

# THE Anchor News

## Serving the Central Texas Community

*Celebrating 13 Years!*

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Free



## Anchor News says goodbye to long-time friend and mentor

When people told Linda Crawford 13 years ago, that it would cost her \$65 an hour to learn how to lay out a newspaper, Linn Anthony Pescaia, said, "You don't need to pay anybody a dime to learn to do a paper. I'll teach you everything you need to know."

Crawford didn't have a Mac computer, so Pescaia gave her one, and in April of 2002, Pescaia began working with Crawford two or three times a week to teach her newspaper layout and design. If she drove into West every day of the week, he made time for her. There were times when The West News closed for the day, but Pescaia allowed Crawford to work well into the late hours of the night.

He brought on board his assistant, Larry Knapek, and between the two of them, they helped Crawford put her first



LINN PESCAIA

issue of *The Anchor News* on the shelves on August 5, 2002.

Getting that first issue out took quite a while, however, because Pescaia was just very particular. He treated *The Anchor News* as if it were his own.

At that time, everything had to be cut and pasted, literally, by hand. The pictures had to be glued in the correct column. Ads had to be placed from left to right. White spaces had to be limited, and headlines had to sound just right. He was just so picky, but this was the beginning of a special relationship for Crawford—a 13-year relationship that has and will continue to have a special place in her heart, for without the deliberate kindness and generosity of Linn Anthony Pescaia, Crawford is convinced *The Anchor News*, as it is today, would not exist.

Over the years, Crawford turned to Pescaia so many times. He always spoke softly, always with only a few words. When people said the news-

See **PESCAIA** pg. 5

## Parrish Cobb recognized and selected for American Bowl

The United States Marine Corps is recognizing exemplary student athletes across the country through the Semper Fidelis All-American Football Bowl. Now in its fifth year, the game will feature approximately 100 student athletes selected from across the country based on their athletic prowess, academic success and embodiment of the Marine Corps values of honor, courage and commitment.

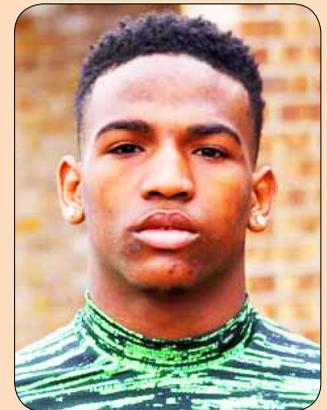
La Vega High School senior and star cornerback, Parrish Cobb, has been selected to participate in this year's nationally televised Semper Fidelis All-American Bowl. The game will be played on January 3, 2016, at The StubHub Center in Carson, California.

Through the Semper Fidelis Football Program, the Marine Corps engages with well-rounded student athletes to share leadership lessons that will enable future success.

Cobb was recognized at a local jersey presentation at La Vega High School's gymnasium on November 2nd.

Cobb has played many positions on both sides of the ball, and "excels both on and off the field," said his mother. His parents, Collis and Cindy Cobb, are more than proud of their son. Cindy pointed out that Cobb is an outstanding athlete in a variety of sports, including basketball, football and track. "He's an awesome leader," added his father, "and has been appointed team captain in every sport that he has played."

It comes as no surprise to some that Cobb would be



PARRISH COBB

selected to join the Semper Fidel team. With a 3.8 GPA, a membership in the National Honor Society, and a mile long list of other extracurricular and academic activities, Cobb received 20 college scholarship offers, including Baylor, Notre Dame, Purdue, and Rice. He has committed to play for the Oklahoma Sooners.

In 2013, Cobb, who has played quarterback, kickoff returner, wide receiver, and now cornerback, received Second Team All-District and in 2014, he received First Team All-District honors as a cornerback and returner. He was also selected to Super Cen-Tex First Team Defense as a cornerback. A graduating senior in the Class of 2016, Cobb will complete his education and athletic endeavors at La Vega with high honors.

Your local Marine Corps representative, Sgt. Rebecca Eller, is available to talk about the Semper Fidelis All-American Bowl and the jersey presentation. Email her at [Rebecca.eller@marines.usmc.mil](mailto:Rebecca.eller@marines.usmc.mil) or call 817-714-6392.

## Breaking the cycle of generational poverty through education

BY RACHEL CHANEY

Transition and change are never easy as you are going through the process; however, if you make it through, great results can be achieved. The children in the Estella Maxey public housing apartments are still trailblazing through the transition from attending their neighborhood school to attending several schools across town.

About three years ago, WISD allowed the parents of students in Estella Maxey to choose a school for their children to attend. After the parents made their choices, students started trailblazing



SHIRLEY LANGSTON

into their transition. The decision came with many concerns such as picking up children when they were sick, students leaving home early and returning home late.

Shirley Langston, the executive director of Restoration Haven, worked closely with the parents and WISD to implement the transition. Langston grew up in the same community and was a strong advocate for community schools. She attended George Washington Carver (now the middle school) for twelve years and still brags about her good education.

The transition included other challenges, as well. The students couldn't stay for after school programs, because they had to be bused back to their

See **LANGSTON** pg. 10



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 Manager. 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.

# Garretts and team attend international Nikken convention in San Antonio

Bishop Lonnie & Ouida (Gail) Garrett of Waco/Marlin, TX were among thousands of attendees at the Nikken Wellness International Field Convention held in San Antonio, Texas in October at the Henry B. Gonzalez Convention Center.

