

Celebrating 11 Years In the Community



THE ANCHOR NEWS

Serving the Central Texas Community

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Free



LaBraska Washington wins theatre scholarship

While many anxiously wait to hear from one college's admissions' committee, LaBraska Washington found himself getting calls from 16 colleges. Yes, you read that correctly—sixteen—the University of Central Oklahoma, Texas Wesleyan University, University of Nebraska, University of Texas at Arlington, SMU, Baylor, Angelo State University, University of the Ozarks in Alabama, University of Texas at Austin, Texas A&M University Commerce, Arizona State University, University of Northern Colorado, Sam Houston State, and the University of Essex Santa Fe in New Mexico.

Earlier this month, Washington attended Theatrefest 2014 in Dallas, Texas, where he auditioned before theatre and musical program officials representing over 50 colleges and universities. Sponsored by the Texas Educational Theatre Association, Inc., also known as TETA, the organization is geared towards high school and college students interested in all aspects of theatre.



LaBraska Washington

Such interests include acting and singing of course, but they also include the technical aspects of theatre such as design and lighting.

Showcasing his talents at TETA, Washington performed *The Navigator*, a monologue by Eddie Antar, and *Lost in the Wilderness*, a song from *Children of Eden*. "The most exciting part about TETA was the audition process. Going in,

and seeing all these different colleges with their eyes all on me...trying to figure out if I was a good fit for their college, was so exciting to me."

His excellent performances landed him the \$2,000 Founders Scholarship, to be used at any college or university in the state of Texas. Still, he would be forced to wait for his results. A few days after the auditions, Washington's phone began ringing non-stop.

16 college representatives called Washington. During callbacks, Washington learned that he obviously made a powerful impression on the reps. He repeatedly heard the same comments—that he had a very strong presence, that he carried himself well and that he had an amazing voice.

Many concluded that at 19, Washington possessed a maturity that is a rare find for his age.

"They told me that based on my audition, I don't really have a cast type; I can

See WASHINGTON Pg. 14

Nika L.J. Davis, Jr., signs with West Point



Nika L.J. Davis, Jr.

"When he began football as a little leaguer, I, like most dads, yelled and screamed for him," explained a local pastor, referring to his son.

This little leaguer played on a team that lost every game during the team's first year. Being very upset about the losses, his dad asked him if he, too, was upset that the team was not winning.

The little boy replied, "Dad, I'm just glad to be on the team."

That incident was many, many years ago, and the boy's football playing days have certainly taken a more positive turn. Son of Dr. Nika and Beverly Davis, Nika L.J. Davis, Jr. is now an 18-year-old, Super Centex linebacker at Waco High and a member of the Power Lifting Team. Most recently, all of his years of playing football and studying hard have paid off as he signed with the United States Military Academy in West Point, New York. Davis,

an honor student, will play football for USMA as he pursues his dream of being a cardiologist while serving his country.

At Waco High, Davis serves as the president of the National Honor Society, is a member of Academic Achievers and is ranked in the top 5% of his class.

According to the Academy's official website ([www. http://www.usma.edu/](http://www.usma.edu/)), "Each year, thousands of high school students apply for admission to USMA, but only a few are accepted. Being accepted for admission to the United States Military Academy (USMA) at West Point is an exceptional honor reserved for our nation's most exceptional students. But it takes more than excellent grades to be accepted for admission. USMA also wants leaders who are physically fit and of outstanding character. Those who are selected to attend USMA receive a college education that is unparalleled ..."

The college's description seems to have been written with Davis in mind. He is known for being a young man of integrity, discipline, godly character and yes, physical fitness. Davis is also described as a quiet but strong young man who is a positive role model for the younger boys and girls at his church, Second Missionary Baptist

See DAVIS Pg. 4

La Rue Dorsey named Citizen of the Month

La Rue Dorsey has been named CenTex African American Chamber of Commerce's Citizen of the Month. Born in Waco to Rev. and Mrs. B. F. Gilbert, Dorsey graduated from A. J. Moore High in 1949. She received a bachelor's degree from Mary Allen College and a master of education degree from Texas Southern University.

Now in her 59th year of teaching school, Dorsey desires to pass on her quest for learning to boys and girls. "I want them to excel as academic achievers with dedication and



La Rue Dorsey

determination."

Dorsey considers it a

privilege to have taught so many children who have graduated from college and have gone on to become professionals.

She has received many, many awards over the years: Waco People (Making a Difference Award), Jack & Jill Educational Award, National Professional Who's Who, Golden Apple Award, Home Town Hero, Girl Scout Council Award, National Women's History Award, Community Service Award, Free and Accepted Masons District

See DORSEY Pg. 3



J.L. and Linda Crawford

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

A note from JL...

Life isn't always easy, but developing a relationship with God makes it so much better. Each day you can get off to a good start by first giving God thanks for the new day. Next, put on your praise music and let it permeate your home throughout the day, even in your absence, and most important, spend some time in the word and in prayer. We are constantly bombarded with challenges from our personal life, the community, and the world, but Jesus came that we might have an abundant life. This abundance includes a healthy body, a healthy family, a servant's heart, a prosperous life, and good, sound relationships with people to whom we are equally yoked. We will, from time to time, run into negative situations and negative people, but as my wife always says, "If you run into a negative person, KEEP RUNNING!" Just saying.

