

# Celebrating 11 Years In the Community



## THE ANCHOR NEWS



Serving the Central Texas Community

Volume 11 Number 2

September 2013

Free

### Dallas County district attorney to speak at Bellmead Civic Center on Sept. 21

In 2008, the Texas Historical Commission recognized the Willow Grove Community Cemetery as a significant part of Texas history by awarding it an Official Texas Historical Marker. The first burial in the Willow Grove Community Cemetery, established in 1874, was an infant, Joe Crawford in 1880. Many of the early settlers of the community are buried there, including the community founders, Buck Manning and A. W. Crawford and many of their children.

Included also are World War I and II veterans, a McLennan County fire chief, and family members of Pearl Harbor hero and Metal of Honor recipient, Doris Miller. In the early 1900s, the Willow Grove Community Association formed to maintain the grounds, and today



Craig Watkins

the Willow Grove Cemetery Association works towards the upkeep of the grounds as it continues to serve area residents and descendants of the pioneering families.

On September 21, the Association will present The

etery Benefit Banquet featuring as the guest speaker Dallas County District Attorney Craig Watkins. Watkins, who has roots in Willow Grove, was inaugurated on January 1, 2007 as the first African American elected to the office of Criminal District Attorney in Texas. Watkins pledged to be "smart on crime," an innovative philosophy embodied in the prosecutor's primary responsibility, which is to seek justice. Now in his second term, he continues to vigorously prosecute the county's most violent offenders while simultaneously engaging strategies which seek to address the primary causes for the commission of low level crimes.

In an effort to maximize the use of the taxpayers'

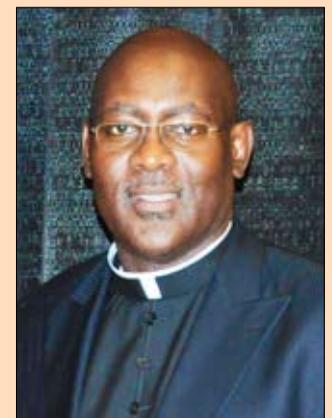
See WATKINS Pg. 6

### Archie Lee Hatten named Citizen of the Month

Archie Lee Hatten was named CTAACC Citizen of the Month.

As we commemorate the 50th Anniversary of Dr. King's famous "I Have a Dream" speech and celebrate the obvious advancements of civil rights in America, Archie Lee Hatten III says he is blessed among men to live as a testament of a partial fulfillment of King's dream. Recently honored as the Cen-Tex African American Chamber of Commerce's Citizen of the Month, he is the oldest of seven children, and both of his parents, Archie and Evelyn, are alive and well, living in Corsicana, Texas.

In 1971, Jackson High School closed and merged with Corsicana High School, making one high school in the city. At that time Hatten was a freshman at Corsicana High School and as a freshman. He was involved in the planning and development of objectives that would facilitate an effective- peaceful transition toward the merging the two schools. Graduating some three years later, Hatten's education continued, resulting in his becoming the first in his family to get a college degree. A 1978 Paul Quinn alumni, Hatten eventually shared his rank with a brother, Eddie, and two sisters, Nancy and Tawanna, who also graduated for Paul Quinn College in Waco. Paul Quinn has been a big factor in Hatten's life, for it was there that he met



Archie Lee Hatten

his wife, Lucia Young. I received a Master of Education Degree from Prairie View A & M University in 1988.

The Hattens tout the accomplishments of their three children, who are college graduates: Christopher, from Texas A&M, Archie IV from Southwest Texas State now known as Texas State, and Bianca from Texas Tech.

"Our parents' dreams for education were realized through us," said Hatten. "My dream is that my five grandchildren will continue the legacy of excellence for years to come."

Hatten and his wife served as educators in the Waco Independent School District, Hatten for 33 years and his wife for 29 years. In addition to being a member of Omega Psi Phi Fraternity Inc., he is very active in the community. Hatten served as a member of the East Waco Library Board and

See HATTEN Pg. 14

### Local pastor celebrates 18 years of service to the less fortunate

For the past eighteen years, God has blessed Dr. Mary Neal and her congregation to be involved in many charitable activities in the community. Founder of God's One People in Christ Ministries, Neal is the pastor of and walks in the gifting of prophetess at The House of The Lord's People Church. The church, located at 712 Dallas Street, in Waco, Texas, and has always had a mission to serve and lend a helping hand in any way it can to better safeguard and transform the community.



Dr. Mary Neal

"Our focus remains on the unfortunate, adults and youths, the incarcerated, the homeless, hungry, and those in the nursing

homes," explained Neal. "Our purpose is to fulfill Matthew 25:34-40 and Isaiah 58:5-14, to feed the poor physically and spiritually.

The ministry is involved in conferences, musicals, baptisms, movies and many other activities. Annual Unity Day is always the last Saturday in May. Presently Neal and members are ministering in three nursing homes, three correctional facilities, Neal also pastors in three locations.

"One People in Christ

See NEAL Pg. 7



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.

## Tips to get better sleep and lower risk of stroke

(NewsUSA) - According to David H. Stone, M.D., a vascular surgeon at Dartmouth-Hitchcock Medical Center and member of the Society for Vascular Surgery, poor sleep is one factor that can lead to stroke.

"Research says less than six hours a night in-

See **STROKE** Pg. 3

# Rapoport adds Culinary Arts to its STEM program



Accepting the check for the Academy is Dr. Matthew Polk, Superintendent, Dr. Alexis Neumann, Chief Operations Officer and Dr. Harold Rafuse, R.A. Board President.

### By Gaylene Reed

Rapoport Academy is adding another facet to its STEM program—Culinary Arts. At the new H-E-B's Ribbon Cutting in August, as part of H-E-B's ongoing contributions to community and education, Ed Page, Regional Director, and Bill Davenport, Store #1 General Manager, presented a \$5,000 check to Rapoport Academy for the Culinary Arts classroom.

In addition, H-E-B is donating kitchen equipment and supplies from the nearby old H-E-B store, which is closing and being replaced with the new location.

Without the support of community partners like H-E-B, a culinary arts program was simply a dream. Now, Rapoport Academy can begin to put those dreams on paper. H-E-B has offered electrical equipment, food preparation, sanitation, and serving equipment of all types. Their additional financial support will help move this kitchen from form to function.

Rapoport Academy plans to continue building the partnership it currently has with TSTC by developing courses for students interested in pursuing a career in the culinary field.

**BROKEN SILENCE BOOKS & PUBLICATIONS**  
 PO BOX 2873  
 Harker Heights, TX 76548  
[www.brokensilencebooks.com](http://www.brokensilencebooks.com)  
 WB Gunter  
 Author, Poet, Artist

## The ANCHOR NEWS

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

### PURPOSE

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

### POLICY

Anchored on the principles of scripture, Anchor News will at no time publish information that is potentially libelous material or intentionally malicious, derogatory or irrelevant.

### EDITORIAL POLICY

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

### LETTERS AND ARTICLES POLICY

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

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

### SUBSCRIPTIONS

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

### ADVERTISING RATES

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

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

## STAFF

Linda Crawford ~ Editor / Owner

Stasha Austin ~ Associate Editor

J.L. Crawford ~ Director of Operations / Owner

Ray Austin ~ Website Designer

Gale Edwards ~ Public Relations

Armando Arvizu ~ Advertising

Wanda B. Gunter ~ Contributing Writer

# How much money do you need to retire?

**By Karrie Spigener**

Would you like to receive a free Florida vacation? You can. Read on.

