

# Celebrating 10 Years In the Community



## THE ANCHOR NEWS



Serving the Central Texas Community

Volume 10 Number 12

July 2013

Free

### Caribbean Afr'am festival planned in Killeen

By W.B. Gunter

If you are craving the taste of well seasoned foods, the aroma of plantains, curry, cabbage, and the slow cooked flavors of barbecued meats, then bring your appetite to the 4th Annual Caribbean Afr'am Festival in Killeen. If the vivid colors of the Caribbean flags grab your attention, the live music, entertainment, and drums are sure to keep you moving with music so vibrant, you will forget you're not surrounded by fresh ocean shores and lush forested mountains.

The Caribbean Afr'am festival is a day of celebration highlighting cultural displays, with youth presenters, dancing, food, vendors, and so much more. The 2013, Caribbean Afr'am festival will bring two days of entertainment, celebrations, enjoyment and more for the entire family to the Central Texas region. Experience what it's like attending a long awaited reunion



Jah Ray and Darlene Golden

packed with family, friends, and a celebration where you feel like a welcomed guest who belongs. By far, this festival has a pulse unlike any other. The name, Caribbean Afr'am, makes no distinctions between individuals of African, Caribbean, or Afro Caribbean descent. The festival provides a way to celebrate traditions, and share rich cultural experiences that have lasted for genera-

tions. Tickets are \$12.00 in advance and \$15.00 at the gate. Children under 12 free admission. Proceeds from this event will go towards the scholarship fund for the Songhai Bamboo Roots Caribbean Association. To learn more about the SBRCA, visit their site at [www.sbrca.org](http://www.sbrca.org).

The Caribbean Afr'am

See FESTIVAL Pg. 2

### Fredrick Ross brings his quality body work to Waco

By Linda Crawford  
with Hands on Body  
Works' website

Owner of Hands On Body Works, Fredrick Ross believes in using the talents that God has given him. He has earned a reputation of being one of the most skilled massage therapists in the Austin area, and now he is bringing his service to Waco. His motto is "Massage... you can't afford not to."



Fredrick Ross

Client Carolyn Bright is in total agreement with that statement. Bright said a friend recommended Ross, and she is glad. "The quality of service I received was outstanding!"

Ross explains that Hands on Body Works offers nothing less than high-quality massage services. Customer satisfaction is guaranteed as the team of professionals has one goal—to go over and beyond the clients' expectations. Ross is trained to do just that as he is not new to the business. He has worked at Massage Envy and has been a contract therapist for the University of Texas, and even though there are a variety of massage therapists with whom he most compete, Ross is more than confident in the quality of work that he provides.

"Helping the human body heal is my ministry,

and I don't take it lightly," says Ross, who is convinced that more people would turn to massage if they realized its benefits.

Massage is generally considered part of complementary and alternative medicine, explains Ross's website, but it is increasingly being offered along with standard treatment for a wide range of medical conditions and situations. Studies of the benefits on massage demonstrate that it is an effective treatment for reducing stress, pain and muscle tension. While more research is needed to confirm the benefits of massage, some studies have found massage may be helpful for a number of illnesses and injuries, such as anxiety, digestive disorders, fibromyalgia,

See ROSS Pg. 5

### Reverend Elton Hall named Citizen of the Month

The Cen - Tex African American Chamber of Commerce announces its Citizen of the Month for July 2013. The honor goes to Rev. Elton C. Hall Sr. Hall is a servant of the community and shows it through his work in the church and throughout the United States. The work he does with the youth gives them meaning and purpose in their lives. He has been pastor of the East Waco Cumberland Presbyterian Church in America since 2003 and serves as the current Moderator of the General Assembly of the Cumberland Presbyterian Church in America.

His educational background includes a Bachelor of Theology degree and the



Rev. Elton C. Hall, Sr.

completion of the Alternate Studies program through the Assembly of the Cumberland Presbyterian Church in

America.

The Chamber recognizes his service to the community as a current board member and treasurer of Neighbor Works Waco and past board member of the Freeman Center, Waco Center for the Youth and the Bellmead Chamber of Commerce.

Because of his loyal service, Hall has been recognized as the Bellmead Chamber of Commerce Man of the Year for three years and also received the African American Image Award in 1997 and 2008. In his spare time this dynamic leader served as an elected official in the City of Bellmead from 1994 to 2008. The City of Bellmead benefited from his professionalism

by his serving as Mayor of the city for three terms. He has also served in numerous positions in the Texas Municipal League, the Texas Association of Black City Council Members and National Black Caucus of Local Elected Of-

ficials.

Hall is a dedicated member of his fraternity of Phi Beta Sigma (Gamma Omicron Chapter). A family man, he cherishes his wife, Mamie, and his three children, Mia, Elton Jr., and Shameka.



**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.

## Grudges Hurt: How to forgive and forget

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

Sound familiar? It's impossible to navigate the world without ever running into conflict with another person. But carrying grudges can be destructive to your emotional and physical wellbeing. In 2009, researchers at the Department of Psychology at Medical College of Georgia

See **GRUDGES** Pg. 12

## FESTIVAL

Continued from page one

Festival showcases different aspects of the African-Caribbean culture as a whole through music, dancing, drumming, visual arts, cuisine and market place. The 2013 festival will present live concerts featuring local and international artists. The directive of the Songhai Bamboo Roots Association is to use the arts as a vehicle for strengthening community resiliency by contributing to the collective cultural enrichment and embracing the diversity of the African, Caribbean, and Afro Caribbean, heritage as a result of the Diaspora. A significant component of the festival is the participation of the youth and children as presenters. The festival is not only fashioned for entertainment, enjoyment and excitement, but it's an event for acquiring knowledge and information. In the words of Jah Ray, host of this year's event, "we must go back to go forward by revisiting our ancestral memory banks in order to reach in and teach our future." Many of the items on sale are not merchandise you find in local stores, such as, cultural attire, pennants, unique jewelry, delicious cuisines, music, and much more. Vendors from all over will be set up. Parking is free, food prices range from \$3.00 and up, depending on the amount of individual purchases.