Black History Month spotlight on African American inventors

Thomas L. Jennings
(1791-1859)

1821—First African American to hold a U.S. patent for a dry-cleaning process.

Norbert Rillieux
(1806-1894)

1846—Developed an evaporator for refining sugar, which is still used in the sugar industry and for making soap and other products.

Benjamin Bradley
(1830-)

1840s—Developed a steam engine for a war ship. When he couldn't patent his invention, he sold it and used the money to buy his freedom.

Elijah McCoy
(1844-1929)

1872—Invented a lubricator for steam engines and started a manufacturing company. Invented over 50 other products.

Lewis Howard Latimer
(1848-1929)

1881—Invented an electric lamp
1882—carbon filament for light bulbs.

Granville T. Woods
(1856-1910)

Invented the telegraph for the railroad system. Invented over 60 other products.

Madame C.J. Walker
(1867-1919)

1900's-- Developed a hair care system and other beauty products, becoming the first African American female millionaire.

Garrett Augustus Morgan
(1877-1963)

1914—Invented a gas mask that protected soldiers from chlorine fumes during World War I.
1923—Invented the traffic signal (later replaced by traffic lights) with automated STOP and GO signs.

Frederick McKinley Jones
(1892-1961)

1935—Invented refrigeration system for long-haul trucks and nearly 50 other refrigeration type inventions.
1935—Invented a self-starting gas engine and movie projector parts.

David Crosthwait, Jr.
(1898-1976)

Designed the heating system for Radio City Music Hall in New York. Received patents for 40+ products related to HVAC systems.

Patricia Bath
(1942-)

Invented the Laserphaco Probe for the treatment of cataracts and co-founded the American Institute for the Prevention of Blindness.

Mark Dean
(1957-)

Led the team of IBM scientists that developed the ISA bus—a device that increased the speed of personal computers.
Also led the team that designed the first processor chip.



Lewis Howard Latimer



Madame C.J. Walker

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.

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

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

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Can you afford an attorney?

By J.L. Crawford

How many times have you needed legal advice but couldn't afford an attorney? Do you have a will? Maybe you have a few questions, but you know an attorney will cost you hundreds of dollars. What about that rental property and the speeding tickets? Was the accident really not your fault? Perhaps a simple phone call or a letter will do the trick, but even those are costly. Is your personal information really safe? Think Target, TSTC, Texas Workforce. You know the answer to that question, right? No, your personal information is NOT safe.



J.L. Crawford

Do you have a friend who has experienced identity theft issues? Maybe you have. Do you own a business? Do you have legal protection in case you are sued? Do you have employees who need access to an attorney should a situation arise? If you answered "yes" to any of these questions, you need LegalShield, so you can "worry less" and "live more."

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DORSEY

Continued from page one

Award and City Council Award, to name a few.

She has volunteered at just as many organizations: Freeman Center, Am I my Brother's Keeper, Women's Prison in Marlin, President of Oak-

wood Neighborhood Association, Church Clerk and Sunday School Teacher at Antioch Baptist Church, the Steering Committee for March of Dimes. She also served as a Waco City Council Representative

for District I.

"God has been very kind to me," says Dorsey. "He has blessed me to live a very productive and long life. I am Grateful! To God Be the Glory for all that He has done for Me."



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Life Member of Alpha Phi Alpha Fraternity, Inc. Currently a Member and also Served as Former President of Epsilon Epsilon Lambda Chapter of Alpha Phi Alpha Fraternity Inc., Waco, Texas

Received his A.A. Degree in Liberal Arts and his B. S. Degree in Management Graduated Cum Laude from Park University

Attended Morehouse College & Georgia-Tech, Atlanta, Georgia

Attended McLennan Community College and Paul Quinn College

Early Voting- FEB 18-28, 2014

Election Day - MARCH 4, 2014

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VOICE Inc. receives new grant to address substance abuse

By Josh Cabellero
Viable Options In Community Endeavors (VOICE) has received a new five year Community Coalition Program grant from the Department of State Health Services (DSHS) to be used in McLennan County. Over the past three years, VOICE has provided drug and alcohol prevention education in school districts and community sites in McLennan and the surrounding 8 counties. This education has been provided to students in Kindergarten through 12th grade and has focused on healthy living, decision making skills, coping skills, and the dangers of drugs and alcohol. The CCP grant will enable VOICE to better involve and engage the community to prevent and reduce alcohol and other drug use among youth and young adults.

As a result of this grant, VOICE has established a

new community coalition around substance abuse concerns and has expanded their services to 18 – 25 year olds. The focus of the Voice Against Substance Abuse Coalition (VASA Coalition) will be to implement environmental prevention strategies in order to reduce the use/abuse of alcohol, marijuana, and prescription drugs in McLennan County. This may involve things like reducing the access and sale of these substances to minors and helping to correct misperceptions about the harms of these substances through media campaigns and other activities.

A large part of the work for the VASA Coalition during this first year of the grant will focus on conducting a needs assessment among 13 – 25 year

olds in McLennan County. The needs assessment will help determine the extent of substance abuse among this demographic and help determine contributing factors associated with the abuse. Knowing this information will help the coalition and other service providers know how to focus their prevention efforts in the future. The VASA Coalition hopes to partner with area Universities/Colleges, school districts, police forces, and other community leaders to determine the best way to gather this information and address these concerns.