Have you ever thought about it, I mean really thought about it, like "close your eyes and dream about it," thought about it? Think about it now. See yourself retired, with enough money to sustain you through your retirement years, what would you be doing?

Would you still get up and go to work every day? Or would you spend your time doing fun meaningful things, like playing with the grandbabies, spending more time on your favorite cause, traveling around the United States or abroad. I think we all look forward to retirement. We have worked hard; we are ready to enjoy life for a while.

Now think about this—how much money will you need to retire? Do you have enough? Do you have enough time to accumulate what you need? How much is enough? What will you do if there is not enough? Retirement can be scary, unless you are prepared.

In the financial world, the rule of thumb is this. You can only use 4% of your principle each year during retirement to avoid running out of money, which means if you need \$40,000 each year to live you had better have \$1,000,000 in your nest egg to sustain your lifestyle. But here's the tricky part. Your money needs to be in a safe place where it will continue to grow, and you won't run the risk of losing your principle.

The Finke Study actually warns the 4% Rule is dead and you should not take more than 2.8% of your savings. Why? Because people are living longer and interest rates are at an all-time low, so your money is not growing as fast as it should.

Healthy women today are likely to live to be somewhere between 88 to 94, while the average healthy male will live to be somewhere between 85 to 92. In addition, couples who live a healthy lifestyle live even longer! Couples can expect to live into their 90's somewhere around 92 to 97! Amazing huh?

How old is your oldest relative? If you have grandpar-



Karrie Spigener

ent or parents in their 90's, guess what? You may hit that milestone also. Are you ready? Are you financially able to live that long?

Take a look at the 401K. This was to be the retirement vehicle that would carry us through our "Golden Years" and beyond. We were told if we invested our money in a 401k (Wall Street) we would retire rich. The only people getting rich on 401(k)s are the brokers. They make money, whether you make money or not. The average person has about \$35,000 in their 401k when they reach retirement. How long will that last? Not long enough.

People who started saving in a 401k twenty years ago have about the same amount of money they had ten years ago. We call this "The lost decade." They are just now getting back to where they were ten years ago even though the brokers are telling their clients not to worry because the money will come back. But do you have time to wait for your money to come back? Do you even want to? Not a warm and fuzzy place to grow your retirement.

Don't get me wrong; the stock market (401k) has great potential for growth, but you can also lose it all in the blink of an eye. What you haven't lost will be reduced by fees and taxes. Because you put your money into your 401k tax deferred, you could pay 25% or more in taxes on these funds when you start pulling them out to live. And if you don't start taking minimum contributions by the time you are 70-1/2 years old, you will pay a 50% penalty!

The 401k is not the retire-

ment vehicle we were led to believe it would be. It does not provide a guaranteed income for life. Without a guaranteed income for life, we will all face the biggest fear of our retiree's today, living too long. Not dying or getting sick, but living too long. And if we aren't prepared, we will run out of money. Then what?

We have about three options. We can continue to work or as many retirees have done we will go back to work. We can depend on our friends and family, or we can depend on charity and the government. Not good options. Who wants to work all their lives only to be out of money when they need it the most? Look around. You see these people every day who should be retired but are still working. They don't want to work; they have no choice; they have to work.

Some of you are saying, "I'm too young to think about retirement." Others are say-

ing, "I am too old to do anything about my retirement."

But neither is not the case. There are options for a safe, tax-free retirement plan. You are never too young to start and we have options for all ages. The information is FREE!

You don't know what you don't know. I can help you with questions and options. I offer a FREE No-obligation consultation, and you can join us Tuesday Sept. 24th at the Elite Cafe on the circle in Waco, Texas, starting promptly at 11:30 for a FREE no-obligation presentation. The first 20 people to register will receive a Florida vacation. The meal is included.

Please see my ad in this month's issue of The Anchor News. Space is limited so please call 254-644-2803 or 254-230-4330 for more information or to register or email KarrieS.FFG@gmail.com.

Happy Retirement - Karrie Spigener.

## STROKE

Continued from page two

creases the risk of stroke symptoms four-fold among middle-age to older adults who had a normal weight and low risk for obstructive sleep apnea," said Dr. Stone. "Lack of sleep increases inflammation, blood pressure and the release of certain hormones, which create a greater stress response that increases stroke risk."

Tips for good sleep:

\* Get a comfortable, firm bed for spine and body support and ease of movement. People with chronic pain can use a heated waterbed, airbed or foam mattress; an electric blanket, or mattress pad on low heat or a wool mattress pad that provides heat are useful for cool or damp nights.

\* Temperatures higher than 75 degrees or less than 54 disrupt sleep. Researchers suggest cooler rather than hotter rooms; use a vaporizer or humidifier if needed as moist heat leads to better sleep. Clear space around the bed with only necessary items placed on a nightstand.

\* Refrain from stimulants like cigarettes, diet

pills and caffeine.

\* Avoid electronic devices an hour before you go to bed -- they disrupt sleep rhythms.

\* Avoid diuretics before bedtime. Unless told to increase fluids by your doctor, reduce them prior to sleep. Eating before bed is not recommended; a glass of warm milk at bedtime is acceptable.

\* To wind down, read a chapter of a book, or take a warm bath. To fall asleep, try distraction. Count backwards or try relaxation tapes.

\* Go to bed and get up at the same time daily. Afternoon naps are allowed, but not after dinner.

\* Get outside on sunny days to regulate your body's internal clock. Exercise at the same time during the day but not before bed.

\* Reset your sleep clock. Go to bed an hour earlier or later each day until you reach the hour you want to go to sleep.

To learn more about your vascular health, visit the Society for Vascular Surgery's website at [www.VascularWeb.org](http://www.VascularWeb.org).

## \$5 OFF FOR NEW CUSTOMERS

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



**Jackie  
Berry**

**CUTTIN' UP**  
8730 LaVillage  
Waco, Texas 76712  
(254) 666-8959

## Hair Removal Sugaring Procedure

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

- *All Natural Ingredients* •
- *Smooth, Silky Results* •

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

Certified Sugaring Practitioner

**20th ANNUAL SONGFEST  
and  
GOSPEL MEETING**

October 12 thru 16, 2013  
**THEME:  
CAN I TRUST GOD  
TO MEET MY NEEDS?**

**MATTHEW 6:33**

**EMOTIONAL**  
**RELATIONAL**  
**PHYSICAL**  
**FINANCIAL**  
**SPIRITUAL**

**Guest Speaker [JACK EVANS Jr.]**

**Saturday Songfest**—————**5:00pm**  
**Sunday Worship Service**—————**09:30am**  
**Sunday Meal**—————**12:00pm**  
**Afternoon Service**—————**2:30pm**  
**Monday thru Wednesday Nightly**—**7:00pm**

228 Hood Street, Waco, Texas ph# 254-754-7991

## Opening a closed mind (yours or theirs)

By Mona Dunkin

There are times when critical thinking is, well, critical. Before commenting, judge your perception of the situation and your attitude regarding the persons involved. Before responding, judge your perception of the situation and your attitude toward the persons involved. Have an open mind by holding loosely to your convictions, just in case you are proven wrong! You will believe what you believe until you believe something else.

What is more important, your opinion or the truth? What is more important, your point of view, or the relationship? What is more important, your prejudice or the relationship?