The Caribbean influence is widely spread over Texas, for example, the process of slow cooked meats. In the U.S. barbecue traditions are

believed to have originated when Caribbean slaves were brought to the Carolinas. Barbecue was established in the 19th century in central Texas towns such as Lockhart, Luling, and Taylor. Cajun cuisine, is an Afro Caribbean style of cooking. In addition to the dietary influences, music has played a role in the styles and genres of what American music sounds like.

Darlene Golden, coordinator for the 4th Annual Caribbean Afr'Am Festival 2013 noticed a steady increase in attendance, "The people asked for certain artists, certain criteria. In order to accommodate the demands, we had to move the location. This year we are bringing international artists based off of those demands." This year's two day festival will be held at the Special Events Center, August 3rd and 4th. Ticket sales at the gate begin at noon on both days. Performances on stage will begin at 2:00 PM.

In addition to the activities that will take place at the Special Events Center located at 3601 W.S. Young Drive, activities are planned at other locations in relation to this event. Fort Hood will host a meet and greet for artists who will be performing. Military personnel and their families will have an opportunity to meet the performing artists at the AAFES PX on Clear Creek Road, August 2nd from 5:00 PM - 7:00 PM. In Harker Heights, at 704 Edwards Dr., adults 21 and over can

mingle and meet the artists @ Jackpot Saloon, Sports Bar & Grill. The Caribbean Afr'Am Festival Official After Party will begin at 11:00 PM with Big Badd Billy Banton.

This particular festival provides an opportunity to stimulate tourism by providing a venue for socialization and communication among patrons and vendors. The 2013 Caribbean Afr'Am Festival is supported in part by funds from the City of Killeen, Texas Municipal Hotel Occupancy Tax Revenues. Killeen is centrally located off of Interstate 190. Between Killeen, Fort Hood, and Harker Heights over a million residents consider this area home. Vendors and guests from out of town will be able to enjoy the accommodations of the Marriott Inn & Suite, located less than a mile from the event

at a discounted rate. Maps and directions can be found on the website listed under lodging. This is a family friendly event. Individuals may bring chairs and mats, but no outside food, drinks, or pets.

Tickets are available online at Eventbrite.com. Other locations include, Planet K, for Austin, Round Rock, San Antonio and surrounding areas; In Killeen, tickets are available for purchase at the Royal Caribbean Restaurant, 2nd St., Tropic Breeze Restaurant, 8th St, and at 190 Drive Thru Smoke Shop on Veteran's Memorial Blvd. So, make plans today to attend the Caribbean Afr'Am Festival in Killeen, Texas and get your tickets before they're sold out.

For more information contact, [www.sbrca.org](http://www.sbrca.org) or Jah Ray (512) 538-8820.

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## 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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**J.L. Crawford** ~ Director of Operations / Owner

**Ray Austin** ~ Website Designer

**Gale Edwards** ~ Public Relations

**Armando Arvizu** ~ Advertising

**Wanda B. Gunter** ~ Contributing Writer

# Free July 20 concert for West Relief Efforts featuring Wess Morgan

Bridgette Boggess of BMB Ministries and Production is proud to offer assistance to the West relief efforts. Planned for July 20th, the West Relief Effort Benefit Concert will bless all in attendance with the powerful voice of Pastor Wess Morgan of Hendersonville, TN and the former music director of Tyler Perry Stage Plays, Mike Frazier.



Pastor Wess Morgan

Morgan's unique powerhouse vocals and breath-taking testimony make his time before audiences exceptionally memorable. In the last few years, Morgan has become increasingly popular due to his ability to sing soulful melodies over life-changing lyrics, as well as his unique talent to share God's word thru his personal testimony. Both the music and spoken word coming from Morgan connect with the hearts of people in search of the truth regarding their life's purpose. The power

in his message of change has succeeded in transcending the church as apparent in invitations for Morgan to appear on mainstream television programs including, TBN, The Word Network, BET Gospel, The Gospel Superfest, SuperBowl Gospel Celebration, BET's The Mo'Nique Show, as well as acting in world-renowned Play-

wright and box office hit Director Tyler Perry's production, *Laugh To Keep From Crying*.

In his youth, Joel Wesley Morgan, p/k/a "Wess," began traveling and singing with his two siblings and parents as they ministered the word of God in music, teaching and preaching in churches across the US. As a teen, Morgan's life took a turn for what appeared to be the worse. He began using drugs and alcohol. The use quickly turned to abuse, which eventually led to several repeated jail sentences and time spent in recovery centers away from family and home. Although many people within the community had given up on Morgan, his family had faith that God would rescue Morgan and recover him from a grim lifestyle filled with uncertainties. Post recovery, Morgan identified and embraced his mission to become an agent of change in the lives of people in need of transformation before and/or after drug and alcohol abuse.

To accomplish this

mission, Morgan's vision to brand life building messages via multimedia consumables and live events was birthed. In November 2007, Morgan completed and released his debut CD title *Look at Me Now*. The contemporary Gospel music CD, serves as a testament to the experience of transformation in Morgan's life. Morgan performs songs he has written and co-produced from *Look at Me Now* before live audiences across the world.