For more information on the VASA Coalition or to become a member, contact the CCP Coordinator, Josh Caballero at (254) 741-9222 or like us on Facebook.

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MARCH 31, 2014**



DAVIS

Continued from page one



Nika Davis signs his letter of intent as his parents look on.

Church. At Second Baptist, where his father is the pastor, Davis shares the love and gospel of Jesus Christ in a very powerful way through his Ministry of Mime. He is also an active member of the Youth Choir, BTU, Sunday Church School, Youth Bible Study, and the Media Ministry Team.

In preparation for his future, Davis spends a portion of his summers shadowing a well-known cardiologist, Dr. Johnson Glover in Houston, TX. Davis, who will major in biology, has also attended leadership conferences for high school students who want to become a doctor. He has two sisters,

Shekinah and Samayim. One of the most prestigious schools in the nations, West Point touts ranks that include two United States presidents, many famous generals, and nearly a hundred Medal of Honor recipients.

Answer Key

P	E	R	I	O	D	R	A	G	E	S
A	L	A	R	M	C	O	B	A	L	T
R	E	C	O	I	L	T	A	P	E	R
E	V	E	N	T	N	O	T	I	C	E
D	E	S	I	S	T	R	E	N	T	S
N	C	U	P	S	G	S				
S	M	A	G	E	S	R				
Q	U	A	L	M	R	I	P	P	E	D
U	N	R	I	P	E	M	O	O	S	E
A	L	I	V	E	M	A	R	L	I	N
D	I	N	E	R	S	G	E	L	D	S
S	T	A	R	E	L	E	S	S	E	E

Conference 2014, March 14 & 15

The Conference with you in mind -- to revive, refresh and restore you as you move into the Plan and Purpose of God for your life !! God's House of Prayer Church, 1014-E S. Main Street, McGregor, Texas, under the leadership of Servant Larry Reed and Missionary Patsy Reed, is grateful for another year and another Conference that is designed to enrich, enlighten, and inspire God's beloved.

This conference is for the entire family, with classes and activities



Servant Larry and Missionary Patsy Reed

for all. Activities begin March 14 with a reception at 2 p.m. at the Hampton Inn, 4259 Interstate-35, Waco, TX. The agenda

includes pampering by the L'Elegance Mission-Marked Spa team with complimentary foot, hand, and facial massages. After your relaxing spa visit, expect laughter and merriment with fun-filled, challenging games and activities. Food and refreshments will be provided.

Other attractions include entertainment and sharing as we travel through the "theme" rooms designed for your pleasure. Expect the road to be paved with entertainment, food and treats along the way.

The Washington fam-

ily (Barbara, Tracy, David and Donny) will provide the conference music. You don't want to miss these Spirit-filled, anointed singers for the Lord.

On Saturday, March 15, 2014 at 9 a.m., plan to continue the conference activities at the YMCA, 1020 Elm Street, Waco. Registration is \$15 for adults, and children are free. Guest Speakers include the following: Key-note Speaker: Evangelist-Missionary Ruby Odom, Restoration Church of God in Christ, Plano, TX (Millard Harvey, Pastor); Vivian Thomas, Waco, TX; Elder Charles and Mrs. Alice Tyler, Richmond, TX; and Bridgette John-

son, Waco, TX (Children's Ministry).

We have too much planned and not enough room to share everything here, but hopefully you have gotten the message that this is not a conference you want to miss. Make your plans now and you can even "layaway" your room cost. If you book through GHOPC, the discounted Hampton room rate is \$95, and it accommodates 4 people. Contact Missionary Patsy Reed @ 254-840-2601 for more information.

We look forward to seeing you there. In the meantime be blessed and encouraged for God truly Loves YOU !!

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Put first things first

By Mona Dunkin

In this unseasonably cold February, Valentines and love celebration is a welcomed warm spot.

But what is love anyway?

- Is it something we casually attach to people, pets, pleasures, places and provisions?

- Is it a fickle emotion we precariously fall into and out of?

- Is it something we take for granted; - demanded when it's absent yet discounted when it's genuine?

- Is love an illusion?
- Or is love the only thing that is real?

Dr. William Glasser, founder of Choice Theory Psychology, identifies love as a driving need to belong. Love is a psychological and spiritual need to fit in. When loved the way we need to be loved, we are whole.

Love is the need for relationship. From the cradle to the grave life is all about relationship. No matter the venue - home, workforce, salesmanship, community, government, law enforcement, time, money, energy or breakthrough science like Albert's Einstein's theory of relativity, it is all about the state or quality of one thing relating to another.

Love is about our relationship with those near and dear to us.

Love is about our rela-



Mona Dunkin

tionship a Supreme Being.

Love is about our relationship with self; being comfortable in your own skin.

Love is about our relationship with stuff (time, money, energy, possessions).

Love is about our relationship with the rest of the world; the IT Tech in China, all the drivers in all the cars on the highway of life and all the workers in all the business of the world, and all seven billion souls on planet earth with unknown names and unseen faces.

WOW. That's a lot to love.

