaching for the Stars

Waco, Texas - The Cen-Tex African American Chamber of Commerce (CTAACC) is excited to announce our 11th Annual Meeting & Awards Banquet.

The event, held on November 12, 2015 at Baylor University - Barfield Drawing Room



VINCE BANKS

Bill Daniel Student Building, will bring together the top leaders in business, government, education, and the community to celebrate our growth and success over the years. Join us for great networking and a preview of the Chamber's wonderful vision for 2016.

The 2015 Annual Meeting & Awards Banquet theme is "Reaching for the Stars"; the program will begin at 6 PM. The event features business and community awards, great entertainment, and excellent food. This year's keynote speaker will be Vince Banks, Market Manager for Wal-Mart Corporation. Mr. Banks oversees 800 Million Dollars in annual sales and a workforce of 3100 associates and manage-

ment. Vince is a graduate of Jacksonville College and University of Mary Hardin-Baylor (UMHB) and serves on the UMHB Board of Trustees. The ticket price is \$400 a table of eight, \$50 individual tickets and \$40 for senior citizens. For information or to buy tickets, call 254-235-3204.



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Protect your kids from cyberbullies

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

With the new school year on the way, it is important to talk with your kids about the dangers of cyberbullying. Both adults and children spend a great deal of free time online via smart phones, tablets and home computers. Cyberbullying presents a threat to their emotional and social well being. Social networking has magnified the effects of online bullying, particularly for teens. It is important to recognize that cyberbullying is not simply 'kids being kids' but rather a real danger with extreme consequences for both the bullies, the bullied and parents.

- Identify Problems – Identifying cyberbullying is particularly difficult with teens who may be more tech savvy than their parents and more reluctant to share the details of their social life. Talk to your kids about their online activities and what to do if they are bullied online. Also, look out for warning signs, such as unwillingness to discuss online activities, nervousness, difficulty sleeping, weight change and withdrawing from school or social activities.

- Understand the Meth-



J.L. CRAWFORD

ods – Cyberbullies may use some or all of these methods, which include:

- Harassment – Repeatedly sending threats or other offensive material to one or more victims is harassment. Harassment may involve cyberstalking, where the bully locates email accounts, home addresses and phone numbers they can use to threaten or harass victims.

- Flaming – Flaming is the act of taunting the victim to respond. This is often done publicly to shame the victim for cowardice if they fail to respond or further mock them if they do.

- Exclusion – Exclusion is the act of blocking or freezing someone out of a social group. For many teens this act can be very traumatic.

Other types of harassment may spring out of exclusion.

- Impersonation (a.k.a. Masquerading) – Bullies often use false or misleading online identities to post hurtful information on message boards or social networks. They may use fake email addresses or user accounts to send messages after a previous account is blocked.

- Outing – Outing involves the bully publishing personal or private details about the victim publicly or within a social circle. This can be anything from a personal secret to explicit photographs. Bullies may even pose as a love interest in order to provoke the victim into sharing embarrassing personal information. Once shared online, information may spread quickly throughout the teen's school and social circle.

- Ignore the Bully – Avoid engaging directly with the bully to stop the behavior. Someone engaged in online bullying is unlikely to be swayed by reason. Cyberbullies crave a response to taunts and insults. Teach your kids that responding in any way will open the floodgates for additional bullying. In some cases, ignoring the behavior may cut things off before they get worse.

- Save Evidence – Saving evidence of abuse and bullying will help you report the issue to the necessary parties. Save emails, images and chat records. Take screenshots of things posted online so the bully cannot delete them in an effort to cover his or her tracks.

- Report Bullying – If the perpetrator is a minor you may try reaching out to a parent or guardian to intervene in the matter. Many parents are surprised to learn that their children are bullying and will help intervene. If the bully attends your child's school, discuss the matter with an administrator or counselor. Some schools have guidelines for dealing with cyberbullies and preventing escalation. File formal complaints with websites and the phone and Internet providers to block the bully. In many cases the terms of service prohibit harassment and the bully may

be banned from the site or blocked by his or her Internet service provider.