This 40-year-old Japanese company specializes in studying one's Health instead of one's disease. Millions have already discovered the Nikken concept of creating a certified "Wellness Home" including quality sleep, clean water, clean air, whole food nutrients, and spectrum lights while developing a healthy mind, body, family, society and finances.

Pictured left to right are members of the Garretts' Team which was featured on stage and recognized as new promoting "Silvers" and Nik-



**GARRETT TEAM MEMBERS ATTENDING THE CONFERENCE (LEFT TO RIGHT) ARE LONNIE AND QUIDA GARRETT, CYNTHIA AND RANDAL FRANKLIN, AND VIVIAN AND TERRY MARTIN.**

ken 2015 Rising Stars from the Garretts' sponsorship.

Bishop Lonnie Garrett

and wife, Ouida Gail Garrett, of Waco, TX; Cynthia Franklin and husband, Rev. Randal Franklin, Vivian Martin, and husband, Terry Martin all of Austin, Texas. In a 15 minute talk the team shared how their ministries coincide with the Nikken philosophy, "Humans Being More" and how much it has impacted their personal lives.

All consultants and guests were amazed at the major changes Nikken is implementing as a new wave of business. Announcements made at the Convention included competitive prices, the true elements of Nikken Products and whole food nutrients that are solid, effective and more affordable.

Nikken's philosophy is "Discover it! Live it! Share it!"

Being six years in the business, the Garretts are more determined than ever now by seeing the strong leadership and inspiration Nikken has globally. The Garretts are expecting to sponsor many more into their organization because of their passion to share another alternative way of holistic living and witnessing people's lives change for the better.

For more information and demonstration, you may contact the Garretts in one of the following ways: at 254-722-1395/254-412-1172 or [www.walkingfaith.biz](http://www.walkingfaith.biz) or email [garretttrio@sbcglobal.net](mailto:garretttrio@sbcglobal.net)

### A note from the Crawfords...

## Don't say it! Don't say it!

"Well, she's in a better place." "Call me if you need something." "I'm here if you need me. Just call." "He wouldn't want you to cry like this." "It will get better."

No doubt, if you have lost a loved one, you heard some of these phrases. Who knows? Maybe you are even guilty of saying them yourself... all the time. Consider this: If the person is a Christian, the family already knows where

he/she is. The family is hurting right now. So guess what-grieving people usually don't think to call you if they need something. Plus, more than likely, no one is going to pick up the phone to call you because they know you are going to tell them to "stop crying cause she's in a better place."

Why do people feel obligated to say these things? Could it be because they

don't know what else to say? No worries. Here are some alternatives. "Tell me what I can do for you right now." "I will call you tomorrow, so have a list ready for me." "Hi. I came by to straighten your house for you." "I don't know what to say, but I am praying that God helps you through this." "Just came by to hold you. Is that okay?"

And when all else fails, just say, "I love you."

# 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.

#### 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

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## Zetas to honor Polk for community service

The Delta Upsilon Zeta Chapter of Waco will honor Cresandra L. Polk for her community service at its 16th Annual Scholarship Recognition Banquet on December 12, 2015. The event will be held at the Waco Convention Center. The aim of this fundraiser is to provide college scholarships to deserving youth from our community.

Cresandra L. Polk, born to the late James Polk and Dorothy Dickerson Polk, is the youngest of three and a native of Waco, Texas. After graduating from Connally High School, she went to further her education and attended Four C Business College receiving a degree in data entry, McLennan Community College taking courses in general studies, and Baylor University taking courses in records management.

Polk has been the records coordinator for the City of Waco for 15 years. She has managed the inactive records for approximately 25 departments within the City and has played an instrumental role in various capacities. She is also Co-Chair of the biannual Martin Luther King Jr. Employee Luncheon, serves as departmental safety liaison, encourages and promotes awareness programs, and is passionate about city government and its growth and development.

Polk has received awards and recognitions as Rookie of the Year, Volunteer Services Council and Zeta Amicae of the Year 2015. Presently, Polk is a member of the ARMA International (Association of Records Managers and Administrators), Central Texas Municipal



**CRESANDRA L. POLK**

Clerks and has enrolled in the Texas Municipal Clerks Certification Program.

In her spare time, she supports and attends various children's activities, mentors single mothers, and volunteers in various civic organizations such as the Waco Center for Youth Rio Grande Unit, and Zeta Amicae of Waco, where she is the Vice President. Polk is also a member of the City of Waco Leadership Program, Train the Trainer Safety Program, Leadership Plenty Institute, and serves as a board member for the Volunteer Services Council at the Waco Center for Youth. Her relationship with Christ is what drives her passion to serve others and gives her the grace and strength to serve the community.

Polk is a gentle soul who enjoys spending much quality time with family, friends and of course her four-legged daughter, Gia. Her personal life has consisted of raising her son, Marquis Harrison and is currently embracing her new daughter-in-love, Dominique Witcher Harrison. In her spare time she enjoys arts and crafts.

## Our US heritage and Thanksgiving

BY MONA DUNKIN

I visited with a Russian immigrant and mentioned our upcoming Thanksgiving Holiday. He attested that America is special in so many ways and how appropriate for her citizenry to have a yearly holiday devoted to being thankful.

Of all the holidays, Thanksgiving is my favorite as it is the only one that remains unmarred by crass commercialism. It is a special time for us as a nation to pause and reflect on the things for which we are thankful. In spite of the recent destruction life and property by storms and other issues of unrest, there is much to be thankful for.