How do you cultivate love? How do you nurture, develop and grow love for self let alone for all of humanity? How to you sustain love for those

"near and dear to us" when they are flawed?

And that brings us to the title of this article. "Put First Things First" is habit #3 (not 1) in Stephen Covey's best-selling book, *The 7 Habits of Highly Effective People*. He says, "You have to decide what your highest priorities are and have the courage—pleasantly, smilingly, non-apologetically, to say "no" to other things.

We were a twinkle in God's eye long before a spark in dad's. God first loved us. As we receive God's love and bask in the source of Love from which we came, our love tank becomes full and is continually topped off.

"When I have learned to love God better than my earthly dearest, I shall love my earthly dearest better than I do now. In so far as I learn to love my earthly dearest at the expense of God and instead of God, I shall be moving toward the state in which I shall not love my earthly dearest at all. When first things are put first, second things are not suppressed, but increased. Second things are corrupted when they are put first." C. S. Lewis

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God's righteousness and grace explained according to scriptures

By Matthew Reed

Grace is unmerited favor or blessings. As we witness, we will surely be asked certain questions. And there may be occasions when we question our own righteousness. In this teaching, you will learn how to scripturally answer these questions. John 1:17 For the law was given by Moses, but grace and truth came by Jesus Christ. Romans 5:2 God's grace is accessed through Jesus Christ, the things he suffered was for our sins, he took our place on the cross. He fulfilled all the laws of God in our stead (that is whoever believes on him and accepts him as Lord and Savior).

This grace makes us right even though we were wrong. So grace is God thru the works of Jesus giving you and me credit for his works. He clothes us with the righteousness of Christ. We should always know that we are right with God, because our righteousness is not by our works but by the works of Jesus the Christ (the anointed one) God because of faith through grace imputes righteousness. Romans 4:11 says, "And he (Abraham) received the sign of circumcision, a seal of the righteousness of the faith which he had yet being uncircumcised: that he might be the father of all them that believe, though they be not circumcised; that righteousness might be imputed unto them also." In order to increase your faith in this grace we point to this scripture; you should note the key phrase is "grace to satisfy God."

It is God that hath power to cast a soul into hell or allow us into heaven. When we witness to others we should stay focused; we are talking about and explaining our beliefs as Christians. We get our teachings from the Bible. We must not lose our focus and begin to speak of the flesh. By the scriptures only can one understand and access grace to righteousness. God gives us this grace because he loves us and doesn't want any to perish. Grace justifies you the believer and God the blesser. It makes him just to bless you and qualifies you to be blessed of God. It justifies God when he judges. God is just in his judgment (whether they be blessings or cursing) because grace is there for all men. Everybody can receive



Pastor and Mrs. Reed

it or reject it.

As Christians, we should realize that grace plays an important part in the scheme of salvation.

Romans 6:14 says, "For sin shall not have dominion over you: for ye are not under the law, but under grace. What we are working on here is being scripturally correct, understanding our gift of salvation. Keep in mind before we go to the next scripture, new testament Christians are not under law but under grace. It is important. My next statement, is where there is no law sin is not imputed (laid to your charge) thank God. | Romans 5:13 says, "For until the law, sin was in the world: but sin is

not imputed when there is no law. Christ is the end of the law for righteousness to everyone that believeth (Romans 10:4).

Don't think this sets you free to sin. Romans 6 says how can we that are dead to sin live any longer there in. God's grace through Jesus justifies God to clothe us in righteousness. If you can understand this you may also understand why we as Christians living in obedience will escape the consequences of sin (hell's fire). In a nutshell God through

Jesus has clothed us in righteousness. The Word says, "Blessed are they whose iniquities are forgiven, and whose sins are covered."

Having learned the power of God's grace to clothe us in righteousness, let us who have received this righteousness now learn how to live right. Being right is one thing; living right is another. Being right is imputed to you; living right is a learned thing. Look for the March article; don't miss it if you want to learn how to live right.



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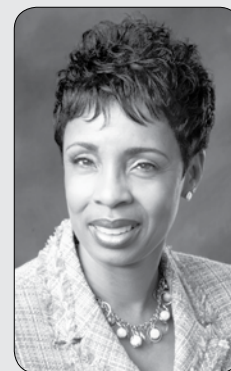


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Sandra Hawkins: A diamond of inspiration

By W.B. Gunter
In 2007, Sandra Hawkins, native of Shreveport Louisiana began singing professionally in Killeen, Texas. She and her husband, Ron Hawkins, former member of the group, Harold Melvin and The Blue Notes and Belton native performed gospel under the name, Ron Hawkins & HBF (His Best Friend) Gospel Singers. Together, the group recorded, won numerous awards, and shared their inspirational talents with the world. They appeared on "BET" network's, "Bobby Jones Gospel Hour." The Hawkins toured the Bahamas in 2010 with Gospel USA Magazine. They were featured in the June/July and August/September editions. Tragically, Hawkins lost her best friend in 2010. The journey back was a process that