Learn to respond rather than react. Take the critiquing seriously but not personally. Resist taking the comment or action as a personal affront. Do not be emotions driven. Know your strengths and limitations. Set healthy boundaries, limits or conditions. Use fair judgment of yourself and of the other person. Do not excuse or accuse.

Be more interested in dialogue than in debate. Discuss rather than argue. Speak and listen. Dialogue invites understanding of another point of view, whereas debate is trying to convince another of your position.

Differentiate between what to acknowledge and what to let slide. Refrain from making an issue out of every comment and do not search for hidden agendas. It takes a wise and mature person to overlook some human flaws in a presumed difficult person.

Be objective. Hear the comments only and filter out attitude, motive, or perceived hidden agendas. Do not take things personally. Choose to lower your emotions. Have no hidden agendas. Be open, honest and forthright. Be firm and kind. Firmness shows respect for you; kindness shows respect for the other person. Develop an open mind and a tender heart.

Have no point to prove.



Mona Dunkin

Truth is truth is truth, and will stand regardless of counter attacks. A lie is a lie is a lie, and will remain a lie regardless of defenses. A person convinced against his will, is of the same opinion still.

Adjust your vision. Binoculars magnify or diminish depending on which end is viewed through. The problem is not the problem as much as the problem is the way you see the problem. We act on the way we think things are rather than the way they really may be. See the issue – good/ bad, positive/negative - as a learning experience.

Choose your attitude. Focus on the problem not the personality. Difficult people are not obstacles to unhappiness, but opportunities for self-improvement. Disagree without being disagreeable. Acknowledge an impasse while continuing to hold the person in high regard.

Defuse the issue. Empathize. Distinguish between “feeling” and “thinking.” Determine the attitude you project in times of conflict. Your position is not relevant to the customer, co-worker or boss.

Whether the other person’s mind is opened or not, when you keep a welcoming attitude, it is a pretty sure bet there will be other opportunities for dialog.

Mona Dunkin, owner of Solution Principles, is a professional speaker, trainer, and personal success coach. She can be reached at [mona@solutionprinciples.com](mailto:mona@solutionprinciples.com) View training topics at [www.monadunkin.com](http://www.monadunkin.com).

## Back to school basics

By Jennifer Snyder

Back To School is big business. The United States Census Bureau reports that 77 million students will be going back to school this fall. Consequently, \$7.4 billion is spent at family clothing stores during the month of August, second only to December in gross sales. The first day of school is a fashion show noting who has the best sneakers or the nicest backpack.

As parents, we give our children the physical tools for Back to School...binders, spirals, pencils, paper, tissue, etc., but do we give them the tools of know how to organize all of the papers, dates, and data – all while amidst a social hurricane? Here are some ways to help your children be better prepared for school.

**Homework Central:** Quite possibly the most important thing you can provide your child is a suitable place to complete homework. It can be as elaborate or simple as suits your family yet it should have a desk, computer, chair, and flat surface on which to write. Establish the homework area before school starts and stock it with a toolbox containing necessary supplies.

**Bedtimes and Scheduling:** If your student(s) did not have summer assignments, they may need some help getting back into the swing of things. Start early and gradually make bedtime more appropriate and assign some reviewing type tasks to get their brains back in the swing.

**Plan Before You Shop:** Instead of running out to the store to buy ALL of the necessary supplies, buy only what they will need to get started: backpack, binder, paper, folder or two, and pens/pencils. Most teachers will give specific supplies on the first day and those can be purchased later. If you would prefer to plan ahead, buy only things you are certain they will need. The same thing goes with school clothes. I wouldn't break the bank in August buying a winter coat and cords when it is 90 degrees until October. Start with shorts and shirts and gradually add more throughout the year. This will also help your student(s) have nice clothes toward the end of the school year too.

Have students try on clothes from last year. If they still fit – great! Teach him or her to pair older items with newer ones for a fresh look.



Jennifer Snyder

**Implement a Family Calendar:** Create a family calendar; somewhere near Homework Central is ideal. Assign a color to each student in the home and have them write assignments and practices on the calendar. This is great for mom if they need reminding to complete a long-term project. Encouraging the student(s) to write their own assignments is teaching them a valuable lesson!

**Morning Central:** Just as you now have a Homework Central, it is also very important to have Morning Central, the place where everything needed for the following day is staged and ready to go. Before going to bed, make sure everything is ready for morning in a location near the exit to be used by the family. This could be a coat rack, pegs in the wall, or buckets lined up on the floor. Make sure clothes are picked out and lunches packed the night before. This teaches your student(s) the importance of planning ahead.

**Color Code Classes:** By having your student color-code classes (favorite color for favorite subject, etc) it helps them keep everything together. When they can see at a glance what class it is for, the time spent searching will be greatly reduced. If your student(s) struggle with folders, consider clear plastic document pockets. Visual learners need to see their items to associate the contents...which might explain why all of the papers end up crammed in the bottom of the backpack.

These are some ideas to hopefully help you get a handle on Back to School. Feel free to modify them to fit your family.

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

## African American men and risk of high blood pressure

(NewsUSA) - One to three adults in the United States will have hypertension, commonly known as high blood pressure (HBP), in their lifetime. The condition can be a predecessor for heart disease and stroke, the leading causes of death in the United States. Adults should keep their blood pressure reading at 140 or under for the top number (systolic) and 90 for the lower number (diastolic). People who have diabetes or kidney disease should have numbers under 130/80.

"Approximately 41 percent of African American males have nearly double the incidence of HBP, compared to their Caucasian

counterparts," said Anil Hingorani, MD, a vascular surgeon at Maimonides Medical Center in Brooklyn, NY. "Black Americans are more likely to have diabetes, high cholesterol, obesity, smoking issues, and high salt and fat in their diet -- all risk factors for developing HBP. In addition, they develop HBP at younger ages than other ethnic groups in the United States and are more likely to have complications associated with HBP, including stroke, kidney disease, blindness, dementia and heart disease."

Dr. Hingorani noted that Black Americans may be affected by stress due to rac-

ism, socioeconomic status, educational level, lack of access to quality care and insurance, and living in racially isolated neighborhoods, resulting in a higher incidence of HBP. All Americans can get high blood pressure. Dr. Hingorani recommends that people meet with their health professional to get regular blood pressure checkups, and if needed, take the proper medications as prescribed by their physician to lower their blood pressure.

To learn more about your vascular health, visit the Society for Vascular Surgery's website at [www.VascularWeb.org](http://www.VascularWeb.org).

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

NEW  
SEASON 4

*Our Daily Bread Show*

**SUNDAYS AT 10:00 AM**



**THE CW**  
WACO  
TEMPLE/KILLEEN  
KWTX-DT

TIME WARNER | Channel 165  
DirecTV | Channel 10

check your local listing for Current Shows

hosted by YVONNE BROWN

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

# MINISTRY DIRECTORY

## WATKINS

Continued from page one

dollars, Watkins created and/or expanded a number of programs and initiatives unique to Dallas County. Among his initiatives are the Conviction Integrity Unit, the Sexual Assault Unit, the Cold Case Unit, the Memo Agreement Program, the Gang Unit, the Impact Offender Program, the Animal Cruelty Unit, and the Community Prosecution Unit.

Watkins, a native of Dallas, was educated in local public schools. After earning a Bachelor's degree in political science from Prairie View A&M University, he received his Juris Doctorate from Texas Wesleyan University School of Law. Active in a number of professional, public service, and civic organizations, his achievements and recognitions are varied. He is a recipient of the Texas Democratic Women's Oscar Mauzy Humanitarian Award (February 25, 2012) as well as a recipient of the American Bar Association Criminal Justice Section's Norm Maleng Minister of Justice Award (October 28, 2011).