The singles *You Gave Me Hope* and 2011 GMA Dove Award and Stellar Award nominated *I Choose to Worship*, provide strong reference points for the brand of music you will experience on his sophomore musical offering, *Under An Open Heaven*, the current release on his wholly owned, Bowtie World Music.

Also the founder and director of the Wess Morgan Foundation, Morgan created this 501(c)(3) non-profit organization, which focuses on drug and alcohol prevention/recovery. The foundation is working with

churches, government programs, civic and community centers stateside and abroad in an effort to steer youth away from drugs and alcohol use. The organization's purpose is to steer young people towards participating in humanitarian based initiatives that will enrich their personal lives, neighborhoods and communities.

The foundation serves youth in urban communities in Tennessee on an ongoing basis through faith-based and educational programs. Pastor Wess serves as Senior Worship Leader and Associate Pastor at Celebration of Life Church in Hendersonville, Tennessee where his parents Joseph and Yolanda Morgan are the senior pastors.

Joining several others in the West, Texas relief efforts, Morgan will be in concert on July 20th at 6:00 p.m. at Harvest Time Revival Center at 1208 N. Robinson Drive in Waco, where Rev. Lee Farmer is the pastor. The concert is free. Please see page 16 for more information.

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# Overlooked Athletics TV show interviews Coach Brian Mayer

By Fan Minnett

**Overlooked Athletics:** What was the deciding factor in becoming a college football coach?

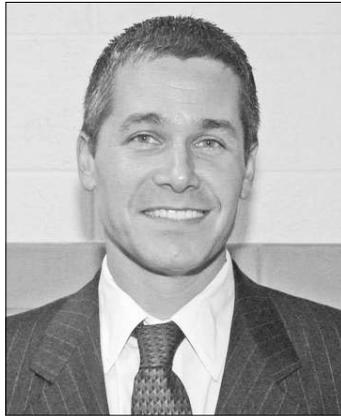
**Coach Mayer:** I went to Sam Houston to be a doctor, but I was making C's. Then I took business classes, but I was bored sitting behind a desk, but I loved sports!

**Overlooked Athletics:** You were a wide receiver and punter at Sam Houston before a knee injury cut your career short. Advise young men who love sports but have been injured?

**Coach Mayer:** Every year in athletics a career ends due to injury; a player must find something that he is passionate about. Sometimes my love for the sports overwhelms me. I don't see what I am doing as a job. Coaching is like a hobby to me. I love what I do.

**Overlooked Athletics:** Recently you were honored with the Fellowship of Christian Athletes Coach of the Year Award! You have said the FCA award is your most important award. Why?

**Coach Mayer:** The FCA is an opportunity for coaches and athletics to influence others and to have a chance to witness to others, using this influence as a means of Christian evangelism. 20 years



Coach Mayer

from now people will forget that I was voted FCA Coach of the Year, but their having eternal life is an everlasting honor.

**Overlooked Athletics:** Coach from your prospective, what part does football play in the overall picture of the school?

**Coach Mayer:** Football gives a sense of family—something to identify with. There is a sense of pride when teams win, honor for the school, for the participants, more camaraderie; you have to be unselfish.

**Overlooked Athletics:** What happens with athletes who come to the team with a selfish attitude?

**Coach Mayer:** Part of the training is teambuilding.

Because of our society today, coaches experience this more, so they try to deter this type of attitude as much as they can.

**Overlooked Athletics:** What does a parent/player need to know about the college football recruiting process for scholarships?

**Coach Mayer:** Coaches visit with other coaches about athletes that they think are college material. Odds are small of getting a scholarship, but students and parents should know that grades count heavily in this process. Recruiters also view and evaluate films. Schools often send videos to colleges. YouTube videos have become a good source, and also HUDL since most high schools are on HUDL. A GPA is extremely important. Kids should start early maintaining good grades.

**Overlooked Athletics:** Where do you go from here?

**Coach Mayer:** When I got this job this is where God wanted me to be. Wherever God leads me, I want to do God's will. I'll do whatever God wants me to do.

*Overlooked athletics showcases Christian athletes and connects them with professional players, coaches, mentors and trainers. For more information, visit <http://overlookedathletics.com/>.*

# Friday's Seafood and More CTAACC Business of the Month

By Ron Oliphant

I love the great state of Texas but I was not born and raised here. I was just visiting a cousin one summer and like many men before me, I ran into a GRIT (Girl Raised In Texas), and I found myself migrating from Natchitoches, Louisiana to Dallas, then eventually to Waco. Now, one would think leaving Louisiana for Texas would not be that big of a deal because we are neighboring deeply southern states that lie deep in the south, but trust me when I say we are different.

Although there are many similarities between the two states when it comes to political and religious views, we eat differently. Texans tend to love chili, chicken fried steaks and a form of Mexican dishes called Tex-Mex, while I dream of gumbo. I took my mother's cooking for granted until I left. Now I search restaurant menu's hoping to see something that reminds me of home.

If you have never been to Louisiana the first thing you should know is we love rice and seafood. I never ate a Frito pie until I came to Texas and I did not know what a chicken fried steak was. I grew up eating gumbo filled with chicken, sausage, shrimp and crab. You got to cover a steaming white bowl of rice with that and the eating is fine. We enjoyed a good crawfish boil, where you boil together a bunch of crawdads and potatoes complete with a certain seasoning. Ohhh whee! Dat sound good.

I miss boudin, Etouffee, and the many fish dishes I ate as a kid. My mother cooked Louisiana style every day. It was a special thing for our family to eat at a restaurant. I thought everyone ate steak cooked down with gravy, spread over rice with sweet peas on the side. I was wrong!