With the exception of the American Indian, all of us have our roots in other soil. We are all children of immigrants from oppressed countries who came to this land in search of freedom. One of the greatest freedoms sought is religious freedom.

The Pilgrims withstood hardships and seemingly insurmountable odds to come to a land and establish freedom of worship-- the freedom to worship--the freedom to worship God according to the convictions of



**MONA DUNKIN**

your one's own heart, not according to the dictates of a church state.

Still today there continues to be a mass worldwide exodus of people leaving established homes in search of freedom--the freedom to be safe--the freedom to be educated--the freedom to worship.

As a child I learned Emma Lazarus's poem that is inscribed at the base of the Statue of Liberty.

"Give me your tired, your poor, your huddled masses yearning to breath free.

Send these, the homeless, tempest tossed to me.

I light my lamp beside the golden doors."

In spite of the destruction of life and property in recent storms we can always be thankful for what we have left. We can renew our appreciation for what has been, what is and what is yet to come. We can renew an appreciation to value people and our homes as never before. We can have a renewed appreciation to value the wonderful gift of life and to take nothing - and no one - for granted, a renewed love for our neighbor - no matter the color, age, size or cultural, and to realize our neighbor is global. You can have a renewed appreciation for the infinite worth and value of each individual - including yourself.

O Lord, that lends me life, lend me a heart replete with thankfulness.

William Shakespeare  
A thankful heart is not only the greatest virtue, but the parent of all other virtues. Cicero

*NEED A SPEAKER? Mona Dunkin is a Motivational Speaker, Corporate Trainer and Personal Success Coach. Read past articles at [www.monadunkin.blogspot.com](http://www.monadunkin.blogspot.com). Contact her at [mona@monadunkin.com](mailto:mona@monadunkin.com) or at 254-749-6594.*

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## A life in Christ: Jesus, so much more to offer

BY PAM TURNER

Here's another recap of what our loving Savior has to offer once we put our life into His hands—grace, forgiveness, protection, comfort, shelter, mercy, compassion, healing, blessings.

Some people think that becoming a Christian means your life is one of sacrifice, giving up all the things that life has to offer as pleasure. However, once you except Christ as your Lord and Savior, you get to partake not only of the points I listed. You also get to spend eternity in Heaven—an eternity with Jesus Christ.

What more could you ask for? Remember, Jesus is our Alpha (beginning) and Omega (end). He is our end to suffering and our beginning of a life of peace and contentment. You'll have issues in between; however, you'll have someone to turn to for help. You won't have to walk it alone.

It's easy to give your life



PAM TURNER

to Jesus; all you have to do is with a sincere heart, ask Him to be your Lord and Savior and thank Him for the price He paid on the cross for all our sins—past, present, and future.

I pray you make the right decision and may God richly bless you!

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

## Go Set A Watchman by Harper Lee

BY JIM MCKEOWN

I first read the iconic American novel, *To Kill a Mockingbird* as a high school sophomore. I wholeheartedly took to the book, and if memory serves, I immediately reread it and have done so a few more times over the years. With all this in mind, I approached Harper Lee's first novel, *Go Set a Watchman*. As my loyal readers know, I assiduously avoid reviews of books on my TBR pile, but tidbits reached me before publication, and I began to question whether I possibly wanted to risk spoiling my image of Lee, Scout, Atticus, and Maycomb County, Alabama. In the end, I decided to take the risk.

The novel left me with more questions than I could handle. Did Harper Lee sugarcoat Atticus, clearly a stand in for her father A.C. Lee? Did the earlier novel exaggerate Atticus' true character to something horrific? How did Lee, as Scout, fit into the narrative? The prose of *Watchman* is something of a shadow of the great writing in *Mockingbird*. Did the publisher reject it for that reason? Or for the portrayal of Atticus? More importantly, why did Harper Lee agree to the publication of this novel as she approaches the end of her life? Was she setting the record straight? Or, as some have suggested, was she the victim of someone who saw a pot of gold under the cover



JIM MCKEOWN

of the novel?

Scout, now 26, lives and works in New York. She comes south for an annual visit with her father and Calpurnia and all her high school friends. In one scene, the friends gather in the Finch living room, and Scout listens in amazement to the conversation. She despises her friends, their lifestyle, their attitude toward African-Americans and the recently passed Civil Rights Acts of the 60s. Yet, curiously, she does not challenge any of her friends. Rather she muses, if she marries Henry, her father's law partner and a childhood friend, her life will slide into step with all her friends.

In a scene reminiscent of the young Scout in *Mockingbird*, she sneaks off to the courthouse and takes a seat in the balcony and watches

her father introduce a speaker at a meeting of the White Citizens Council. Her father is president with Henry seated beside him.

The racism of *Mockingbird* and the terrible tragedy of Tom Robinson still bring tears to my eyes. I don't need the piling on of Atticus to press home the point. In *Watchman*, Scout refers to a criminal case involving a black man that Atticus only took on, because he knew he could win. Who is the real A.C. Lee? Who is the real Atticus Finch? Who is the real Scout? The real Harper Lee?

I did read one review from an African-American journalist, who applauded the novels expose of racism in the 60s. I know we must never, ever forget the horrors of slavery. But I feel certain that back then some people did decry the Jim Crow laws. So, isn't it better to have Atticus a kindly man? A devoted father? A man seeking justice regardless of the color of the defendant's skin? One shining spot of light during those terrible times?