District Attorney Watkins and the Conviction Integrity Unit at the Dallas County DA's Office are the focus of the six-part documentary series, Dallas DNA, on the Investigation Discovery channel. He was featured on the cover of the November 2008 issue of

GOVERNING magazine as one of the "Public Officials of the Year" and was profiled on the front page of the Wall Street Journal that same month. In December 2008, The Dallas Morning News named him the "2008 Texan of the Year."

Watkins was a "Promenade of Distinction" honoree at the 17th Annual Trumpet Awards in Atlanta, Georgia in January of 2009, and four months later, Texas Senators Royce West and Rodney Ellis presented a resolution on the Senate floor to the district attorney and the Conviction Integrity Unit for their extraordinary work reviewing post-conviction claims of innocence.

District Attorney Craig Watkins' innovative strategies as the new DA in Dallas County have garnered him local, national, and international attention from numerous media outlets, including the Associated

Press, German TV, New York Times, CNN, "60 Minutes," "The View," "Larry King Live," ABC's "Good Morning America," True TV, Newsweek, The Dallas Morning News, Washington Post, LA Times, Chicago Tribune, NPR, EBONY, Fort Worth Star-Telegram, D Magazine, Texas Monthly, and Texas Lawyer. He and his wife, Tanya, are the proud parents of three children.

The benefit banquet is scheduled for September 21st at 5:00 at the Bellmead Civic Center. Marsha, Marsha Catering will provide dinner, and Blue Note Jazz will provide entertainment. For more information, please contact committee member August Jean DeBose at 254-799-3182. Other members include the following: Grace Blackwell, J.L. Crawford, Kenneth Green, Marshall Green, Lillian Manning, Norman Manning, and Emma Moore.

*The Historic Willow Grove Cemetery Benefit*  
Sponsored by the Willow Grove Cemetery Association

**Craig Watkins, Guest Speaker**  
Dallas County District Attorney

September 21, 2013  
5:00 - 9:00 P.M.

Bellmead Civic Center  
3900 Parrish Street  
Bellmead, Texas 76705

Tickets: \$30.00 each

Contact August J. DeBose at  
(254) 799-3182

## High Point Church



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

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

## Temple of Christ Church

*Matthew Reed Ministries, Inc.*



Sunday School: 10 a.m.  
Worship: 11:15 a.m.  
Evening: 6:00 p.m.  
Monday Bible Study: 7:00 p.m.  
Wednesday Prayer Worship: 7:00 p.m.

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

## Temple of Deliverance Ministries



**Sunday Worship**  
10:00 a.m.

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



Apostle Sadie L. Henderson  
Pastor

1121 N. 18th St.  
Waco, TX 76707

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

# SJJ Logistics

Onsite After Hours Drug Testing  
M.R.O. Services

Locally Owned & Operated • Certified

## 254.366.1442

Juanita Jackson      jjackson1222@gmail.com



**ARE YOU TIRED OF THE WALL STREET ROLLER COASTER?**



At FFG our mission is to help everyone achieve **FINANCIAL INDEPENDENCE**. We can show you how to create a **TAX FREE** retirement. Whether you are just starting out, or just looking for options we can help. Join us Tuesday Sept. 24th at the Elite Cafe on the circle in Waco TX. Starting promptly at 11:30 for a **FREE** no-obligation presentation. Space is limited so please call 254-644-2803 or 254-230-4330 for more information or email KarrieS.FFG@gmail.com to register. 1st 20 people to register will receive a Florida vacation. Meal is included.

# NEAL

Continued from page one

Ministries is made up of volunteers from different churches, ethnicities, denominations as well as those who attend. The ministries feed the hungry every Saturday and Sunday," Neal said.

"We minister to all people. In other words, all are welcome. A person does not need to be hungry nor homeless to be a part. Many come for the word and fellowship. It is "free for all."

One People Ministries is in a perfect location to minister to the needs of the community. The ministry reaches out to those who suffer from drug addiction, homelessness, hunger, crime, and a broken heart. According to Neal, the environment "is Jerusalem in our own back yard."

Saturday services consist of praise and worship, rotating ministers teaching the word, sometimes movies and always feasting! Whenever possible, OPM provides clothing, shoes and household goods to those in need.

One volunteer says people who get involved with One People Ministries will find it both rewarding and gratifying as they carry out God's will according to Matthew 25:34-40 and Isaiah 58:5-14.

Neal is the author of the books A New Revelation from God and Test Your Knowledge Revelation Quizzing Theological Work Book and the CD If You Want To Be Blessed, and the Bible game "Pick Up Your Cross Daily and Follow Me." In addition, she is a songwriter, play writer and a poet.

She spent over eighteen years ministering in churches, conferences and many outreach ministries, including Waco local food pantry, Shepherd's Heart. As a licensed and ordained minister, Neal's passions are searching the scriptures daily, teaching and preaching the Word of God and lending a helping hand as commanded in Isaiah 58 and Matthew 25.

Neal broadcasted six days a week for two years on KRMV, BlogTalkRadio 24/24. She has written articles for Black Christian

News and two other local newspapers. She is The International Feed My Sheep Ambassador for the NPower International Ministry Network and ministers live On-line International teachings weekly. Neal has ministered on The Word Worldwide Network and has done interviewed and spoken on several local radio and TV programs.

OPM is always in need of volunteers, financial sup-

port and all gifts are welcome. The ministry is especially in need of musicians. Ministry times are as follows: Saturday's Outreach Ministry and feast: 1:00 p.m. Sunday's services and feast: 11:30 a.m. (dinner after service) Wednesday services: prayer 5:00 p.m. and disciples' classes at 6:30. To donate, volunteer, or ask questions, please call (254) 379-3728 or (254) 229-1195.

# PLACE A COLOR AD IN THE ANCHOR TODAY!

Restaurants • Businesses • Merchandise  
Anniversaries • Weddings • Fundraisers  
Sales • Churches • Garage Sales  
School Events • Birthday Ads • New Arrivals  
**Space is limited! Call 715-8943 now!**



## BUSINESS DIRECTORY



*The Historic Willow Grove Cemetery Benefit*  
Sponsored by the Willow Grove Cemetery Association

**Craig Watkins, Guest Speaker**  
Dallas County District Attorney

September 21, 2013  
5:00 - 9:00 P.M.