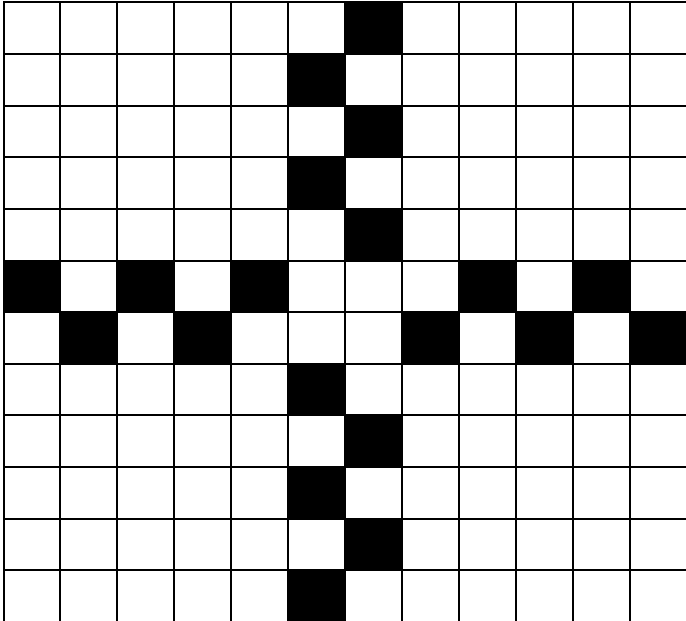
Sandra Hawkins

required a lot of soul searching. After three years she emerged with the help of God, finding clarity and the strength to carry on. Also known as Black Diamond, Hawkins released her new CD, I'm Free, on her label, Jesus Christ 1st Records. She is a prolific musician with exper-

tise in the business. As niece of R&B singer, Bettye Swann, who had hits like, "Make Me Yours" and "Tell It Like It Is," Hawkins grew up in a musical family. She's an international solo artist with three nominations at the 6th Annual 2014 Rhythm of Gospel Awards, scheduled July 23-27th in Birmingham, Alabama. In Sheffield, England, the song, "Make Heaven Your Home," is doing well overseas with Cross Rhythms, a Christian radio station (www.crossrhythms.co.uk). Being a public figure and musician has its challenges, and there are instances where Hawkins has to be "as candid as possible" when the situation requires. "I thrive on God choosing me to be a vessel. He has made me the person I am today, and without him, I wouldn't have fans, music or any of this. Hawkins performs on stage, in nursing homes, and wherever God leads her. "I am offering a service. I have a soft heart for people who are displaced. Nothing is more important than being in their presence. I do jazz, R&B, gospel, because I must be versatile and it's a gift from God." Artist development is a passion for Hawkins. The music business requires more than a voice and talent. "We need our young people to follow their dreams, but they need someone to show them how to do it correctly. I want to bring artists from striving to thriving." During the summer, Hawkins will present an artist development seminar and workshops that cover the history of music, vocal coaching, getting

Crossword puzzle sponsored by State Farm Agent Richard Kruger.

See answer key on page 4.



Age
Per
Tug
Ups
Abate
Alarm
Alive
Dense
Elect
Event
Gelds
Image
Liver
Moose

Omits
Pared
Polls
Qualm
Races
Rages
Rents
Stare
Taper
Unlit
Ampere
Cobalt
Desist
Diners

DO YOUR BLOCK

Fit all the words into the grid using each word once only.
Hint: Start with the 3-letter words in the middle.

Eleven	Recoil
Gaping	Reside
Ironie	Ripped
Lessee	Rotors
Marina	Spores
Marlin	Squads
Notice	Stress
Period	Unripe



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

industry ready, and real life application that will include literature as well as interviewing skills. Registration will be announced during the spring/summer.

On Feb. 7th 2014, Hawkins was a guest at the NAACP's Founder's Day Banquet. Plans are underway for her book, a

musical tribute to Motown. Artist development classes are scheduled to begin in August. To learn more about Sandra Hawkins, aka Black Diamond, visit the website of Jesus Christ 1st Records & Productions LLC. She can also be reached by phone at 254-368-5263.

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Kelvin Edwards
by Fan Minnitt

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

For the full story on Kelvin Edwards and other OverLookED Athletes, please visit www.OverlookEDAthletics.com



Yvonne Brown
Founder / Producer / Host



Working until I win the lottery

By Ron Oliphant

I was going over the plan I had in place for my retirement and suddenly I realized my plan was not a very good one. I am that person who hopes that he will win the lottery and just like that, the retirement problem is solved. That plan is

not one I would suggest but for me it is all I have. Like many Americans, I haven't been at the same job for twenty years and created this great pension that was sure to take care of me until I die. I do have a secret stash of change in a jar but the kids use that for candy

and the ice cream truck. In other words I found myself trying to understand my 401k and why it did not seem to pay a sufficient income when it matured. My dad worked thirty years for the city and retired with a pension. I wish I had one of those...I think.

A 401k is simply a way to save for retirement. In 1978, an alternative to the pension was created. The money you pay into a 401k is tax deferred and so, the more you put into it, the less taxes you pay each year until you retire. It did sound great and so the 80's introduced the employee to change. You only pay taxes on the money you receive after it matures. Contributions are not taxed upfront and so you save on yearly taxes. If you leave your job you can transfer the money into an Individual Retirement Account.