- Report Illegal Behavior to the Police – While cyberbullying is relatively new and the law has not always been quick to respond, some localities have established laws to penalize cyberbullies. Threats of violence and the posting of pornographic images, particularly those involving minors, are against the law and should be immediately reported to the

authorities. If you need to find out more about the law where you live call your LegalShield provider law firm and speak with an attorney.

LegalShield can help you with your legal issues. Pre-existing problems are covered, so give me a call at 254-717-4927. Hurry. With LegalShield, "...we can help you worry less and live more." Please see the ad in this issue of The Anchor News. J.L. Crawford, Senior Associate.

A life in Christ – Jesus, our great problem solver

BY PAM TURNER

Over the past several months God has given me the privilege of writing short messages of encouragement.. There are many promises in the Bible that will help us get through life, but I've never found a single scripture that tells me I'll never have any problems or issues.

I've been a born again child of God for over 45 years, and I can assure you I've had my share of problems; however, no matter the problem, Jesus always showed up and helped me with a solution. Jesus is always my Great Problem Solver. I spent time in prayer asking Him for help, and I had to believe He was hearing me. Even though there were times I was so worried or concerned about a situation I could hardly breathe, and it seemed my prayers didn't get a foot off the ground, through it all, God saw me and heard me. I would sometimes question God, asking whether or not I was his child. I thought, if I am why would I have to deal with these problems?

His word tells us that the righteous will have struggles. He also tells us He will never leave nor forsake us, so I can be assured He'll help me no matter the issue. Romans 8:28 tells us that we should be confident in knowing that, "all things work together for good to those who love God..."

If you feel as if life is nothing but one big problem after another, and if you haven't accepted Jesus as your savior, let me encourage you to take a



PAM TURNER

moment and ask Him into your heart. He knows everything about you, and He longs to be your savior. He'll be by your side when problems arise and He'll help you carry that load. You'll have a relationship with a God who loves you and wants the best for your life.

When you lay down at night and your mind wants to keep your problems in front of you, just take a moment and tell Jesus you love Him, and thank Him for dying on the cross for your sins; ask Him into your heart. Once you've done this you can remind Him you're now one of His children and as your Father He will help you. He may cause the problems to go away, or he may show you a solution. No matter what the problem, God will see you through it. A life in Christ, there is no better life.

May God Bless You!

Pam Turner is a member of High Point Church in Waco. She is a free-lance writer.

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GRUDGES

Continued from page one

Department of Psychology at Medical College of Georgia published a survey, which revealed that those who don't forgive can experience more pain disorders, heart disease and stomach ulcers.

"Holding onto negativity causes harm to the one who won't forgive," says Dr. Matthew B. James, president of The Empowerment Partnership.

Refusing to forgive can have widespread effects too, it can

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

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

- Tell the other person that you forgive them. Don't say that you will "forgive, but not

forget" -- the goal is to release negative feelings.

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

- Have a conversation. Create enough space for you and the other person to say everything that needs to be said. Stay calm and speak in normal tones, even if you don't like what you hear. At the end of your talk, you should feel relieved to have gotten your thoughts and feelings into the open. Give and ask for forgiveness once more.

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

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

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*Daily Mail, Aug. 4th, 2015



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SISTERS

Continued from page four

continues to practice affirmative action because there has to be a certain number of well qualified women up for promotion. I was the only female in my Warrant Officer's Class. I felt as if I had to be 10 times better than any male just to make it." Their stories, though different, speak to the common daily struggles women endure. Holley goes on to say, "We have been holding on to these stories for so long. Being a part of this book project allows us

to step back into our boots, work together, and accomplish our goal. It's our comfort zone."

Sabree is willing to mentor others provided they have the willingness to listen and allow themselves to be mentored. My best advice is, "Do not go in the military and do the same job you can do on the outside. Join the military to get a skill that's new."

All 4 of the ladies mentioned areas where improvements could be made. Some

of the improvements included tuition assistance information, retirement planning, and financial management classes for every member of the military personnel. Each year or two, regulations change. Women need to be in positions to write the regulations.