Ron Oliphant

Texans eat rib-eyes and filet mignons hot off the grill and there is nothing wrong with that. I love Fajitas but that is easy to find. I just can't find Louisiana cuisine when I hanker for it.

Well guess what! Waco has a new seafood restaurant with a Cajun flair to it. Friday's Seafood and More is located at 1308 New Dallas Road, close to Bellmead. Normally, I wouldn't mention a restaurant but I have tried so many things on

the menu that I felt I should share. I was being nosy around lunch time one day when I walked into the new restaurant and let me tell you, when I saw the menu list-- boudin-- I reached for my

wallet. They got catfish, shrimp, buffalo, red snapper, alligator, gumbo, Etouffee and much more. I tried just about the entire menu, and it is delicious.

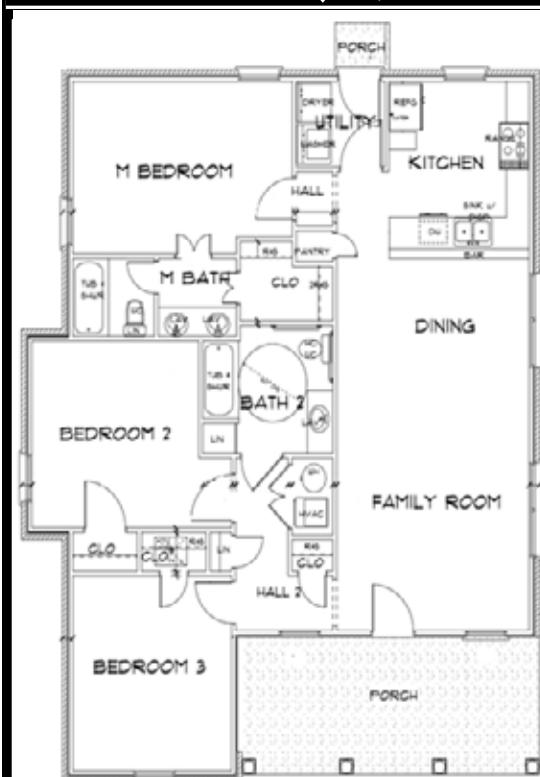
I wanted to know who was cooking and the man I was talking to pointed to the back and said "My wife, Friday, is the cook." Roy and Friday Hawkins are originally from Louisiana. Friday cooks like my momma and so that was it for me! Now, when I feel like going home, I just go to Friday's.

*Friday's Seafood and More was recently named Cen-Tex African American Chamber's Business of the Month.*



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# ROSS

Continued from page one

headaches, insomnia related to stress, myofascial pain syndrome, paresthesias and nerve pain, soft tissue strains or injuries, sports injuries, and temporomandibular joint pain.

A graduate of ATI, Ross provides Swedish, deep tissue, and sports massages. He adapts his work to his clients' needs.

"The level of service at Hands on Body Works is fantastic," declared client, Eva Gunn. "I am consistently impressed by the professionalism he displays when he works on my issues."

Ross' business is located in Austin, Texas, at 12611 Hymeadow Drive, but he travels to Waco two days a week—Thursdays and Fridays.

"People need to know about this," said one of his Waco clients. "He's good."

Ross says God has taught him how to be good at what he does. Also known as "Mr. Platinum Hands," Ross declares "If a person gets on my table, they will be back," and just to prove that point, Ross offers a 20%

discount to educators and students, including administrators, to all government and state employees, and to ladies and men who stand on their feet all day, such as licensed barbers and hair and nail technicians. To receive the discount, interested parties must simply show a photo work or student ID.

Ross is currently running two specials. A regularly priced one hour Swedish massage costs \$60 and a regularly priced one hour Deep Tissue massage costs \$80. However, during the month of July, clients who pre-pay for two hours, will pay only \$80 for a Swedish massage and \$120 for a Deep Tissue massage. Takers may schedule the full two hours in one visit or split the appointment into separate visits.

Visit Ross at De'Ja Do Hair Salon at 3320 Waco Drive in Waco, or call him to make your appointment today—214-207-0363. For online information, go to [www.handsonbodyworks.vpweb.com](http://www.handsonbodyworks.vpweb.com).

## OVERLOOKED ATHLETICS

TAKING CHRISTIAN ATHLETES TO A HIGHER LEVEL



**Coach Brian Mayer**

By Ian Minnitt

Coach Brian Mayer is Head Football Coach at Navarro College located in Corsicana, Texas. He was recently honored with the Fellowship of Christian Athletes Coach of the Year Award.

His passion is sports, mainly the game of football. I also found that he has Agape love for our God. He is a Champion!

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

OverlookED Athletics is a TV Show, Website, and eMagazine that showcases Christian Athletes and connects them with Professional Players, Coaches, Mentors, and Trainers. We provide a Global platform for Athletes to share their stories, get the exposure, support, and inspiration they need to take their careers to a Higher Level.



Yvonne Brown  
Founder / Producer / Host



Kelvin Edwards  
Former NFL WR Dallas Cowboys / Host

For more info, please visit [www.OverlookEDAthletics.com](http://www.OverlookEDAthletics.com)

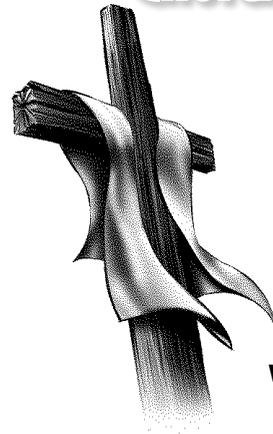
# Temple of Christ Church

Matthew Reed Ministries Inc.