Okay the truth is most



Ron Oliphant

people cash out when they leave a job and suddenly need to start over. This is similar to being up a creek without a paddle and the water is moving fast toward a waterfall. I did that once and regretted it. Not the creek thing, the "spent my 401k money" thing. The 401k

would be great but only in an ideal situation where someone made a lot of money and put in the maximum yearly contribution which currently is 17,500 per year. I worked for the City of Waco, as a heavy equipment mechanic, for three years and had to quit when I realized I only made 23,000 dollars per year, and my retirement was not going to be much with the small amount I was able to afford to invest in my future. You would think the city paid more...huh. Well, that is a different article. I find myself being concerned with life insurance and studying up on mutual funds, whole life policies and stocks.

We all need to become more financially savvy. I do not want to depend on someone else needing to take care of me in the future. Don't do as I do; do better than I do. I'm just working until my numbers hit.

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The body, soul and spirit constitute the total person, Part 9

Continued from the January issue of The Anchor News.

By Ruby McCray

If you're just now joining us in these series of studies, please go to: www.theanchornews.com, search the archives to begin with part one. Parts eight and nine of this series need to be studied in every house, especially the 'White House' because a servant is no greater than his/her lord/leader (John 15:20). When you have time, please get your Bible and read all of the given passages.

The United States is still the greatest nation in existence. That's why millions of illegals are here and don't want to leave. If they are not already Christians when they come, they'll have their gods packed in their suitcases or in their hearts (souls). Naturally, they will practice their religion unashamedly and try to convert their acquaintances. The USA says that we had better not be intolerant and hurt their feeling. But read in Deuteronomy 13:1-18 about what God strongly warned us to do. Then you can understand better why we're fought on all fronts to rid ourselves of every trace of the living God of Abraham, Isaac and Jacob (Exodus 20:1-7). We are told to get rid of our national motto, "In God We Trust." We were told that this is not a Christian nation; therefore, we must not say, "One Nation Under God" for we are a nation of many 'gods.' We can't pray anymore in the name of Jesus (John 14:13, 14; 15:16; 16:23, 24). "Manger" scenes are forbidden in public places during the Christmas holidays. We've kicked God out of our educational institution, our court houses and many of our churches. When God leaves, the devil fills the void (Luke 11:14-2). Read all of the Scripture references, and you will see why we are worse off now than before.

CHRISTIANS, let everyone of us "be" what we are commanded to be! We are the "LIGHT"—not only to these great United States, but to the whole world (Matthew 5:14-16). It matters not how great the darkness is; light will always expel it. Let us be the "SALT" that we are commanded to be



Evangelist Ruby McCray

(Matthew 5:13). We have the power to preserve, heal, to give flavor and nutrients, etc. to our surroundings. When we become all that we are commanded to be, people will be drawn to the light of Jesus the Christ who is in us or they will leave; PERIOD!

"Blessed is the nation whose God is the LORD; and the people whom he hath chosen for his own inheritance (Psalm 33:12). Yet, we are not as blessed as we once were because we've left our first LOVE and allowed sin to enter our souls. "The wicked shall be turned into hell and all the nations that forget God" (Psalm 9:17). Paul asks who hindered us that we've departed from the race of truth? Then he warns us that a little sin will eventually affect the whole body (Galatian 5:7-9).

In Galatians 5:19-21, Paul names several sins of the soul: adultery (a married person committing sexual acts with someone other than his/her spouse), fornication (sexual relations between singles), uncleanness, lasciviousness, idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, envyings, murders, drunkenness, revellings, etc. I'm not aware of anyone practicing those sins trying to convince everybody else that what they are doing is right; quite the contrary. An adulterous person does everything possible to conceal their partner from their spouse. However, many times they are caught and it doesn't end well (Proverbs 6:20-35; 7:1-27; 9:13-18).

A murderer will kill, try to bury all evidence and then try to escape because he/she knows that it's

wrong. Many wrongdoers try to cover their faces on camera. But I heard one gay man say that they are going to do all that they can to shut the mouths of those who try to make them feel badly about the way they were born. They feel badly because they are wrong and weren't born gay (Romans 1:16-32). That feeling of guilt and shame is not to condemn them, but to cause them to repent (2 Corinthians 7:8-10).

The propensity to sin is in every human being, but nobody is born an adulterous, fornicator, murderer,

alcoholic, hater, idolater, etc. Those are learned behaviors and choices. It cannot be compared to one's race which cannot be changed (Jeremiah 13:23); but being reborn will change any sinful habit (1 Corinthians 5:17). Why would God destroy cities and all the surrounding planes if He made homosexuals and lesbians (Genesis 19:1-29)? He almost wiped out the entire tribe of Benjamin because of homosexuality (Judges, Chapters 19-21).

Let us do all we can to love and convert all sinners (Ezekiel 33: 1-20; 1 John

3:1-10). If it's not right, it is sin (James 4:17; 1 John 5:17). Jesus said that sins will come, but woe to those who cause them to come and corrupt innocent children (Matthew 18:1-7).

Please join us in March as we continue this study on the body, soul and spirit. You may not believe me, but...just what if I'm right?

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

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Let's get organized – No super powers necessary

By Jennifer Snyder

You're not a superhero? Well, neither am I. We are all just non-superheroes doing our neat, non-superhero things, right? Trust me no one has the ability to wave a magic wand and instantly be clutter free and organized (although, that would be an amazing power to possess). Instead of magic wands, most neat people

simply do a little work each day and adhere to a few simple guidelines to keep from being overwhelmed by an avalanche of clutter.