I am not going to quote from Harper Lee's first novel, *Go Set a Watchman*. I think anyone who loves Atticus, Scout, and Jem who hates racism can decide whether or not to go down this path.

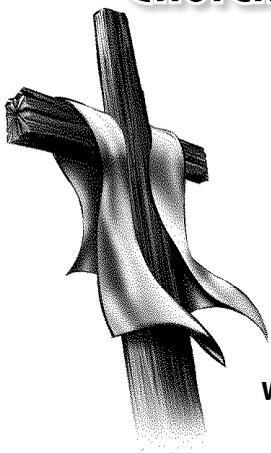
*Dr. Jim McKeown is an English professor in the Language, Literature and Communication Department at McLennan Community College.*

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**Monday Bible Study**  
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## PESCAIA

Continued from page one

paper would never make it because readers are not interested in "Just the Good Stuff," Pescaia said, "We'll see about that." When people said print news was going out of business, Pescaia said, "You don't need to listen to that." And when Crawford, an English professor, nearly passed out over an error that a reader pointed out to her, he looked her in the eye and said, "Even with a team of editors, if you had 'em, you will always have errors."

Crawford remembers falling over laughing as Pescaia shared examples of big mess-ups in the newspaper business—the time a major newspaper printed a real estate ad showing a couple sitting under a big tree. It was supposed to say, "Come sit on your own land." Yes, you are correct. It did not say "sit." Then there was the time a line in a paper was supposed to say in Spanish something about the Good Hope Ship of Mary. Instead, it translated as the "Big A\*\* Ship." For Crawford, he always had the wisdom that put everything into the right perspective. She is blessed to have known Pescaia as a business partner, but more importantly, as a friend.

Linn Anthony Pescaia, age 77, died October 28, 2015 at Providence Hospice in Waco after a short battle with gastric cancer. At his request, there was no memorial service.

Pescaia, along with his wife Sue, have owned and managed The West News for the past 42 years, the longest tenured owners in the newspaper's 125-year history.

Pescaia was born February 13, 1938 in Honolulu, Territory of Hawaii to Antone Alves Pescaia and Kathleen Lola Cau-

then Pescaia. The family lived in Hawaii until 1953 when they moved to Denison, Texas following Linn's father's retirement from Civil Service.

Pescaia's grandparents emigrated from Madeira Island, Portugal to Maui, Hawaii in the late 1880s. He graduated from Denison High School in 1956 and attended Southeast State College in Durant, Oklahoma. He later transferred to East Texas State Teachers College (now Texas A&M at Commerce) and graduated with B.S. and M.S. degrees and was enrolled in a PhD program.

Pescaia served his country in the United States Navy on active duty for two years and four years in reserve and was honorably discharged in 1966. His career in the newspaper and printing industry began when he was a pre-teen by having a home delivery newspaper route for the Honolulu Star Bulletin in Wahiawa, Oahu, Territory of Hawaii. In Denison he went to work part-time while in school at The Denison Press as a printer and worked there while in high school and college.

At ETSU he worked in the college print shop and was later made part of the faculty, teaching printing. He later accepted a faculty position at Sam Houston State University where he taught printing, photography and photo engraving.

In 1969 he was hired by James Connally Technical Institute in Waco to establish their offset printing instructional program and was program chairman there until the time he and his wife purchased the Czechoslovak Publishing Co. in West in April 1973.

When the Pescaia purchased the West newspaper it was an

antiquated letterpress operation. They began the change-over to offset printing almost immediately by purchasing a Goss Community press. The change has continued and approximately two years ago The West News purchased computer to plate equipment and press equipment to print four color work.

Linn Pescaia and Sue Melton were married March 15, 1969 in Huntsville. They have one son, John Anthony Pescaia and his wife Heather of West. Mr. Pescaia is also survived by son Lee Anthony Pescaia of White Oak, and one grandson, Ryan Lee Pescaia of San Marcos. Other survivors include a sister, Doris Gomes of Hawaii and several nieces and nephews as well as cousins in Texas and Hawaii.

Linn was a lover of nature. He enjoyed hunting and fishing. He appreciated music, poetry and art and was an avid reader. He learned to play the guitar as a young boy in Hawaii and through his Hawaiian friends learned to play "slack key," a method of guitar playing used in Hawaiian music. Hearing loss and distortion from Meniere's Syndrome prevented his enjoyment of music in later life.

He was very proud of his accomplishment of having a commercial multi-engine pilot's license. His interests also included gardening, boating and traveling, both international and domestic.

He was especially proud of being able to go inside the burial chamber of the Great Pyramid in Egypt and walk on the Great Wall of China, visit Jerusalem as well many sights in Europe, Japan, Australia, New Zealand, Indonesia and many trips to his beloved Hawaii.

He was kind, generous and loved his family and home. He was always interested and open to the opinions of others.

He preferred to stay out of the spotlight and enjoyed helping those in need. His kindness was demonstrated to both people and animals. He was a quiet, gentle man and loved the simple things in life.

As a young child, Linn stood with his parents in the front yard of their home and watched as Japanese planes flew over and bombed Battleship Row in Pearl Harbor. Although quite young, he remembered the event marked by his mother placing a pillow over his head to protect him from shrapnel.

Mr. Pescaia was a Baptist.

He was comfortable in his relationship with God and constantly studied not only the Bible but many other books, publications, articles and DVD's on religion to satisfy his quest for knowledge.