609 N. 5th St., Waco, TX. 76701 • (254) 753-0772

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## Church Services



**Sunday School**  
10:00 AM

**Morning Worship**  
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**Sunday Evening**  
6:00 PM

**Monday Bible Study**  
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**Evening:** 6:00 p.m.  
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**Wednesday Prayer Worship:** 7:00 p.m.

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# America, land of the free

By Mona Dunkin

We hold these truths to be self-evident, that all men are created equal, that their Creator with certain unalienable rights endows them that among these are life, liberty, and the pursuit of happiness. Declaration of Independence

The human spirit loves freedom. The human heart also searches for truth. Truth, morality and rights, are not of human origin, but of divine origin. The rights we enjoy in America did not come from Thomas Jefferson, nor from the founding fathers, nor from our constitution, but from a higher source.

At Creation, the laws of God were written in man's heart. Sin entered and distorted this true knowledge. Vision became askew. In giving the Ten Commandments, God states unequivocally, "I am the Lord your God." He gave us our being and he gave us laws to live by. He set into motion Truth or Consequences. Obey truth and receive abundant life; reject truth and reap upon yourself destructive consequences.

Man is not the creator and arbitrator of right and wrong. Right and wrong, good and evil are universal moral facts. It is not a matter of relativity. Some things are right. Some things are wrong. And you know it. To try to alter them is to invite chaos. The ambiguity of mo-



Mona Dunkin

reality is evidenced in the actions of a society by what it esteems and by what it disdains.

Although we do not have the right to make up our own right and wrong, we do have a duty to enforce established civil laws. This fact is evidenced in literature of all ages with the theme being good vs. evil, from the Bible to Harry Potter. Regardless of the ensuing death and destruction, good always wins in the end. Michael Esses observed, "An endless number

of laws have been enacted just to uphold the Ten Commandments."

Mankind has been gifted with a conscience that innate knowing of right and wrong. Conscience is that small voice inside that compels us to do what is moral, honest and encourages humane actions. Conscience produces guilt when disavowed.

Psychiatrist Victor Frankl, a survivor of four concentration camps assessed the state of America by suggesting that a Statue of Responsibility on the West Coast supplement the Statue of Liberty on the East Coast. The liberties we enjoy - the ones fought for and sustained by

the sweat and blood of patriots - are being threatened by usurped individual freedom to do what one sees as right. Mankind is ultimately self-determining.

The liberty we experience and the world reputation we esteem will remain strong (and grow) in proportion to our individual and corporate appreciation of freedom and our moral responsibility to all humanity.

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Linda McDonald, ABR

# Cen-Tex African-American Chamber of Commerce hosted annual Juneteenth Celebration in Waco

The Cen-Tex African American Chamber of Commerce hosted its annual Juneteenth celebration on Saturday, June 22nd from 10 a.m. to 11 p.m. at Indian Spring Park. The event began with a parade down the historical Elm Avenue and ended with an evening of Jazz in the Park. This family-fun time celebration offered a special Kid's Corner packed with games, face painting and other activities for children and the young at heart, a health fair, talent hour, DJ in the Park event, line-dancing and a GospelFest, and Jazz in the Park.

Coordinator, Gale Edwards, Board President for CTAACC, said the community's participation in the Juneteenth celebration activities made the event a success. "Attendance was

up this year," she said, "especially for the evening activities."

Board member Janice Matthews echoed these sentiments. "We were very pleased."

For many cities, the celebrations vary in forms of entertainment and activities; however, Edwards explained that the Chamber's heart is to continue the tradition of family.

"Our focus has always been on education, self-improvement, economic awareness, health and fun for the entire community. In addition, we want the atmosphere to be children and family friendly."

Juneteenth is an annual observance on June 19 to remember when Union soldiers enforced the Emancipation Proclamation and freed all remaining slaves in Texas on June 19, 1865. Until that date, some two years later, slaves were not aware of their freedom, which originated on January 1, 1863.

Sponsors included Extraco Banks, City of Waco, The Anchor News, Blue Bell Creameries and host sponsor, Cen-Tex African American Chamber of Commerce.



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# Community celebrates at Cultural Arts Mural Dedication Block Party



Work on this mural, which represents the diverse community, began three months ago.



Lead Muralist Dave Loewenstein, Austin artist Catherine Hart, and Kansas artist Ashley Laird, stand with children in the community.



Speakers included President of Mid-America Arts Alliance Doreen Ravenscroft, Waco Mayor Malcolm Duncan, Neighborworks Waco Director Roy Nash, the Rev. Willie Stanley, Waco Councilman Wilbert Austin and Waco Chamber Senior V.P. Ken Hampton.

**By Mia Moody-Ramirez**  
Community celebrates at Cultural Arts Mural Dedication Block Party

The 2013 Waco Cultural Arts Mural Dedication Block Party, held on June 29, was a roaring success with more than 350 people in attendance for the three-hour come-and-go event. The block party featured free food, activities, music, dancing and fun for attendees of all ages.

"We were very pleased with the turn out," said Gale Edwards, of Neighborworks Waco. "Community participation in the project was outstanding."

The mural represents the diversity that the community offers, as did the experience of painting the mural. The community-based project offered residents direct hands-on experience in the research, design, and execution of a major public artwork in their community. Nationally recognized muralist Dave Loewenstein of Lawrence, Kan., guided the Community Mural Project. Loewenstein is a prize-winning muralist, writer and print maker. Mural assistant was Kansas artist Ashley Laird. Austin artist Catherine Hart served as mural apprentice. Hart has worked on the creation and implementation of large-scale paintings, and

teaching community art classes.