**Bellmead Civic Center**  
3900 Parrish Street  
Bellmead, Texas 76705

Tickets: \$30.00 each

Contact August J. DeBose at  
(254) 799-3182



### Cuttin' Up

8730 LaVillage in Waco  
**(254) 666-8959**

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

**Jackie Berry, Owner**



### Neat as a Pin

ORGANIZING EXPERTS

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

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

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

website: ricksacshop.com email: ricksac@att.net

4004 Sames Street • Waco, TX • 76705 • 254.799.1438

### THE ROCK BARBER SHOP

Barber on Duty



**Rashad "Chip" Davis**

**Hours:**  
Tuesday-Friday, 10-6 • Saturday, 8-3  
~ By Appointment Only ~

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

**COLDWELL BANKER** Jim Stewart, Realtors

500 N. Valley Mills Dr.  
Waco, TX 76710

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



*lindamcdonald@coldwellbanker.com*  
*www.lindamcdonaldrealtor.com*

Linda McDonald, ABR

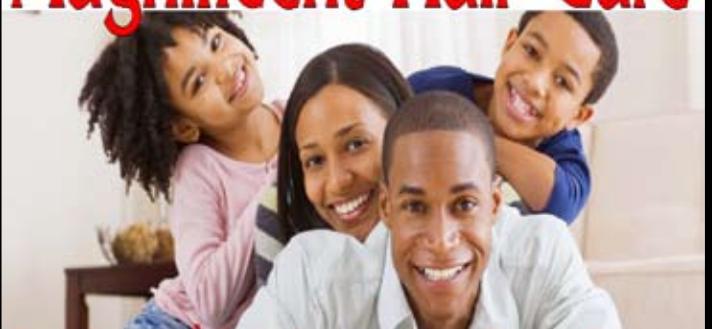


**God's Little Creations**  
Childcare Center

"We can do ALL things through Christ"

Latoria Moore   2716 Robinson Drive  
Bus: (254) 300-5738

## Magnificent Hair Care



### Full Salon / Day Spa for the Entire Family

Dread Locks ~ Relaxer ~ Jheri Curl  
Shampoo & Set ~ French Twist ~ Haircut ~ Edge Up  
Natural Hair Pressing ~ Deep Conditioner ~ Perm  
Coloring ~ Spa Pedicure ~ Spa Manicure

We Accept All Major Credit Cards   **Call Today!**  
to schedule an appointment

Dripping Springs Senior Village - Club House  
2405 JJ Flewellen Road, Waco, TX 76704  
**(254) 304-1754**

# Should we begin a war in Syria?

By Ron Oliphant

The President of the United States, Barack Obama, wants to order strikes against Syria. Russian President, Vladimir Putin opposes this because he considers the Syrian President, Bashar al-Assad, an ally. The British Parliament voted against war in Syria and so here we are once again alone, trying to fight in another country, located far away from our borders. Congress must vote on this issue because the constitution will not allow a President to declare war.

The President said, "I have the authority to carry out this military action without specific congressional authorization." The truth is simply that the President can order military action to repel attacks. Also, if a military action does not mean war, he has authority to strike. A certain language was used when writing these laws and if one does not have the skill of a lawyer, he/she may not know exactly what authority the President has. Former President George Walker Bush, went through this same problem when he



Ron Oliphant

wanted to strike against Iraq.

The average citizen would never want war unless America was being threatened directly and so it is hard to convince us that we need to send our sons and daughters into harm's way. We live in the land of milk and honey. We do not have tanks rolling in our streets and we can voice our opinion without fear of being kidnapped and tortured. It takes uncomfortable situations such as shooting on our street to make us support war against an

enemy of the state.

Prior to the attacks on 9/11, we thought terrorism was something that happened in other countries. The fear that was produced allowed former president George Bush to begin a war that many supported. Now looking back, many think it was a mistake to send troops to Iraq. CNN reported that over 6000 of our men and women have died in Iraq and Afghanistan. Many still debate why we are there, and the assumption has been to keep nuclear capabilities and other forms of chemical weapons, out of the hands of mad men. Eventually, the reason turns to helping poor defenseless women and children that are being killed. It is hard for many to get on the bandwagon and support wars in the Middle East. This does not mean we do not care for others that happen to live thousands of miles away, but it does mean it will take a lot of convincing to make me want to go and die for someone I do not know.

Syria is a neighboring country to Iraq and in similarity, the people want certain freedoms that they feel are being denied. In March of 2011, protestors began demonstrations that grew nationwide. They demanded the resignation of Bashar al-Assad, and of course, since he was not ready to let go of his powerful position, troops were sent out to crush the resistance.

Civil war broke out as an armed rebellion was formed to fight the government and today, in 2013, the United States is poised to strike against Syria supposedly, because of its use of chemical weapons. This sounds familiar to most Americans and it just seems as if peace in the Middle East, will not be coming any time soon. In fact, if we attack, who is to say what collateral damage this may produce.

I hope the President and our representatives get this one right because we cannot afford another mistake.

## - For Sale -

101 Pinnacle Court in Woodway  
*Executive home in exclusive Dominion Park*



4 BR/3 baths/3-car garage, formal living/dining w/wood floors, large family room, wood-burning fireplace, huge master suite w/oversized master closet & bath, jacuzzi, open kitchen w/breakfast area, island, granite, butler's pantry, sprinkler/security system with intercom, surround sound inside & outside on covered patio, updates \$349,500. (Note: Street is spelled "Pinnacle" on maps.)

Call Owners • 254-715-8943 OR 254-717-4927 • <http://tours.pictureitsoldwaco.com/130598?idx=1>

# Childcare owner offers Christian curriculum and Christian environment

Scripture says parents are to train up their children in the way they should go and when they are old, they will not depart from their training. Latoria Moore believes that statement is true and takes it literally. She has always had a desire to work with children in the area of teaching, especially younger children.



Latoria Moore

"These are the most impressionable years," said Moore. "And I believe it is the time to build a positive foundation in the children's lives!"

Moore says she loves God and wants to be able to teach children to love Him as well, to walk in His ways and to live according to His standards.

Moore has over 14 years of experience in child care, and from that experience a child care center developed.

"God gave me a vision to have my own childcare center," she explained, touting the fact that she and her teachers have over 50 years of combined experience in early childhood education.

Moore and her staff pride themselves in their commitment to excellence. Located at 2716 Robinson Drive in Robinson, Texas, God's Little Creations Childcare Center supports a Christian daycare and pre-school environment, and it is owned by a

Christian and operated by Christian workers.

In addition, the children learn from a Christian curriculum as Moore's main purpose is that the children will be trained in Bible verses, children Bible stories, arts and crafts, etc. and that they will obtain basic learning skills in every area of education.

"We use a Christian curriculum that is age appropriate to include Buttercup and Horizon, which enhance skill building in phonics, numbers, colors, reading fundamentals, eye hand coordination, fine and gross motor skills, social skills, etc. to prepare the children for school readiness."

At God's Little Creations Childcare Center, its mission is that no child will be left behind, as teachers strive to give every child the foundation to ensure a successful school start.

"We value our teacher/parent relationship and work closely with our parents to ensure we are working together for the

best interest of each child." Hours of operation are from 7:00 a.m. to 5:30 p.m. Monday through Friday. Presently the facility is ac-

cepting infants to 5 years. For more information, please see the advertisement in this issue of The Anchor.