Linn loved American Indian history and recently he and Sue visited the gravesites of Quanah Parker and his mother, Cynthia Ann Parker at Fort Sill, Oklahoma. He also had a private tour of Quanah's home, "The Star House" given by the current owner Wayne Gipson. Wayne gave Linn a shingle from the roof as a memento from the very historic visit.

One of his favorite quotes was by Crowfoot, a Blackfoot Indian chief, who on his deathbed around 1890 said,

*What is life?*

*It is the flash of a firefly in the night,*

*It is the breath of a buffalo in the winter time,*

*It is the little shadow that runs across the grass*

*And loses itself in the sunset.*

For those desiring to make a memorial in his name, memorials may be made to St. Jude Children's Research Hospital, P.O. Box 1000 Dept. 142, Memphis, Tennessee 38148, the West Rest Haven or to any charity of your choice.



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# Heaven

BY MARSELO  
"SELO" LOZANO

You ever think about how many people mention this location day in and day out, week after week. It's amazing how a large percentage off the world's population believes in a supreme being or a heaven/paradise of some sort. The number of people who cross over from life to death on a daily basis is crazy. What's even crazier is how the same percentage of people think there is also a hell or place of death, decay and destruction.

What I have come to realize is even though this is a strong belief among so many, no one ever makes it to Hell. It's freakishly impossible to go to Hell. Virtually every religious sect, group or denomination believes in a place of torment, but no matter how you live your life we will never hear, "The person who lies here before us lived a corrupt life of sin and is now in Hell." It seems the new words for sin is



MARSELO "SELO" LOZANO

struggle, problem, obstacle or inability.

I believe those who call themselves Christians may need to reevaluate the scriptures in the Holy Bible. If we are to go to heaven and live there for all eternity, what are we planning to do for ever. If God's word never changes, can we expect to live the same way in Heaven as we live here on earth? I can see how deception is so out of control that it seems like truth. Jesus said, "Go

forth and make disciples" yet as a church we are excited about all the number of salvations, not disciples. We celebrate 25 salvations then wonder where they all end up going to church, because they never show up for church. The God of peace, love, mercy, and forgiveness is the same God of truth and wrath. Most will realize this when they hear him declare,

"Why do you call me Lord Lord? Depart from me now; for I knew you not."

Hell is the place no one wants to go, but many will end up there. Heaven is a home longed for, but only few will ever see. But of course I could be completely wrong and we all make it in the end.

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.



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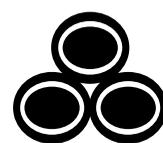
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# Understanding your credit card's terms and conditions

**J. L. CRAWFORD,  
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Underneath the low introductory interest rates, rewards programs and bonuses, credit card offers also include terms and conditions. The terms and conditions are notoriously long and difficult to read, but those terms could have a major impact on your financial future. Before you sign up for a new card make sure you understand what you are getting into. If you need assistance reviewing a credit card agreement or have any questions, call your LegalShield provider law firm today.

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**J.L. CRAWFORD**

fore accepting any credit card, make sure you understand the potential interest rates both during and after the introductory period. Make sure you also understand how late payments or exceeding your limit could drive the rate up.

• **Other Interest Rates** – Be aware that rates may vary

for cash advances or balance transfers. These increased interest rates are in addition to fees that may also be charged for these services.

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• **Credit Limit** – Your credit limit is the maximum debt you are authorized to carry on your credit card account. Your credit card company may offer you the option of exceeding your credit limit, but may impose substantial fees for doing so. These fees can accumulate quickly and can result in fee debt larger than your credit debt. Exceeding your limit may also be reported to credit agencies and substantially damage your credit score.

• **Fees** – In addition to late fees and over limit fees, your credit card company may also charge annual fees, foreign transaction fees, fees for balance transfers, use of ATMs and other actions. Know all of the potential fees and avoid them whenever possible.

• **Rewards Programs** – A rewards program may be a great incentive for a new card. Cash back, gift cards and airline miles are great perks, but make sure you understand the limitations. Are there blackout dates or exclusions for certain destinations? Do the rewards expire? Make sure you understand the rewards program, particularly if it is the reason you are signing up for the card.

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# 5 healthy foods you might not be eating, but should

(NewsUSA) - Many of us are looking for fresh ways to lead healthier lifestyles and eat nutritiously, without having to sacrifice flavor. You may already be eating fruits and veggies, like broccoli and bananas, but here are five nutritional superstars you should be piling on your plate if you aren't already:

1. **Lentils.** Lentils may look like the runt of the legume family, but don't be fooled. These are rich in dietary fiber and are a good source of iron and folate, which collectively help reduce the risk of heart disease, increase your metabolism and improve digestive health. Talk about big things coming in small packages!

2. **Cauliflower.** Cauliflower is having its turn in the spotlight this year -- and rightfully so. This cruciferous vegetable is rich in vitamin C, fiber and potassium. Try whipped cauliflower in place of mashed potatoes, or grill slices of it for a new side dish. Tip: If the bitter taste of raw cauliflower turns you off, try steaming or sautéing for milder flavor.

3. **Sardines.** Sardines may not be the first fish to come to mind, but they are certainly one of the healthiest. This petite treat is a lean source of protein, rich in Omega-3s, vitamin B12 and vitamin D, making them a

heart-healthy snack worth trying. StarKist's new Gourmet Selects skinless, boneless sardine fillets come packed in delicious gourmet sauces. They are great for a snack right out of the can or a perfect addition to any culinary creation.