Mistress of ceremonies was Ramona Curtis, President of Delta Sigma Theta and Baylor University's Community Engagement Service Director. Speakers included President of Mid-America Arts Alliance Doreen Ravenscroft, Waco Mayor Malcolm Duncan, Neighborworks Waco Director Roy Nash, the Rev. Willie Stanley, Waco Councilman Wilbert Austin and Waco Chamber Senior V.P. Ken Hampton.

Entertainment included the FAM Gospel Rappers, a poetic interpretation by Curtis and Connie Sadler and an unveiling presentation by Ravenscroft and Edwards.

Mural Project Sponsors were Mid-America Arts Alliance, Cultural Arts of Waco, Neighborworks Waco and the City of Waco. Block Party Sponsors were Mid-America Arts Alliance, Cultural Arts of Waco, Neighborworks Waco, the City of Waco, Delta Sigma Theta Sorority, Inc., Phi Beta Sigma Fraternity, Inc., Marriott Residence Inn, Baylor University's Community Engagement & Service, Ahern Rentals, H-E-B, Anchor News, Waco Convention Center, The East Waco Branch Library, Marilyn's Gift Gallery and DJ Augustine Ramirez.

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# Welcome to bruise and band aid season

**By Jennifer Snyder**

The time has come: Annual Band Aid Season! This is when our kids are outside on the bikes, walking exotic trails, climbing trees and generally putting themselves in harm's way. Whenever harm happens you want to be able to access your feel better supplies (read: first aid kit) as quickly as possible. So in honor of Band Aid Season, let's organize our medicine cabinets.

Location, Location, Location! Once our grandparents kept everything in the little box behind the mirror in the bathroom but modern culture maintains the kitchen is the most convenient place. I recommend medications taken orally be kept in the kitchen – where food-grade cleaning is consistent. External-only type of items can be kept in the bathroom. I have found that this is the easiest way to prevent accidentally taking something that shouldn't be. (Don't ask!)

Also, if you have a very large or multilevel home, keep a kit upstairs and down. The benefit of this is twofold. First, what you need will always be nearby, and second, if you run out in one kit, you can borrow from the other in a pinch.

Stock it up! Know what you need and make sure you have it. Create a list of items that should always



Jennifer Snyder

live in your care kit. This would include things like anti-itch cream, antibiotic ointment, Band Aids, etc. Keep your kit in a clear plastic container and tape or glue your list to the lid. I like to write such lists on pretty scrapbook type paper just to make myself happy. Be sure to label your kit.

Medications can be kept in a basket without a lid. Imagine struggling with a lid when experiencing a migraine. Label your baskets by type: Cold & Allergy, Vitamins & Supplements, Stomach & Digestive, and Prescription Medications. These can be kept in a drawer or cabinet, whichever is most convenient. If you have small children it is helpful to keep a dosage chart for regularly administered medications. Type it up and make it look nice so that everyone (including

your spouse) can read it.

Be Diligent! Regularly check your stock levels and expiration dates. You might not die from taking expired Benadryl, but you might. Seriously, medica-

tions lose their efficacy over time and what is the point of taking Advil if it won't help the headache? Check weekly for low quantities and monthly for expired items. Don't

forget your sun block; it expires very quickly!

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

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## Maintaining your air conditioner

By Linda McDonald

It's easy to take your air conditioner for granted until it stops working on a miserably hot day. If possible, have an air conditioning contractor inspect your unit before you start using it each summer. Regular maintenance will not only help spot potential problems, but will also increase the life and energy efficiency of your unit.

### What You Can Do

- Clean up around your air conditioner. Outdoor condenser coils can become dirty and blocked, which makes your unit work harder and increases your cooling bill. Your dryer vents, falling leaves, and lawn mower are all potential sources of dirt and debris. Allow for adequate air flow to your unit by cleaning the area around the condenser coil, removing any debris, and trimming foliage back at least 2 feet.

- Change your air filter regularly. Check your unit's air filter once a month and clean or replace filters as necessary. Keeping the filter clean can lower your air conditioner's energy consumption by 5% to 15%.

### Energy Saving Tips Let Your AC Work Smarter Not Harder

- Thermostat placement. Don't place lamps or TV sets



Linda McDonald, ABR

near your air conditioning thermostat. The thermostat senses heat from these appliances, which can cause the air conditioner to run longer than necessary. Make sure your thermostat isn't placed in the light of a sunny window.

- Thermostat abuse. Don't set your thermostat at a colder setting than normal when you turn on your air conditioner. It will not cool your home any faster and could result in excessive cooling and, therefore, unnecessary expense. Install a programmable thermostat so you can automatically reduce the temperatures during low occupancy hours.

*U.S. Department of Energy, U.S. Environmental Protection Agency.*

## GRUDGES

Continued from page two

published a survey, which revealed that those who don't forgive can experience more pain disorders, heart disease and stomach ulcers.

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

Refusing to forgive can have widespread effects too, it can create chains of resentment throughout entire communities. "When you point a finger at someone to blame them, there are always three fingers pointing back at you," says Dr. James.

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

- \* Tell the other person that you forgive them. Don't say that you will "forgive, but not forget" -- the goal is to release negative feelings.

- \* Ask the other person to

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

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

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

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

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# You have the right

**By Matthew Reed**

If you will receive Jesus Christ as your Lord and savor and believe on his name, you have the right to confess your faults and believe God to forgive you and cleanse you from all unrighteousness. 1st John 1:9 says, "If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse from all unrighteousness."