**FRIDAY'S**  
SEAFOOD  
AND  
MORE

**SEAFOOD MARKET**

**GROCERY MART**

**CARRY OUT!**

**Roy & Friday Hawkins**  
Owners/Chef

**254-867-1700**

**Best Cajun Cookin**

Gumbo  
Etouffee  
Red Beans/Rice

**Fresh Seafood**

Catfish Gar  
Buffalo Oysters  
Flounder Shrimp  
Red Snapper

**Dine In or Carry Out**  
1308 New Dallas Hwy.  
Bellmead, TX

**Tues-Sun: 9:00am - 7pm**  
**Fri: till 7:30pm**  
**Sun: 1:00pm - 7pm**



**ROBERT L. HAROLD**  
ROCKIN' MR. D

254.799.2062 office  
254.379.8594 mobile  
bellmeadstrongradio@gmail.com

**Listen Live**  
www.bellmeadstrongradio.com

**Live Broadcast**  
**loudcity**

http://www.loudcity.com/stations/bellmeadstrongradio

**Listen Live**  
Monday - Thursday 7:30pm - 9pm  
Friday 8pm - 9:30pm  
Gospel Sundays (Not Live)  
10am - Midnight

**Station Offer:**  
Community Announcements  
Business Advertisement  
Local Artist Airtime

Contact Us for More Information



**P413-FITNESS**  
**PERSONAL TRAINING**



SPECIALIZING IN WOMEN, COUPLES, AND GROUP TRAINING  
CUSTOM-TAILORED IN-HOME/OUTDOOR WORKOUTS  
LEARN PROPER/SAFE TECHNIQUE  
NUTRITIONAL GUIDANCE  
MOTIVATION AND ACCOUNTABILITY

**Courtenay Hicks - ISSA Certified Fitness Trainer**  
(254) 379-0677  
www.issacertifiedtrainer.com/courtenayhicks  
AdvoCare Distributor: www.advocare.com/130542655

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

**OVERLOOKED ATHLETICS**  
TAKING CHRISTIAN ATHLETES TO A HIGHER LEVEL



**Kelvin Edwards**  
by Fan Minnitt

*Athletes and entertainers influence large parts of the world. Former NFL Saints and Cowboys Player, Kelvin Edwards is a God fearing man whos life changing experience with the NFL did not stop him from leaping over and through obstacles.*

For the full story on Kelvin Edwards and other OverLookED Athletes, please visit [www.OverlookEDAthletics.com](http://www.OverlookEDAthletics.com)



**Yvonne Brown**  
Founder / Producer / Host

## The best investment you can make for your grandchildren

(NewsUSA) - Grandparents and grandchildren have much to learn from one another, and such valuable relationships should be cultivated. Oxford University research has shown that 'involved' grandparents contribute significantly to better-adjusted grandchildren.

The research suggests that children find unique acceptance in their relationships with grandparents, which benefits them emotionally and mentally. The grandparental bond is built on communication. In fact, most children studied did not identify distance as an important factor if communication was strong.

Unfortunately, hearing loss is the number-one challenge to communication. According to the National Institute on Deafness and Other Communication Disorders (NIDCD), age and hearing loss are strongly related -- 30 percent of seniors from 65 to 74 years old suffer from a hearing disability. For adults 75 years of age or older, hearing loss jumps to 47 percent.

"It doesn't take a PhD for my patients to understand the many costs of hearing loss," says Sreek Cherukuri, MD, a certified ear, nose and throat physician based in Chicago, Ill.

Beyond emotional well-being, even something simple like taking the grandkids to the pool can

turn dangerous if grandma can't hear possible cries for help. Driving puts the children at risk if the grandparents cannot hear oncoming traffic or car horns.

The NIDCD reports that only one out of every five people who needs a hearing aid actually wears one. This is largely due to the extravagant cost of most hearing aids.

"I found that I saw too many patients with hearing loss going home without a solution because they couldn't afford hearing aid prices," says Dr. Cherukuri.

Cherukuri's response was to develop inexpensive but effective hearing aids. "With today's technology, a quality hearing aid shouldn't cost more than a digital camera or iPod," Cherukuri says.

MDHearingAid, found at [www.mdhearingaid.com](http://www.mdhearingaid.com), isn't just a reliable source for affordable hearing aids, it's also a good source for expert consumer information.

"You should see a physician and get the best hearing aid you can afford. We offer an excellent choice for those who cannot afford a custom hearing aid." Seniors should enjoy the benefits of their ripe age. This includes plenty of quality time with grandchildren.

Get more info on hearing loss and cost-efficient alternatives at MDHearingAid.com.

# ADVERTISE HERE!

CALL THE ANCHOR AT (254) 715-8943!

## DO THESE FACES LOOK LIKE THEY NEED DRUGS?



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

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

A DRUG-FREE APPROACH TO TREATING LEARNING & BEHAVIORAL PROBLEMS

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

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

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

## Jazz Quartet

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

BLUE NOTE JAZZ 

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

254.744.7092

### Sell Stuff In The Anchor!

Call 715-8943



**Mona Dunkin**  
Consultant and Trainer

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

**(254) 749-6594**

mdunkin@flash.net  
www.monadunkin.com

## Marsha, Marsha, Marsha Catering

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

### PROVIDING SERVICE FOR BUT NOT LIMITED TO:

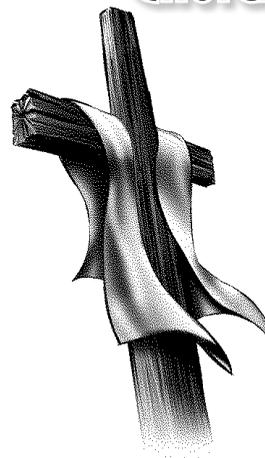
- Banquets • Business Meetings
- Family Reunions • Parties
- Elegant Weddings • Showers
- Church/Corporate Luncheons
- Anniversary Celebrations
- *AND MORE!*

MARCIA NEAL,  
*Owner* 254.652.1924

# Temple of Christ Church

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

## Church Services



**Sunday School**  
10:00 AM

**Morning Worship**  
11:15 AM

**Sunday Evening**  
6:00 PM

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

**Wednesday Prayer Worship**  
7:00 PM

*Pastor Matthew Reed and Wife Helen*

For that Elegant Touch in fashions, visit...

## Marilyn's Gift Gallery & Sound World

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

*Dwayne & Marilyn Banks, Owners*

818 Elm Street  
Waco, TX 76704

**(254) 755-8218**

**Spring Fashions  
Arriving Now!**



## Simple non-toxic cleaner recipes to clean the house

From the article *Non-Toxic Cleaners You Can Make at Home* <http://www.keeperofthehome.org/2011/03/non-toxic-cleaners-youcan-make-at-home.html>.

By Linda McDonald

**Floors:** A simple floor cleaner is made by adding 2 to 4 tablespoons of Castile soap and 10 drops of lemon essential oil to a large container. Fill with 1 gallon of hot water and stir to mix. If the floor is greasy, add up to 1/8 cup of vinegar.

**Walls and Counter Tops:** The above floor cleaner will work well on walls and counter tops too. If you wish to disinfect, mix equal parts vinegar and water. Add 5 to 10 drops of essential oil, per 16 oz of mixture, if desired.

**Mirrors:** Mirrors can be cleaned well with water and a microfiber cloth. If you are looking for more shine (and germ killing power), combine 1 1/2 cups of water with 1/2 cup of vinegar in a spray bottle and shake to mix. Add 5 to 10 drops of orange or lemon essential oil for extra cleaning power and added fragrance.

**Toilets:** Pouring a little straight or scented vinegar into the toilet bowl is a great way to clean and deodorize. For regular toilet seat wipe downs, keep some vinegar in a spray bottle. Sprinkling baking soda into the bowl and scrubbing with a sturdy toilet brush is another good



Linda McDonald

way to keep the toilet clean and fresh.

**Bath and Shower:** The best way to keep the shower clean is to regularly spray the walls with vinegar, this helps prevent soap and scum from building up. It is always a good idea to label your homemade cleaners. Writing the recipe on the container also helps make refills a breeze.

**NOTE for Essential Oils:** These concentrated plant oils contain powerful anti-bacterial, anti-viral, anti-biotic and anti-fungal properties. While they can sometimes be expensive, one small bottle will last a long time. They add a lovely fragrance to your homemade cleaners, which provides psychological benefits too! Favorite essential oils for cleaning are: Lemon, orange, peppermint, lavender, and tea tree.