4. **Pomegranate.** Pomegranates have often taken a backseat to other fruits, but these delicious gems pack arguably a bigger nutritional punch than some of the traditional favorites. Not only are the seeds and juice jam-packed with antioxidants, but they are also high in vitamin C and potassium, and the seeds are a great source of fiber. Tip: Avoid the mess by de-seeding with the pomegranate submerged in water.

5. **Flaxseeds.** As a good source of fiber, omega-3 fatty acids and antioxidants, flaxseeds are often considered nutritional powerhouses. Lucky for us, ground or milled flaxseeds can be easily mixed into almost any recipe, including cereal, baked goods, yogurt and more. Tip: If you buy whole flaxseeds, grind them right before using to reap all the nutritional benefits.

For more ways to include healthy foods like sardines in your diet, check out [www.StarKist.com/Sardines](http://www.StarKist.com/Sardines) and [www.Facebook.com/StarKist](http://www.Facebook.com/StarKist).

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# Stick to a winter wellness routine

(NewsUSA) - Most of us can't survive the winter without falling prey to at least one virus, infection or zealous set of cold germs. The phrase "winter wellness" sometimes seems like an oxymoron.

After all, staying indoors in a closed air system makes people more susceptible to certain germs. Winter's affection for cold, dry air means germs will stay airborne longer. Just like adding layers of hats and scarves, we must add layers of

immune support to bolster our defenses.

For many families, the flu vaccine is a viable option, but don't take any chances. Fortify your body's immune system by making smart dietary choices, too.

To keep your family healthy through the winter cold/flu season, use the following advice to keep the sniffles at bay.

Keep vitamins, minerals and supplements on hand. In addition to vitamin C, zinc, echinacea and fish oil are all proven to

strengthen immunity. If natural herbs and roots aren't cutting it, use reliable flu medicine like products from Rexall. For over 100 years, Rexall products have been working to keep families healthy during cold/flu season.

Rexall products are available at more than 10,000 Dollar General locations, making them affordable to all kinds of families. Learn more at [www.dollargeneral.com](http://www.dollargeneral.com).

Stock kitchen with immune-system boosters. A healthy diet is one of the most effective ways to help the body fend off illness, but you have to know what you're looking for. Green tea helps fight viruses, especially if combined with anti-inflammatories like ginger. The more vitamin C, the merrier, so get your daily serving(s) of orange juice. Add cashews for healthy fats and extra antioxidants. Other edible flu-fighters include mushrooms, red peppers, sweet potatoes, garlic, whole grains and beans.

Common sense is king. Common sense rules for hygiene are twice as important during cold weather. Be extra diligent about the basics -- i.e., cover your mouth when sneezing or coughing, and carefully wash your hands often. Remember, the more tired or worn out you feel, the longer your immune system will take to respond. So, get plenty of sleep and drink lots of water.

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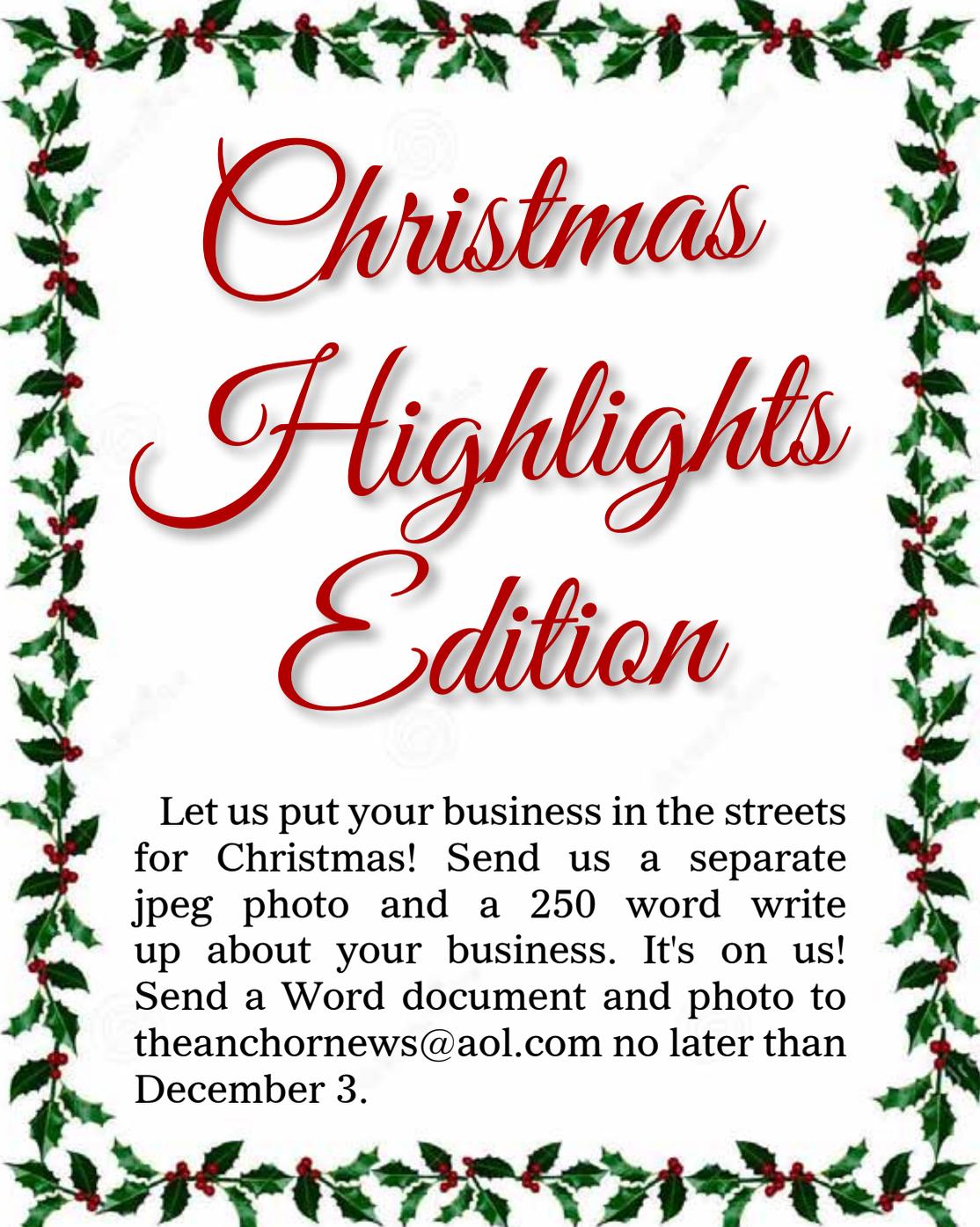
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## LANGSTON | Continued from page one

