

Celebrating 10 Years In the Community



The

ANCHOR NEWS



Serving the Central Texas Community

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FREE

McDonald named President of HOT Chapter of Realtors

Linda McDonald, ABR, CRS, GRI, TRLP of Coldwell Banker Jim Stewart Realtors was installed as the 2013 President of the Heart of Texas Chapter in a ceremony held at Ridgewood Country Club January 31.

The Heart of Texas Chapter is a 38-member professional real estate group affiliated with the Women's Council of Realtors, a national professional development organization with 19,000 members. The Waco Chapter was chartered in December 2010 and it has continued to grow each year. The keynote speaker, Matthew Meadors, CEO of the Waco Chamber, spoke to the members and guest about Leadership and his journey to Waco.

Sharon Morton, President Elect 2013 for the State Chapter of WCR from Houston, Texas was present for the installation of all line officers which included President Elect Kara



Linda McDonald

Neely-Goble, Vice President of Membership Dora Betts, Secretary Debbie Rhodes, Treasurer Leah Cox. LaVeda Brown CEO of the Central Texas African American Chamber was present to pin the officers.

McDonald will serve a one-year term as President and will represent the coun-

cil at all times and act in its name subject to the policies and procedures, coordinate all the business and affairs of the Chapter, as well as cooperate with requests from the State Chapter President, Governor, Regional Vice President and National WCR office.

"I am humbled and most appreciative to serve as your 2013 President. I am determined and dedicated to the continued growth and success of the Heart of Texas chapter. Together Everyone Accomplished More TEAM will be the theme in 2013."

Heart of Texas Chapter partnered with Mission Waco in 2012 and the Family abuse center in 2011 as the community outreach project.

Women Council of REALTORS is a nationwide community of more than 19,000 real estate professionals

See McDONALD Pg. 5

Wacoan Isaiah Hicks shares story of struggle and lack of confidence

"The weeks before I left for college were some of the most stressful weeks of my life. At the time, I was a very timid, insecure kid who didn't really know how to make friends because I had grown up with a lot of my friends since elementary school."

When Isaiah Hicks arrived on campus, his fears were realized as he tried to get adjusted to his new life.

"College has never been a choice for me," he explained. "It was always an absolute," perhaps because James and Debra Hicks instilled in their children at a very young age the importance of an education. After high school, college was the next obvious step for their son.

As long as Hicks can remember, he always envisioned himself at a large division one school, spending his time at football games and parties, but other factors played into his decision, and even though he received several offers from big schools, they were all farther away from home and didn't seem right for him. Thus, his biggest struggle was deciding which University was the best choice.

Hicks began playing soccer when he was just four years old, and he spent lots of time and lots of his parents' money traveling the country to soccer tournaments. In addition, he played for 5 years (8th grade-12th grade) on a club team in Dallas.

"My parents drove me



Isaiah Hicks

to Dallas 4-5 times every week for practice and games, so I felt as though I owed it to them to play college soccer."

Hicks finally settled in at a small university in Abilene, Hardin-Simmons, thinking he would give soccer a shot, and if it wasn't for him, he would transfer out. With soccer practice right away, he was immediately with his teammates, potential friends, but he just couldn't bring himself to talk to them.

"I spent all of my free time locked in my dorm feeling extremely lonely while all of my teammates were getting to know each other. Eventually, I began to talk a little and after about two weeks, I made my first friend. When my other teammates heard me talk, one of them literally told me that he thought I was mute because he had not heard me say one word in two weeks."

After that experience, things began to improve for Hicks, especially in

See HICKS Pg. 8

Light It Up Blue for Autism Awareness Month

By WB Gunter

April is the month reserved as Autism Awareness Month and CATCH UP 4 AUTISM is ready to light the skies blue with the 2nd annual walk for autism. CATCHUP is an acronym for Combating Autism Through Community Help and Unified Parents. It was created by parents passionate about autism. Sonya Kinsey, says, "We realized we all have different strengths in our own personal lives with autism. Since we were instrumental in providing each other with information, resources, support and encouragement, we thought that the resources, education, and strategies we learned would be valuable to others. Catch Up provides education and



Organizers of the event are Gwen James, Fefee Franklin, Valerie Hughes and Sonya Kinsey.

resources to support the valued lives of individuals on the autism spectrum and their families. We gather and disseminate information regarding persons with autism and act as a public

service liaison."