## The Pest Inspector

### Certified Pest Services

- Termites
- Pest Control
- Real Estate Inspections



# 254-732-2927

# I AM A TEXAS REALTOR



Linda McDonald, ABR

**COLDWELL  
BANKER**

Jim Stewart,  
Realtors

500 N. Valley Mills Dr.  
Waco, TX 76710

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

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

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

### MAKE SURE YOU WORK WITH THE BEST

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

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

### I WILL ALWAYS PUT YOUR INTERESTS FIRST

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

### COMMUNITIES MATTER

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

### REALTORS ARE ON THE SIDE OF ALL HOMEOWNERS

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

erty owners' rights.

### MY EDUCATION NEVER ENDS

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

### OPENING DOORS

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

### I HOLD MYSELF TO A HIGHER STANDARD

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

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

# HELP WANTED

*Looking for a job where you are in control of your hours and how much you make?*

**We are looking for trained advertising sales people. Retired persons and student interns welcome!**

**CALL 715-8943 FOR MORE INFO!**

# 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 principles 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 dis-



Pastor and Mrs. Reed

cernment 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 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 minis-

ters 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.



## AFRICAN AMERICAN HEALTH FORUM

Guest Speaker, Ms. Sherry Williams, RNC, WHNP, Director of Waco-McLennan County Public Health District

Ms. Williams will give a factual presentation regarding the health outcomes for African Americans followed by a time of group discussion and idea sharing.

*Did you know that in past 12 years African Americans were 1.8 (32/18) times more likely to have diabetes compared to White and Hispanic population in McLennan County?*

### When

Tuesday,  
October 29, 2013

### Place

City of Waco  
Multipurpose  
Center, Quinn  
Campus  
102 Elm Ave.

### Time

5:00 p.m. – 7:00 p.m.

*African - American  
Leaders  
uniting to address....  
Improving Health in  
Our Community*

SPONSORED BY THE  
AFRICAN AMERICAN  
LEADERSHIP ORGANIZATION

The mission of the African-American Leadership Organization is to connect and mobilize African-American Leaders across organizations to maximize effectiveness in addressing issues of key concern in the African-American community.

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

**THE ROCK BARBER SHOP**

*Barber on Duty*



*Rashad  
"Chip" Davis*

**Hours:**  
Tuesday-Friday, 10-6  
Saturday, 8-3

~ By Appointment Only ~

112 Jim in Panther Square  
(254) 235-3233

# The body, soul and spirit constitute the total person, Part 4

*Continued from the August 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 we want good health for ourselves and our children, we must eat the diet that our Creator instructed that we eat. If I need to know something about my guitar, I'm going to contact the company that designed it—not an automobile dealership. Our Creator, God, knows everything (Psalm 139:1-24), and should be consulted.

God told us to eat the herb that grew out of the ground and fruit from trees (Genesis 1:29). He, also, gave instructions about the meats of animals, birds and fish that we should and should not eat (Leviticus 26:1-47; Deuteronomy 14:1-21). I'm not going to elaborate on 1 Timothy 4:4-5 except to say that I've heard many interpretations of that passage.

Mr. Elmer A. Josephson said that he's not saying people will go to hell by eating the forbidden meats in the above two passages but may go to heaven more quickly. He wondered about how



**Evangelist Ruby McCray**

long would a body remain healthy of a constant diet, that was blessed, which consisted of stews made from skunks, maggots, roaches, rats, poisonous spiders and other arachnids, etc.? Will a blessing purify the stew?

My son, Joel, says that we really need to pay attention to what God talks about often: wheat, barley, grapes, figs, pomegranates, olives (oil) and honey.

Dr. Teu-Fu Chen said that a body will generally repel illness and disease and even cure itself as it is meant to do if it is strong. The body gives in to disease if it lacks proper nutrition. The body will degenerate when it is not properly nourished for extended periods of time. If the body lacks nutrients in one area, it will take it from another part of the body, thus, creating new weaknesses. He further said that we in the western world make efforts to substitute something other than what the body really needs—nutrition. We have learned to sacrifice good health for immediate fixes to the real problem, failing to realize that good health is attained and retained only when the body receives the proper nutrients it needs to perform its intended function. Last, not only will the body heal itself with proper nutrition which comes only from whole foods, but each individual must accept responsibility for his or her own health.

Our mother read all of the time, especially about health. She practiced what she learned, and tried to share her knowledge with whomever would listen.

After seeing how her life was changing, we, siblings, began paying attention. I was asked many times if we were sisters. One day I told a man that he needed glasses, and my mom said, "If he wore them, he'd ask which one of us is the oldest?" All of Waco could have heard us laughing. I made up my mind, then, that I was going to do everything that I saw her doing.

She told us not to take drugs if at all possible because they only put a band aid on the problem—not fix it. They have side effects and we'd only have to take more drugs—but never get well. Now, I'm trying to help my friends. If they think it's nasty, they'll ask, "How does it taste?" I say, "Like 'HEALTH!'"

When our mother went to live with Jesus, she lacked four months from being ninety years old. The sheriff and coroner could not believe that she had no doctor and took no prescription drugs. They just knew that he had to have at least high blood pressure pills. My daughter and I finally convinced them that Jesus was her

only doctor, and she had a refrigerator full of vitamins, etc. Her incessant prayer was that she'd never be a burden on her children, and never have to live in a convalescent home; she only wanted to go to sleep and wake up in the presence of Jesus, and that's just what she did!

Please join us in Octo-

ber as we continue this study. You may not believe me, but...just what if I'm right?

*Evangelist Ruby McCray is the founder of A City of Refuge Ministries. For questions or comments write to A City of Refuge Ministries, P. O. Box 2025, Waco, Texas 76703 or e-mail [rubyacorm@yahoo.com](mailto:rubyacorm@yahoo.com).*

## HATTEN

Continued from page one

the Quinn Campus Committee.

Currently he is a member of the YMCA of Central Texas Board, Hearne Ministerial Alliance and is the pastor of Bethel A.M.E. Church in Hearne, Texas. "As a father, an educator, Sunday School teacher, lay leader, assistant pastor, pastor, community servant, mentor, I have labored to be a role model.

In all of his roles, Hatten says that he strives to extend his vision of Dr. King's dream to all. He adopted Dr. King's life perspective as motivation for his own life.

Comparing his dream and perspective on life to

Dr. King's, Hatten says, "I believe that my life is like 'a light that is meant to snuff out the darkness of ignorance, despair and injustice.' I want my life to be a selfless one. Like Dr. King I want to help to illuminate pitfalls for those who follow and like Dr. King, 'I will try to live not as a fool but as a wise man, making the most of every opportunity to do good and bless others.' Like the sentiments Dr. King expounded, 'when it is my time to stand before God, I hope I have used up every bit of talent, grace, and mercy,' that God has given me, Archie Lee Hatten III, [to] keep the Dream Alive!"



## EVERY ONE IS IMPORTANT.

You can help keep your child healthy with regular checkups and vaccines. Every one is important. And they're free with Children's Medicaid.

Your child will also get other health benefits like free prescription drugs, dental care, eye exams, and glasses. Even rides to and from the doctor or dentist's office. Call today or visit our website to apply.

[www.CHIPmedicaid.org](http://www.CHIPmedicaid.org)  
1-877-KIDS-NOW

 **Children's Medicaid**  
We've got your kids covered.

CHILDREN WITH MEDICAID CAN GET FREE RIDES TO THE DOCTOR OR DENTIST'S OFFICE. CALL 1-877-MED-TRIP TO LEARN MORE.