communities at a reasonable time. Restoration Haven Incorporated, founded by Langston, has made part of its mission to cater to the social and educational needs of this community in order to directly combat the generational poverty dilemma.

One of the greatest impacts that RHI has made is the Trailblazer's After School Program, which fosters academic growth within the children of this community. There are currently 40 students enrolled, with an average total of 30 participating

students daily. The Trailblazer Program allows children from elementary to middle school to get their homework done in a safe and conducive environment. Children also receive valuable tutoring in reading, math, and language arts, with the help of student volunteers from Baylor University and the surrounding community. In addition, the program provides nutritional meals after school and helps children that suffer from learning disabilities meet their educational levels. The

children have made significant improvements through the help of this program. The number of children involved in the Trailblazer's program has not only increased the number of students that pass the annual STAAR state required test. It has also helped to improve the overall grades of the children who regularly participate in the program. More recently, the Trailblazers program of Restoration Haven has garnered support from literacy foundations and other organizations to help purchase workbooks, technology, and other required resources for the program.

Through fund raising and donation efforts, Restoration Haven seeks to gain invaluable funding they need to elevate the influence and span of children in the program. The goal of the current school year is to have 50% of the students reading at their appropriate grade level, and to have 20% of the students reading at an increased comprehension level. Additionally, the program seeks to expand the program to high school students in the area in order to promote successful graduation, increased SAT scores, and post-graduation in higher learning facilities. In order to do so, the afterschool program must be expanded to continue to foster a conducive educational environment and to have space for a larger group of students.

In order to meet the needs of the Trailblazer's Program and to continue its success, Restoration Haven is constantly in need of volunteers and funding support. There are a variety of ways that the surrounding community and corporations can help to continue the learning success that the Trailblazers program provides to this community.

How You Can Help: Restoration Haven Incorporated is seeking sponsorship to support the Trailblazer's After-school Educational Program. This allows the program to provide supplies for educational purposes, funding for expansion, and advanced technology to assist in learning. To learn more about how you can get involved with volunteering and/or sponsor this program, please contact Shirley Langston, Executive Director and Board President of Restoration Haven Inc. (254) 732-5413.

## Zetas to honor Mona Dunkin at scholarship banquet

The Delta Upsilon Zeta Chapter of Waco is hosting their 16th Annual Scholarship Recognition Banquet December 12, 2015 at the Waco Convention Center. The aim of this fundraiser is to provide college scholarships to deserving youth from our community.

Mona Dunkin is humbled to have been chosen as one of the honorees. The Chapter is recognizing Dunkin's years of community service in training business and non-profit organizations, plus her inspirational articles in *The Anchor News*, *The Silver Dollar Press* and other venues.

Dunkin is country girl at heart. Born and reared in the beautiful hills of West Virginia, she spent her wonder years growing, living and exploring amid extended family dotted across the landscape, menagerie of animals and was schooled in a one-room school house where one teacher taught grades 1-8. She loved the four seasons and misses them terribly.

"As an adult I wear many hats and have lots of talents," explained Dunkin. "Through years of deep self-evaluation I have come to the conclusion that my specialty is relationships. All of life from the cradle to the grave - at home, school, community, church, business, civic, government, regarding time or money or stuff and all the way up to high science like Einstein's Theory of Relativity, it is all how one thing (person) relates to one other thing."

Dunkin says her greatest relationship is being a child of God. "We are all in this boat together so we're all kin and need to get along. All are created in God's image and there is a Divine spark within each; even the most evil or obnoxious. This helps in relating to family, interacting with people at large," said Dunkin, "driving in rush-hour traffic and working with the at-risk community."

Dunkin and her husband, Garland Dunkin, celebrate 48 years of marriage. Their daughter and son-in-law have blessed them with five beautiful grandchildren. She touts the basis of her happy home life is biblical principles and Choice Theory psychology.

Convinced that her profession is her calling, she is a motivational speaker, counselor, trainer and author. "It blends



MONA DUNKIN

well with my need to tell people what to do. Thankfully, I learned early on (and am still learning) that telling people what to do does not work. Relating does."