Stress is a factor in every job. One of the affects of stress on women of child bearing years is the high rate of miscarriages and infertility. Allen Allen advice to women, "There is never a right time to get pregnant. Your job, your mission is always stressful, so take care of your health. Stay in communication with your doctor." Thomas Sabree was fortunate because she didn't have to defend her pregnancy. "I got pregnant before Desert Storm. It was more important for me to take care of me." Some of the women were accused of becoming pregnant just to get out of a deployment. Thomas offered insight on what it's like. "It's hard to be a 40 year old woman with no kids, never married, and can't have children. As a woman with a profile, you are made to feel useless." Women issues are not a priority, so women must make the effort to care for their health. When the loss of a child is directly related to the job a woman chooses, the hurt, guilt, and loss can feel unbearable. In some instances, being around pregnant women and children can foster a deep feeling of grief. For some women, remaining with the job or separating is a difficult decision increasing the already high levels of stress.

As a young woman moving quickly through the ranks, having recently lost her grandmother, Thomas remembers looking for acceptance. Although she decided to move forward, some difficult times remained. "Some people know who they are and are comfortable in their own skin, but I was someone looking for acceptance, therefore, I had a tendency to overcompensate just to prove worthiness. Every phase felt like a challenge or an opportunity for others to put me down. That was something I had to

overcome. For African American women, in any position, I urge you to stop the competition with one another long enough to pick up that young girl inside and carry her with you. Meet people where they are, and remember you are a human before you are a soldier."

Mentorship/Leadership

Allen offers insight on the two components of mentoring and leadership. "Trust. You have to be able to connect, find a common thread, and build trust. I may not know the background of every individual, but I always tell those who look up to me to lead, I'm not the enemy. I'm an asset to you. I'm always researching, looking up regulations, and finding answers to problems. The second component, I believe there is a standard. I'm as strong as my weakest link.

Thomas expressed that what makes mentoring difficult is when the person who's mentoring, "looks like what told me I was no good." Instantly without fault or blame, trust has to be built. Thomas takes it another step by explaining, "It's hard to detect the brokenness through the cockiness, the hurt, the wall that's built up."

When Allen arrived at one location, one look, and she was instantly sized up as being too cute, too fragile, too pretty to be any good to the team. Again she was forced to overcome certain preconceived notions based on the inadequate beliefs of others. "As I walked in moving up the rank, I was trying, but the perceptions of others greeted me at the door before I walked in. I was instantly seen as a deterrent to success. Someone once said, oh,

she can't do....she'll break a fingernail...she's too.... And, the perceptions of others continued.

Holley set the standards high. Using profanity in some circumstances may be common, but not a routine way of speaking when connected to Holley. "My standards were high. If I saw a change in behaviors, I immediately addressed it. In life, there has to be balance. We as women, as soldiers, give so much that our health, relationships, our homes can be jeopardized. We as leaders have to assess our soldiers and act accordingly. Addressing the needs and concerns of the soldiers may be viewed as coddling by some, but I call it caring."

The book *Camouflaged Sisters* was written by women who served in the military. Sabree reminds us, "Some of the same situations affecting women in the military affects women in the corporate workplace."

Camouflaged Sisters will be made available to the public November 14, 2015 at the Bell County Expo Center as part of the Wealthy Sisters Network Veterans Day Commemoration. Sponsorship for future events are welcomed. Please contact Holley by emailing, lila.holley@gmail.com or call 254-307-9373. A book signing will be held on Fort Hood at the Clear Creek PX on November 13th, 14th, and 15th. To get on post, exit at the Main Gate, stop at the Visitor's Center, and pick up a paper pass. Show your appreciation by your attendance and participation. Tickets are available at eventbrite.com/wsn-killeen-chapter-2nd-annual-veterans-day-celebration-tickets-18501175514.

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MUSIC

Continued from page one

expectations high knowing he can be a role model to other youth.