These are not laws, but these are the routines and guidelines I recommend to keep clutter at bay: Have a place for everything. Something without a home will always be out of place and cluttering up

your space. Everything needs a home so you can find it when you need it. When you are finished using something, put it away. Things will always be lost if they are somewhere other than their proper home. Avoid wasting time hunting for things, simply put items back when finished using them. If finished using something for good, put

it in the trash, recycling, shredder, or donation bin.

The fewer things you own, the fewer things you have to store, maintain, put away, clean, insure, etc. You don't need to be a minimalist, just focus on getting rid of the clutter so you're only caring for the things you value.

Only own things with utility and things that bring you happiness. Not everything in your home needs to be useful, but the things that aren't useful need to at least make you happy. If you have a knickknack that you curse every time you dust, it's time for the knickknack to be passed along to someone else. If something was once useful is no longer, it's time to get rid of it, too.

One in, one out. If you buy a replacement item, get rid of the inferior one you are replacing.

Everyone does his/her part. Everyone sharing your living space, including you, needs to lend a hand around the house out of respect for the others living in the space. Regardless of how you choose to divvy up the major load of housework, everyone should: put away items after they use them, put their dirty



Jennifer Snyder

clothes in the dirty clothes hamper, and clean up all messes he/she makes. Do a little every day. When you do a few minutes of dedicated work on your home each day, you can pretty much cover everything you need to do over the course of a week. You don't need to be a superhero to follow these seven little guidelines. You, too, can be Neat — no super powers necessary. Have a Neat day!

Contact Jennifer Snyder, owner of Neat as a Pin Organizing Experts and certified professional organizer at www.neatasapin.net.

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Expose yourself!

By Kenny Grisham

That's right, Expose Yourself! If you own a business or work in sales of any sort you can't be successful unless people know who you are and remember you when they need your services. You have to get yourself out there - expose yourself - to grow your business.

So just how does one go about exposing him/herself? You could take a raincoat to the mall. I guarantee you will get noticed and probably get some free advertising by all the media as well. Perhaps a better way, and to keep you out of jail, might be to consult with a company that works in the exposing business. If you have the resources, a marketing consultant may be a good step. He/she can help you with logos, marketing methods and other ideas that will get you in front of potential customers.

If you are somewhat restricted on your budget, you may be able to get some free advice from an advertising consultant, a promotional products salesperson or a sign company. These people will know what works and what doesn't. Two things you should keep in mind. One, get good references. You don't want to take advice from someone who just wants to sell you their product. A good salesperson will have your best interest in mind. If



Kenny Grisham

he/she can help make you successful, you will come back with more business.

Second, and this is usually the most difficult for entrepreneurs to do; listen to what they are telling you! It happens time and again. A person asks for advice from an expert and then decides to do it his/her way. Maybe you can sing "I did it my way" when you start your next business.

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Providence brings new procedure

Providence Health Center is the first hospital in Waco to offer a new outpatient technique for heart patients with completely blocked arteries who might not be candidates for open heart surgery. The specific condition treated is a Chronic Total Occlusion or CTO, which can cause chest pain and other health issues.

This new technique is now being performed by Dr. Charles Shoultz, III with Waco Cardiology Associates at Providence Health Center. Dr. Shoultz was invited to attend an intensive training for this latest minimally invasive technology and technique in August 2013 and began the new technique in September 2013. He was specially chosen for this training based on the number of annual interventional procedures he performed at Providence Health Center.

In this procedure the physician uses a new catheter to get around the blockage by passing into the wall of the artery and going around the blockage. Although this procedure is not appropriate for every patient, it will allow specially trained interventional cardiologists like Dr. Shoultz to use a less invasive procedure to improve circulation in many patients who may not have other options for treating the blockage. Approximately 31% of patients referred for coronary angiography have at least one totally blocked artery. CTOs

affect the survival and quality of life of hundreds of thousands of people, and have historically been an untreatable condition for many patients. While some are treated with bypass surgery, up until this point 60% of patients with CTOs have been treated only with prescription drugs.

About the Providence Healthcare Network

A member of Ascension Health, the nation's largest Catholic non-profit integrated health system, Providence Healthcare Network is dedicated to spiritually centered, holistic care, which sustains and improves the health of individuals and communities. Beginning in 1905 as Waco's first hospital, Providence is now the largest employer in Waco, with over 2,300 associates, physicians

and volunteers.

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



Continued from page one

Out of the 16 schools, Washington has narrowed his choices down to Texas Wesleyan, University of Northern Colorado, Arizona State University and University of the Ozarks.

Washington's theatrical performances began when he was a little over eleven years old. Singing and sharing pieces of history, he performed at churches and in various programs throughout Texas and Oklahoma during Black History Month celebrations.

Although his dream now is to someday perform on Broadway, his goals are much different from his high school interests. He toyed with being an attorney and even though it was short-lived, he also wanted to be a crime scene investigator. Through this period of indecisiveness, however, singing was always his passion, and acting came easy to him.