It is by God's grace, explains Dunkin, that she lives what she teaches. "Life is about choices and we are all free-will agent. In trying to get another to relate to us we may scold, threaten, advise, plead, bribe, punish, constrain but all too often they simply will not heed our sage wisdom. But we do influence - neutral, positive or negative. Make it relational."

For example, if a mother can't make her child stop crying, Dunkin suggests helping the child make himself stop crying by turning ineffective behavior around via relating, understanding the need and helping the individual meet his own need. Speaking loving counsel, setting an honorable example, and giving one room to grown—all of these actions, according to Dunkin, will bring about growth.

"I am a seeker of truth, truth that does not change regardless of circumstances, age, culture, beliefs or personality. Truth that is what it is whether we accept it or reject it. Although none of us have cornered the market on truth, it can be found. To find truth we must live in the mystery of life. We must ask and answer the hard questions, embrace the effective, be honest when the seemingly effective turns into ineffective. We must be willing to challenge beliefs, modify actions and adjust attitudes. Repeat. Again. Evaluate. Life school is never out. There is a broader scope. There is a deeper depth," Dunkin says. She adds, "Oh yes, and read articles in *The Anchor News*."

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# Not seeing a Chiropractor could cost you

(NewsUSA) - Didn't consult a chiropractor first for your back pain? That'll cost you \$1.3 billion. No, you personally won't be on the hook for the entire amount. But in analyzing two year's worth of its own insurance data, the health care giant Optum projected that's how much money healthcare consumers would've saved had patients who'd experienced 14.7 million reported non-surgical spinal episodes received chiropractic care at the outset. Optum's definition of "at the outset" is "within the first 10 days" of a spinal episode.

Taking advantage of that window, it found, drastically reduces the need for everything from costly surgery to injections to prescription medications -- a conclusion certain to fuel the growing "chiropractic first" movement espoused by many health experts. And it's not just about



**DR. SHAMONICA TRUNELL-MORGAN**

the money. "The quality of back pain treatment" would likewise be "improved," Optum has contended, if doctors of chiropractic -- who already

perform more than 94 percent of all spinal manipulations in the U.S. -- were consulted first by patients.

"Chiropractic care advances the opportunity for optimal outcomes across care delivery, quality and cost," said the not-for-profit Foundation for Chiropractic Progress' Gerard Clum, DC, who also pointed to a recent study in the journal "Spine" that found that patients suffering from lower back pain who first visited a chiropractor, versus a surgeon, were more than 40 percent less likely to go under the knife. Coincidentally, 40 percent is also what the Foundation pegs the per-episode savings at when chiropractic care precedes medical or surgical interventions.

*For more information or to make your appointment, call Dr. Shamonica Trunell at Hillcrest Chiropractic, (254) 754-4000.*



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# And these signs shall follow them that believe, Part 11

*Continued from the October 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](mailto: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*

# God is in control

BY MATTHEW REED

To the Christian and the rest of mankind, don't worry; God is yet in control. To the carnal eye, one may beg to differ; if you are a student of the Bible, you can see that everything is right on track or going according to plan). God said this is my beloved son hear ye him. It was Jesus that said a man foes shall be of his household (Matt10:36).

Is this not happening presently? It was the inspired word of God that warned us the time would come when men would not receive sound doctrine (II Timothy 4:3). For the time will come when they will not endure sound doctrine; but after their own lusts shall they heap to themselves teachers, having itching ears;

God is not wringing His hands saying, "What am I going to do? Man is taking over." Things are happening

just like he planned it. Wars and rumors of wars—did God plan the war? No but he knew that if one does not show himself friendly and respect others, there will be strife. There is conflict throughout the world today, and you don't have to be a rocket scientist to figure this out.

Read Romans 1; it will help you to see the truth of God's word. God has pre-determined that if mankind would reject him, he would turn them over to reprobate minds. Now observe what is happening in the world. Nothing is out of control; it's all according to plan.

Anyone who studies can see that God has a plan for the rebellious man, as well as the obedient man. God is yet in control. He is not worried. It is his inspired word that proclaims that scoffers and mockers would come (II Peter 3:3 Knowing this first,

that there shall come in the last days scoffers, walking after their own lusts (Jude1:18). How that they told you there should be mockers in the last time, who should walk after their own ungodly lusts.

God is not losing control. This is good news; we Christians ought to find comfort in this. If we are doers of the word God has the power and will bring the promised blessings of his word to pass in the doer's life. God is not wringing his hands, I am not wringing mine, and neither should you be wringing yours. If you are a Christian and a doer of the word this ought to comfort you. To the disobedient it should scare you.

This is written to encourage the Christian to stand on, for and in the word of God. Do all to stand and you will stand. If you are fearful you might want to check your spirit to find out where fear is really coming from. II Tim-



PASTOR AND MRS. REED

othy 1:7 says, For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

God does not give his children a spirit of fear. Fear has

torment and my Father does not torment his children. This article is good news and I hope you find comfort in it. God is yet God, and yet in control!



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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.

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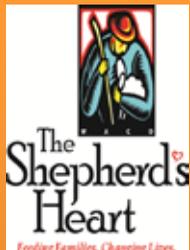
- We need toys all shapes and sizes for boys and girls grades k through 12. We are expecting 600 children to participate this year. Do not wrap them.
- If you aren't sure what to give money helps. We give the high school kids gift certificates instead of toys that may not match up.
- We need food donors; 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.

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email: shepherds.heart@yahoo.com.

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