You see some people will not receive Jesus nor his instructions because they love darkness and don't want to be delivered. Obeying God's word, such as confessing your faults, will bring God's delivering power. Verse 8 declares that if we say we have no sin, we deceive ourselves and the truth is not in us. Verse 10 continues that if we say that we have not



**Pastor and Mrs. Reed**

sinned, we make Him a liar, and his word is not in us.

It is written in God's word that sin is transgression of the law. Being a minister of God's word, my calling is to minister God's word so that believers may

understand and those that want salvation might be saved by knowledge. My only agenda is to publish the word so that anyone that desires can be saved. One thing I know for sure is this word that I write does not effect an unbeliever.

You see he does not believe. If you believe refusing to hear the word or trying to silence God's word changes things, get ready for a dose of reality. God is going to judge sin. Unbelievers and believers without Christ are going to fast the wrath of God. One more important note is if you confess Christ as your Lord and Savior, you are required to confess all your sins. You cannot pick

and choose what is sin and what is not sin. You have the right to confess your faults. You do not have the right to pick and choose what is sin. 1 John 3:4 says, "Whosoever committeth sin transgresseth also the law: for sin is the transgression of the law." Matt 5:17 says "Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfill. 18 For verily I say unto you, till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled. 19 Whosoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven, but whosoever shall do and teach them, the same shall be called great in the kingdom of heaven."

Grace and mercy did not come that ye might continue in sin, but rather that ye have the right to confess and repent. You see when you confess your sins, God is faithful and just to forgive and cleanse you from all unrighteousness. You have the right to be saved! You can accept the philosophy of man if you want to go to hell. Some say "I was born that way," or "I come from the poor side of town," or "I did not go to college." But the reasons cannot serve as excuses to live in

disobedience to God.

All these might be your situation, but they don't give you the right to sin. God commands that we overcome. It was Jesus that said "Be of Good cheer for I have overcome the world."

You have the right to live holy! Remember this: what man thinks and speaks does not change anything in the kingdom of heaven. If you are a believer living in disobedience, you have the right to repent!

## Request for Submissions

It's free! Submit your feature articles for the August Education issue. Brag on your child, student, teacher, or administrator, etc. Having an educational event? Send us a full write up about it. Enclose a separate jpg headshot. Submissions should be written in the text of an email and the photo should be attached. Send everything by August 2. Send to theanchornews@aol.com (up to 500 words).

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# The body, soul and spirit constitute the total person, Part 2

*Continued from the June 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).

Last month, the focus was more on the body. This month, let's turn our attention to the soul—that's who we really are. Before I go further, I have to acknowledge one of the ones who caused me to begin to change my mind about what I believed about the constitution of mankind and divine healing. The late Evangelist Kenneth E. Hagin, the founder of Rhema Bible Training Center, is the first on my list.

Both of my children were born asthmatics. I was told, and believed that they would always be asthmatics. Brother Hagin was saying things on a Christian radio station, KSKY, 660 AM, Dallas, that sounded too good to be true—yet it made all of the sense in the world to me. I wanted to believe those things, so since he always gave the Scriptures that he referenced to validate his points, I was able to check them out. I literally began eating the WORD of God every chance I got. I listened to KSKY Radio every day, and I began telling my toddlers that Jesus was going to heal them of asthma. Sometimes it didn't seem like it, yet I believed it. Brother Hagin was good about saying don't look at the circumstances; accept the facts and believe the promises! He gave many seemingly impossible situations in the Bible that came to pass.

He said that Jesus is the same today that He was on yesterday and will be the



**Evangelist Ruby McCray**

same tomorrow (Hebrews 13:8). God never changes (Malachi 3:6). That's why He can be trusted—since He can't even lie (Titus 1:2). He encouraged us listeners that we must confess the WORD of God so much until IT gets down into our souls. He said that some folk can tell the same lie so often until they themselves begin to wonder whether or not it's the truth. They actually begin to believe it. When words get down into the heart (soul) of mankind and are spoken out of the mouth without any doubt, that faith is what brings the unseen on the scene (Mark 11:22-25; Hebrews 11:6). We call those things that are not until they appear just as they are called (Romans 4:16-25).

Brother Hagin said that if we can find a Scripture in the Bible about a promise that God made to us about healings, blessings, etc. they are still good today. If God said it, whether we believe it or not, that still settles it. However, there are prerequisites. One cannot live an immoral life or have unforgiveness toward someone and expect God to grant his/her request. He cannot (Isaiah 59:1-59).

My son was healed of asthma in the summer of his second grade, and my daughter was healed the following summer. They have never had a touch of asthma since then, and my son got his University of Texas, Arlington, education on a full track scholarship. Remember, asthmatics can't run!

Much can be said about the soul, the very heart of mankind, not the organ that pumps the blood, but the part that controls everything we think about eating, drinking, doing or

saying. It's the moral, spiritual, and the emotional part of mankind. We don't even want to believe some of the things that we hear and see on the news. We don't even want to believe some of the things that we have done. "The heart is deceitful above all things, and desperately wicked: who can know it? I the Lord search the heart, I try the reins, even to give every man according to his ways, and according to the fruit of his doings" (Jeremi-

ah 17:9-10). Sometimes we ourselves don't know what we are capable of doing. That is why we have to be so careful about what we watch via the media (Psalm 101:1-8), and on which we constantly think (Philippians 4:8-9). Those things will get down into our souls and come out in the actions of our lives.