His legacy began on September 24th when he officially launched into the national platform of music by getting credit on an album titled "#MOBBIN4LIFE" released by Mobb City Mafia as a Producer, Recording

and Track Engineer. CEO and Founder of Mobb City Recordings & Publishing swells with excitement about Strother's talent and determination stating "We support our future and feel obligated to provide a platform for their dreams to become reality no matter their age or personal circumstance."

Parents of colicky infants turn to chiropractic care

(NewsUSA) - For those parents who never imagined their ailing babies and toddlers could be helped by chiropractic care, it may be time for some rethinking.

New mom Jean, a 31-year-old speech therapist from New Jersey, became an advocate after enlisting the help of her own chiropractor to treat her colicky infant girl, Emma. After having had what she says was "no luck" with the usual ways of alleviating colic symptoms -- including giving Emma children's probiotics daily -- one appointment with Dr. Lora Tanis, who is board-certified in chiropractic pediatrics, produced an immediate difference.

"During the very first visit, as I was gently adjusting Emma's spine, her hysterical crying stopped, and her body immediately relaxed," says Dr. Tanis, a big



DR. SHAMONICA TRUNELL-MORGAN

terical crying stopped, and her body immediately relaxed," says Dr. Tanis, a big

supporter of the Foundation for Chiropractic Progress.

"As the weeks progressed, Emma's demeanor changed from tears to smiles," says Dr. Tanis.

Recent studies, in fact, would seem to back her up. According to research by the Center for Biomechanics and Odense University in Denmark, for example, spinal manipulation in the treatment of infantile colic effectively reduced the amount of hourly crying in study participants. A 2012 Anglo-European College of Chiropractic study found similar results.

To learn more about the advancements in chiropractic care, visit www.yes2chiropractic.org. Call Dr. Trunell now at 254-754-4000 to make your appointment.

Don't get burned: Take control of your health

(NewsUSA) - Most people who have eaten a spicy meal have experienced heartburn -; but for many, the problem may be much more frequent than the occasional bout of indigestion. Frequent heartburn can also be a symptom of a more serious problem called Gastroesophageal Reflux Disease or GERD. Acid reflux is caused by the regurgitation or reflux of acidic stomach contents into the esophagus, which connects the mouth and stomach. The symptoms of GERD include burning chest pain, regurgitation of bitter or sour liquid, difficulty swallowing and excessive clearing of the throat.

When GERD is not treated, serious complications can occur. If you are constantly reaching for the antacids at the end of the day, the following tips may help:

1. Don't lie down after eating.

When you lie down, it's easier for stomach acid to back up into the esophagus, particularly when you go to bed with a full stomach. Make sure to wait at least three to four hours after

eating before going to bed, and try raising the head of your bed.

2. Cut out problem foods.

Chocolate, peppermint, tomato sauce and fatty and spicy foods have all been proven to exacerbate the symptoms of heartburn. Making a point to eat smaller meals will also help curb potential heartburn problems.

3. Avoid smoking and excessive amounts of alcohol.

Using tobacco and ingesting alcohol reduce the pressure on the muscle between the esophagus and the stomach, permitting acid reflux to occur.

GERD has a physical cause and may not be improved by lifestyle factors alone. If you are using over-the-counter medications two or more times a week or are still having symptoms on prescription or other medicines, you need to see your doctor. Persistent symptoms of heartburn and acid reflux should not be ignored.

For more information about GERD, visit www.acg.gi.org.

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And these signs shall follow them that believe, Part 10

Continued from the September issue of The Anchor.

BY RUBY MCCRAY

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

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

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

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

Jesus said that these signs will (not might) follow us, the believers. But we have to have faith in order to believe that they will. "And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him" (Hebrews 11:6).

From where does faith come? It comes from hearing the Word of God for as long as it takes for faith to come (Romans 10:17).

Somebody had to have had faith in the following accounts before healings or miracles happened. A leper came to Jesus and said that he knew that Jesus could heal him if He wanted too. Jesus wanted too and he was healed (Matthew 8:1-4). It was the leper's faith that got him healed.