# Five boot-camp principles for single parents

By April Boyd-Noronha

I want to dedicate this article to sharing some nuggets of wisdom I've learned so far during this 2013-2014 school year. I knew this year would be the most different of them all in that my three children are all at separate school levels. My youngest is in elementary school, my middle child is in middle school and my eldest is entering high school. The challenge of single parent living is seriously being put to the test with just the juggling of bus schedules and after school activities thus far. So, I put my kids through boot camp to whip them into shape.

In reflection of having survived the first few weeks of the back-to-school season, here is what I learned:

**Boot Camp Principle 1:** Even the best disciplined kids STILL need structure. Yes, I said it. I have "good" kids, but at times they push the limits of my patience (and my need for peace and quiet). By the third night of school, my kids were finally conditioned to the 9:00 p.m. rule – lights out, regardless. You better have taken your bath (AND drained the water), set out your clothes for tomorrow (after being approved by me), but most importantly, you'd better be in YOUR bed with the lights out (or night light on) in order to rest, free your mind and let your body naturally rejuvenate itself.

**SINGLE PARENT BENEFIT:** I get a quiet home and some serious moments of silence! This ensures that I also get a good night's sleep.

**Boot Camp Principle 2:** In addition to the "be in your bed by 9 p.m." rule, my children must "check in" all their electronics – laptop, phones, handheld video games, etc. They need to get unwired and unplugged from the technical world. The Internet never shuts down, but a human mind and body will. I warn my children that "If you haven't said it, texted it, listened to it or played it by 9 p.m. then it has to wait until tomorrow."

**SINGLE PARENT BENEFIT:** I get to access

their electronic devices. My children must supply their passcodes when asked or the device will be further sanctioned. At night, I monitor their history of website visits, frequency, and who they've been chatting with (in addition to their friends' replies). My philosophy is "If I pay for it, then I get access to it – on demand (especially each night NLT 9 p.m.). Plus, I see what the latest apps and sites are that they've added to their main page, so I get to stay up to date AND still rule as the "cool parent."

**Boot Camp Principle 3:** Clean up so I can check up (homework, clothes for tomorrow, the bathroom, etc.). Never before is it the most critical to implement the #1 "old school" rule of them all – clean up the night before, so you won't have to catch up in the morning. I require my three children to set out their clothes for tomorrow – the night before. They understand that if a form needs to be signed or homework needs to be reviewed, then it is done – that night. I have a standing rule of "I don't sign anything in the morning!" I do not want the kids to be running around in the morning – looking for a pen, in the kitchen during breakfast, running up and down the stairs, just before the bus pulls up. As a single parent, I realize that a "rushed morning" sets the tone for the rest of my day. I encourage my children to choose to be relaxed instead of rushed.

**SINGLE PARENT BENEFIT:** If your children are rushed, then the parent is not rational in his/her thinking. It sets the tone for the entire household. Choose to be the example: don't rush. If your children are relaxed (yep, you guessed it), then the environment is relaxed (ok, most of the time).

**Boot Camp Principle 4:** Encourage education. I was just explaining to my children that although Mommy hasn't been IN school for a long time, what subjects I DO remember, I will help them with. I promise them that if I can't help them, I will find a personal tutor (which is freely



April Boyd-Noronha

provided at their school in the mornings) or a trusted website that addresses that particular subject. Simple things like reading to and/or with my son are priceless (and sometimes come at a price – loss of an extra few slams on the snooze button), but oh, the payoff in the end will be well worth it as he walks across the stage getting his college degree. Yes, I skipped straight on up to college. High expectations are the standard in the Boyd-Noronha household.

**SINGLE PARENT BENEFIT:** Single parenting requires a lot of sacrifice. But if you keep your eyes on the prize, you will see the "sense in the sacrifice" (can you say scholarship?) Not only am I focused on ensuring that my children graduate each

year, but equally important, is that they are learning and building foundational principles from a solid education that prepares them for the next generation workforce. When scholars say today's students need a "wordly view," it should mean a global view of things that extend way beyond their block, school, and community.

**Boot Camp Principle 5:** The "morning roll call." Because my children are now at an age where they can be more responsible, they are charged with waking each other up. I kick off the morning roll call by waking up my oldest daughter. I am fortunate to have at least a 1-hour interval in between each child's school schedule. This also gives each child some "me time" to get it together for the new day – especially if they each have their own personalities. I take this precious time to bond individually with each child before I send them off to their "wonderful world of learning." Not only that, but I encourage them to read in addition to making sure their backpacks, folders, etc. are ready for the new school day. Rarely, do they watch TV in the morning, but if they do, it is the NASA channel or something that surely elevates their mind – no "senselessTV"! I wrap up the morning "roll call,"

too, by making sure my youngest child is ready to board the bus. But since he is required to read 20 minutes a day, while most households may incorporate this into their nightly routine (maybe in your perfect little world), it is not realistic for my single parent household. So, we take time out each morning to read, after his sisters have left for the day. We enjoy the silence and fit in some bonding time, too.

**SINGLE PARENT BENEFIT:** The "morning roll call" not only helps the kids get it together, but also helps implement a new routine for single parents to get focused on, fired up, and fearless for their day as well.

Have these 5 Boot Camp Principles helped you? Do you have some practical principles you'd like to share with other single parents? Email April at april@singleparentliving.net. It might be featured on our website, www.singleparentliving.net!

April Noronha is an advocate for successful single parent living. Visit [www.singleparentliving.net](http://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" radio show which airs on Sunday mornings on 103.1 KISS-FM.

LATEST ARRIVAL FROM AUTHOR WB GUNTER!  
[www.brokensilencebooks.com](http://www.brokensilencebooks.com)

## THE IMPULSIONS OF ERIC RICE A Play

From the soon to be released book entitled...

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

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

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



SEPTEMBER 27-29, 2013

# WACO CULTURAL ARTS FEST AT INDIAN SPRING PARK

WWW.WACOARTSFEST.ORG

Wordfest / ScienceFest /  
{254} Dance-Festival /  
Celebration Africa

**Headliners:**  
Quiet Company  
Pride and Joy  
Still on the Hill  
Lan'naya



**MUSIC**  
+  
**MATH**

**MASTERS  
STUDIO™**

**The go-to place for music and math educational services is coming soon to 100-C Midway Center, Woodway, TX 76712.**



**"Our business is to motivate and train music and math masters."**

## NOW OPEN!

- **First-ever business of its kind in America**
- a full-service self-discovery center
- a place to master playing any instrument using one supplied by the studio
- No obligation to buy the instrument you learn!
- a place to master any math topic, 4 -12, using both a virtual coach and a live coach!
- a place to discover/master your singing voice
- a client-friendly learning environment
- on-site instrument repair service
- 50-seat auditorium (recital hall)
- **low affordable rates per month**
- we sell a broad variety of sheet music
- we sell a rare selection of audio CDs
- we sell all kinds of musical instruments
- Baylor School of Music coaches
- central Texas talent junction for networking
- 25% discount on first month of lessons
- **Open 2 - 8 pm on M-F, 10 - 6 pm on SAT**

Take Rt 84 W to Hewitt/Estate Dr Exit. Take immediate right before traffic light.

Website: [www.music-mathmasters.com](http://www.music-mathmasters.com) Office Phone: (254) 829-2397  
Email: [music-mathmasters@skybeammail.com](mailto:music-mathmasters@skybeammail.com)