Jesus said, "For from within, out of a person's heart come evil thoughts, sexual immorality, theft, murder, adultery, greed,

wickedness, deceit, lustful desires, envy, slander, pride, and foolishness. All these vile things come from within; they are what defile you" (Mark 7:21-23). 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 [rubbyacorm@yahoo.com](mailto:rubbyacorm@yahoo.com).*

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# Music after the storm

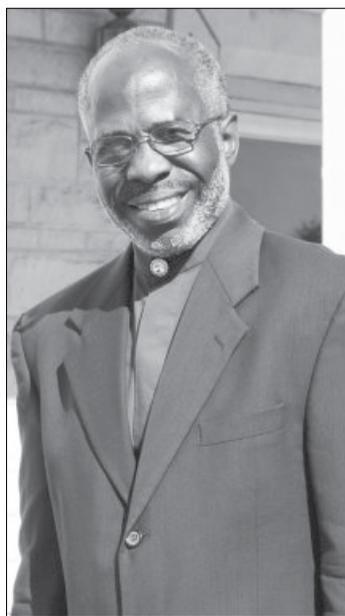
By J.L Crawford

You have heard the old adage, "There is a calm after the storm," but in this case, there is music. Waco's James McCoy will see to it. Since he released his CD, *After the Storm*, over a year ago, he has given away hundreds. Yes, you read that right—hundreds.

He produced 1000 CDs but found it difficult to sell them. Little did he know that he would have a conversation with the Lord to explain that challenge.

"I had them in the closet," explained McCoy, "when I heard the Spirit of the Lord say, 'I thought you said you made the CD to encourage people. They aren't doing that in the closet.'"

From that day on, McCoy's spirit was renewed. Knowing what he was commissioned to do, he loaded his music into both of his cars and set out to give it away. His charge was to take the CDs everywhere and find their right owners, those who are experiencing hard times—the loss of a loved one, the loss of a



James McCoy

job, the loss of a relationship—whatever.

McCoy's initial plan was to sell the CDs for \$10.00, but that plan disappeared when he heard the voice of the Lord. He gives away his music, telling people to listen to the songs for encouragement. "I want them to realize that God is not causing the problems; life is, but through it all, God will take care of them."

It is not a coincidence

that the first song on the album says just that, "God will take care of you." McCoy wrote this piece after going through his own storm. He wants people to know that he is not unfamiliar with the storms of life, confessing that he has been through storms of many kinds. "God has always brought me out. He has always taken care of me."

McCoy recently took ten CDs to Prairie View and gave them to a professor there, instructing her to put them in the hands of students who were going through some kind of difficulty. Within 3 days, she called him to report that she had already placed them with 7 students and was waiting to see who would be next.

During a recent trip to Galveston, he met a homeless woman, and even though she was on the streets, he wanted her to have a CD, trusting God to make a way for her to listen to the lyrics of every song. "I wanted her to know that it is not God who put her on the streets after the hurricane. Life did."

McCoy says there is a possibility that *After the Storm* just might be in the White House. About a year ago, he met a White House assistant who is related to one of his relatives. He gave it to her and asked that she deliver it to the President. "I don't know if she did," he said, "but she promised that she would do it. I'm trusting God that President Obama is encouraged by my music."

To date, *After the Storm* is in several other states, including Hawaii and California. Through Dwayne Banks and other local announcers, Waco is being blessed with McCoy's CD, but for the most part, he is just giving it away.

McCoy says he is happy with that. "I believe if you give more than you take, you will get more than you give."

For more information or to obtain *After the Storm*, contact James McCoy at 254-644-2686.

## Request for Submissions

It's free! Submit your feature articles for the August Education issue. Brag on your child, student, teacher, or administrator, etc. Having an educational event? Send us a full write up about it. Enclose a separate jpg headshot. Submissions should be written in the text of an email and the photo should be attached. Send everything by August 2. Send to theanchornews@aol.com (up to 500 words).

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## Choir Musical

The Sanctuary Choir of New Zion Missionary Baptist in Elm Mott will be having its Annual Choir Musical on Friday July 19, 2013 at 7:00 p.m. This free event will feature choirs, soloists and musicians. Please come and worship with us.

For more information, contact Willie Hudson or Cynthia Hudson at 754-9494.

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# An evening with mom and dad at Brook Ave. Elementary

By Alexis Christensen

The crowd began to gather thirty minutes before the event even started. Fathers, mothers, grandparents, uncles and aunts, all were wearing their best—dresses with fur, shiny shoes, even a two piece suit! The atmosphere was thick with excitement, flowers in vases, balloons, and covered tables. The 1st Annual Family Dinner: An Evening with Mom and Dad at Brook Avenue

Elementary was off to a great start. As Alicia Brinkley, mother of three, said, "Everything was perfect!"

More than 140 people attended the event, exceeding all the expectations of staff and the parents. Crystal Perales, kindergarten teacher and organizer of the event, said, "It went beyond my expectations. At the school we've been talking about how to make connections with parents and families.

We want them [parents] to know that the school is a support system; that we want to work with them. We thought this would be a neat way to connect with all the families in our school."

Morris Haynes, a father, drove all the way from Dallas to attend the event. "My daughter called and asked me to attend. It was a way to spend time with her."

The event included a photo booth area for family pictures, a spaghetti dinner, a dance floor and door prizes. Chantal Hart's favorite part was the Mother-Son dance. "I got emotional dancing with him during the Mama song! And I framed the picture we got and put it on the wall at home."

All of Perales' hard work and that of her family, other teachers and staff paid off. Yolanda Torres, a mother, said it best. "These types of things bring more parents



A mother and son dance together at the event.

to campus. I will definitely attend this next year."

Alexis Christensen is the

Community Organizer for Waco Community Development.

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