A centurion (Roman officer) went to Jesus on behalf of his servant who was sick. Jesus said that he would go to his house and heal him. The officer said that he was not worthy to have Jesus come to his house, just

speak the word, and he knew that his servant would be healed. Jesus told him to go back home because he was healed (Matthew 8:5-13). It was the officer's faith that got the servant healed.

"That evening, many demon-possessed people were brought to Jesus. He cast out the evil spirits with a simple command, and he healed all the sick" (Matthew 8:16). Other people had faith enough to bring the possessed. They never would have approached Jesus themselves; the demons are afraid of Jesus (James 2:19).

Four friends had enough faith to bring a paralyzed man to Jesus on a cot. They couldn't get in the house because there were already so many people blocking the entrance. They got him on top of the roof, tore a place big enough for the cot with the man to be let down right in front of Jesus. When Jesus saw their faith, He said, "My child, your sins are forgiven"... "Stand up, pick up your mat, and go home" (Mark 2:1-12). Sin caused that man's sickness, but the faith of his friends got him healed.

Jairus, a leader of a local synagogue, came to Jesus on behalf of his daughter who was dying. As He was on His way to his house, He was interrupted by a woman who had been bleeding for twelve years. She had spent all of



**EVANGELIST
RUBY MCCRAY**

her money on physicians and had gotten only worse. She had no other option but to get to Jesus. She believed that if she could only touch the fringe of His robe, she would be healed. She had so much faith that her touch caused the bleeding to stop and caused healing power to come out of Jesus. When He asked who touched Him, Peter couldn't believe that He'd ask such thing seeing how all of the people were pressing against Him. Jesus said that the woman's faith had healed her.

In the meantime, a messenger came to tell Jairus that his daughter had died and not to trouble Jesus further. Jesus told him not to worry, just have faith. Surely

enough, they arrived at the house and Jesus resurrected her (Luke 8:40-56).

There was a Syrophenian (Gentile) woman who went to Jesus on behalf of her demon-possessed daughter who refused to leave until she got the deliverance for which she came. She had to watch Jesus ignore her because He had only come for the Jews at that time until they rejected Him (John 1:11, 12). She heard the disciples ask Jesus to send her away, she heard Jesus imply that she was a dog, but that didn't stop her from falling down at His feet to worship Him. She said that dogs eat the crumbs that fall from the

masters' table. Jesus told her that she had great faith and her request was granted. When she got home, the demon was gone (Matthew 15:21-28; Mark 7:24-30).

Jesus didn't heal everybody, but He healed everybody who came to Him for healing. Not a person who came or was brought was turned away without receiving. You may not believe me, but...just what if I'm right?

Evangelist Ruby McCray is the founder of A City of Refuge Ministries. For questions or comments e-mail rubbyacorm@yahoo.com or write to A City of Refuge Ministries, P. O. Box 2025, Waco, Texas 76703.

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**Wanda B.
Gunter**

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

A hand up is not a handout

BY MATTHEW REED

God's people may come to a place where they need a hand up. What we don't need is a hand out. With a hand up, we are enabled to overcome that thing that has beset us and kept us from the glory of God. A handout simply keeps us in that same old defeated state.

Help becomes a hand up when the receiver is determined to use that help as a stepping stone to overcome his/her present defeated condition. Help becomes a hand out when the receiver has no aspiration of overcoming his/her defeated position and is content to remain in this condition. Of course, I am writing to the church the world takes it anyway they can get it.

The difference between the world and the church is the worldly live for themselves, and we the church live to glorify God. When the homeless, jobless, the addicted or people of any other downfall come to the church, it is our responsibility to teach them the princi-

ples and precepts of God. We are obligated to give them the word of God, which is the doctrine of God wherein you find these principles and precepts.

We pacify them by giving them a handout instead of using our spirit of discernment or the unction that God has given us to seek to determine the root cause of their problem. We can give handouts until they are blue in the face; it will not change their situation.

If one is lazy and won't work, he or she will be looking for a handout. A lazy (slothful) person can get a job but because of the slothful (lazy) spirit his/her work is often inadequate; his/her work ethics are unacceptable which makes him/her undesirable for employment.