"I've been memorizing speeches since I was in the 6th grade. My mom told me I needed to do what I loved most, and I decided I wanted to use the talents God gave me to make others laugh and smile and maybe even cry a little bit."

Washington took his mother's advice to heart. Now a sophomore theatre arts major at McLennan Community College, he has

performed in several plays at the college, including Hair Spray and Eurydice, and he will be performing in the upcoming production of Monty Python's Spamalot. With a 3.8 or higher GPA, Washington is on the Distinguished Honors List at MCC and is a Tartan Scholar. He is also in Spotlight and the MCC Choir. Additionally, he has received the Theatre Department Scholarship for each of his semesters at MCC.

Participating in various talent shows and other activities, Washington has made a name for himself in Waco and surrounding cities. In July of 2011, he won a \$1,500 scholarship in an oratorical contest sponsored by the Elks Lodge of Waco. A few months later, he received the 2011 Rising Star of the Community Award from the Centex African American Chamber of Commerce. In January of 2012, he won two gold medals in an Academic Decathlon meet and was the only participant to receive a perfect score for his speech. That same year, he won President Barak Obama's Volunteer Service Award and Waco's Got Talent.

A 2012 graduate of A.J. Moore Academy, Washington was a member of the National Honor Society, Academic Decathlon, Challenge Team, Gospel Choir, TAAFE and Drama Club. He is also a 3 time winner of the UIL Prose competition.

He is the son of CaSaundra Foreman of Waco and the grandson of the late Clint and Lorene Foreman.

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Teen business program graduates celebrate success



Pictured are Perry McGill, Justin White, Katelyn Hernandez, Tiffany Hogle, Shariviya Sam and Alexandria Akers (on the end). Others on the front are associates with Critters Exotic Pets.

By T. Stallings

SIB Leadership Development Institute, in partnership with the Rapoport Foundation, and the Cen-Tex African-American Chamber of Commerce, sponsored the Living the Dream Teen Business Program for high school students in the Waco community. This program was designed for students ages 14 to 19 in an effort to help them explore and develop their interests as entrepreneurs, business owners, and business managers, whereby developing long term economic sustainability and personal

growth. The teenagers in this program were exposed to the basic principles of owning and managing a business enterprise and developed the basic skills required for the initial start-up and management of the day-to-day operations in a small business environment.

It has been a wonderful experience for all. The students participated in various lecture sessions, led by experts in business start-up and business management. The students also participated in several field trips to businesses in the Austin and Waco area. The participants have

designed their websites and prepared the initial framework for their business plans. They prepared presentations, describing their business concepts, for use in presenting to funding agencies and lenders. We are so proud of them and their accomplishments and we want you to share in their success by attending their graduation and recognition dinner.

The event will be held on March 8, at 7:00 P.M. at the Lee Lockwood Library. This is an opportunity for the business community to meet and greet our young entrepre-

neurs, to congratulate them on their progress, and to wish them continued success in their business endeavors. Tickets are \$50 per person or \$350 for a table of eight. Pay on-line at www.sibldi.org or call 254-652-9722 for details.

Won't you come out and help us celebrate this group of talented young entrepreneurs. In this issue of The Anchor, please view the invi-

tation to this elegant dinner and reception. We would love for you to purchase a table for you and your company and perhaps make a donation toward the table for the participating teen's family member(s), who would otherwise be unable to attend. Thank you in advance for your support. Tell all of your friends. We really want to support our teens.

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Midway Extra Mile Winners

Fall Extra Mile Winners (pictured in the left photo, left to right) are shown with Board Member Susan Vick. Lani Lunt|Woodgate Intermediate: As a teacher at Woodgate, Lunt was nominated for the Extra Mile Award by her principals, Nick Smith and Elisabeth Luevanos. After realizing many teachers lacked window coverings for security purposes, she made them. Regina Holmes|Woodgate Intermediate: Holmes serves as the cafeteria manager of Woodgate. Holmes was nominated for this award by principal, Nick Smith, for quick response when left without a kitchen on campus after a gas leak. Stephanie Perkins|River Valley Intermediate: Perkins is in academic development for Midway. Perkins was recommended by several. All mentioned Perkins' dedication to her job and patience with the children. She is always willing to help students and teachers.



The Winter Extra Mile Winners (pictured in the bottom photo, left to right) are shown with Board Member Tom Pagel. Jana York|Spring Valley Elementary: As a counselor, York was nominated for the Extra Mile Award by Peggy Pritchett, who described her as a hero on campus. York is also said to be an advocate for both students and staff. Sandy Crager|Administration: Crager is the Administrative Services Secretary. Crager was nominated by Jeanie Johnson for her superior work ethic and positive attitude. In her role in administration she is able to keep calm and de-escalate situations. Jennifer Wiggins|Woodway Elementary: Jennifer Kattner nominated Wiggins after she stepped up as assistant cafeteria manager. Kattner said that Wiggins was instrumental in feeding over 400 parents at a recent Thanksgiving luncheon. Brad Cook & Arash Abnoussi|Hewitt Elementary: Arash Abnoussi and Brad Cook are fourth grade teachers who were jointly nominated by Debbie Perry, in recognition of a Friday after-school soccer program they started for their fourth grade students. The program originally started with eight students and has gradually grown to 25-30 students, including some who now attend Woodgate and even the middle school.

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