Being homeless and jobless can suddenly be linked to laziness (slothfulness). Another name the old folk use to call slothfulness(laziness) was tritefulness. These kinds of people the job market will reject. Some people are in need of a handout because they

have not learned to recognize authority. Colossians 3:22 says, "Servants obey in all things your masters according to the flesh not with eye service, as men, pleasers but in singleness of heart, fearing the Lord."

There are those that go to a job and question the authority figure; they want to do it their way. If that is you don't let the door knob hit you in your rear on your way out because you are fired! Those that are sick in mind, the financial help they get ought to be managed by a responsible caregiver. The addicted we aid and abet when we give them handouts. These people buy drugs and booze with their money and their needs with your money. I don't mind helping people with their needs but if anyone is going to have fun on my money, it's going to be me and mine.

We become partakers of their sins. We fail them because we fail to minister the word of God. The enemy has strongholds on these people, and there "ain't" but one thing that will set them free—the



PASTOR AND MRS. REED

word of God. In John 8:31, Jesus speaks to the believing Jews saying, "If ye continue in my words ye shall be my disciples indeed." In verse 32, he says "and ye shall know the truth and the truth shall make you free."

There 's only one thing that can set a person free from the prison of sinful nature and that is the word of God. We as ministers of God owe every man that much. This is what we are called to. That is the labor. Giving handouts is not our calling. Our job is to minister the word of God, pulling down

strong holds that the devil has on the hearts of people.

We are to set the captives free. Our mission is to call people to the salvation of God. If we can persuade people to accept the salvation that God offers, that salvation delivers us from the power of darkness and out of the hand of our enemies. These people can be helped. With Jesus Christ as their Lord, they will no longer need a handout, but they will become the one giving a hand up.

Instead of giving people a hand out Give them a hand up.



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Toys from the Heart

Each year Shepherds Heart provides Christmas to children that are officially homeless according to Waco ISD and other schools with whom we partner. This year will be our fourth year to provide Christmas to homeless children. Waco ISD typically has 1,300 to 1,500 children who are officially homeless.

While there are other toy programs in the community this was an area of unmet need. Last year we provided Christmas to over 400 children. This year we expect to serve about 600 children.

Each year this has been accomplished each through a cooperative effort of getting churches, businesses and individuals involved in donating toys or other resources to contribute to the success of the program.

What can you do to help?

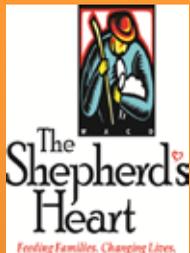
- We need toys all shapes and sizes for boys and girls grades k through 12. We are expecting 600 children to participate this year. Do not wrap them.
- If you aren't sure what to give money helps. We give the high school kids gift certificates instead of toys that may not match up.
- We need food donors; for a buffet style set up.
- We need portable game donors for the Christmas Party fun.
- Maybe you just want to help be a part of the action on party day; come you party animals, we will need help setting up and taking down.

If you would like to participate in any way to help make this year's Christmas a success, please contact us:

phone: 254-722-9517 or 254-366-3684

email: shepherds.heart@yahoo.com.

With your help, each year gets to be a bigger and better blessing to the children.



Toys from the Heart

Basketball Tournament

Adult & Youth

Ages 12 & up

3 on 3

Help Shepherds Heart provide Christmas Gifts to Homeless Children in Waco

When: Saturday

November 21, 2015

Games Begin at 8:30am

Where: First Baptist

Woodway Church

Registration Dates:

Now - October 31, 2015

Admission:

Cost Per Team: \$50

One gift Valued at \$5.00 or more or Donation

Limit 4 Players on roster

NO SUBS

Winners Receive a Medal

For more information call:

Nicole Martinez 254-366-3684

CEN-TEX AFRICAN AMERICAN CHAMBER OF COMMERCE

Annual Meeting & Awards Banquet

November 12th at 6:00 P.M.
Baylor University - Barfield Drawing Room
Student Union Building
1311 S. 5th Street, Waco, TX 76706

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