This year's CATCH UP 4 AUTISM's board of directors are the following: Tryndall Franklin, Sr.; Fe-

See AUTISM Pg. 6



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--personal, community, world, but Jesus came that we might have an abundant life. This abundance includes good health, a healthy family, serving others, prosperity, and developing 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.

Local pantry assists 3,000 families each month

By Robert Gager

We live in an area where the poverty rate is almost twice the national average. The next statistic may surprise you even more. One in four children in Texas (23.3%) under the age of 5 is "food insecure"—which is defined as not knowing where his or her next meal will come from. Texas has the second-highest food insecurity rate in the U.S. for all age groups...50% of our employed people earn wages that keep them at the poverty level. These statistics are what The Shepherd's Heart Food Pantry of Waco is working to change, on a daily basis—one nutritious meal at a time.

We currently assist more than 3,000 families each month through our main pantry at 1401 North 34th street in Waco. A total of 36,862 families were assisted in 2012 with an average of 40lbs per family at a cost of \$4.52 per family. Our goal is to provide food and services to those in need. Our efforts are to feed the hungry now and find poverty ending solutions for those whom we assist.

Additionally, more than 600 families each month receive nutritious food through our network of pantries—Carver Park Baptist Church, Living Word COGIC, Second Missionary Baptist Church, Crossroads Christian Alliance in Hubbard, and Victorious Life Church.

Every Thursday at The Shepherd's Heart Pantry from 3:00pm to 6:00pm

we have a distribution of canned goods, boxed and dry staple items, meats, and fresh fruits and vegetables. For added convenience, a drive-through is available for those who cannot stand in line, and for housebound senior citizens, or for those who are disabled and unable to get to The Shepherd's Heart. We currently deliver to 307 seniors and are somewhat limited in our ability to continue to add additional clients due to the fact that we need more drivers.

In a collaborative effort between The Shepherd's Heart, Pleasant Olive Missionary Baptist Church, and the Capital Area Food Bank in Austin, on the third Tuesday of each month, we have a mobile pantry located at TSTC in front of the Industrial Technology Center (at Crest Dr. and Airline Dr.) from 11:00 am to 1:00 pm.

In December, Things from the Heart, our resale shop, created a toy drive to provide assistance to homeless children. With the support and partnership of Fox-44 TV we completed our first "Toys from the Heart" Christmas toy drive. We were able to collect over 200 toys in December. All the toys were then given to the staff at Waco ISD, so that they could put the toys into the hands of the children who would not otherwise experience the joy of Christmas. Thank you to all who made Christmas possible for these children.

The Shepherd's Heart is staffed entirely of volun-

teers who wish to make a difference in the lives of others. To support their much-needed work, donations from the Central Texas community are vital to continue the mission of feeding the hungry.

Here are some ways you can help:

- Become a volunteer at the pantry or at Things from the Heart, our resale shop.
- If you can't volunteer your time become a donor, and don't think that you are too small to help. When we share the load through the efforts of many the results become much greater.
- Or maybe you can organize a food drive where you work or at your church.
- We need drivers to deliver groceries to seniors every Wednesday and Thursday.
- We also need people who can bring a senior person to the pantry who wouldn't otherwise have transportation and take him/her through our drive through so they can get food on Thursday between 3:00 pm and 5:00 pm.
- There are many opportunities to get involved and we encourage you to consider how you can get involved.

In fact this might be a place to mention that if we



The Shepherd's Heart

Feeding Families. Changing Lives.

think we can we will; if we think we can't we won't. We magnify in our mind what we think about. If we think about what God has said, we will find a solution to overcome whatever the problem is.

In today's economic times, the need for feeding the hungry is greater than ever. Every month is a faith walk to pay the bills and keep things going. We make every donation count. We look to God for our provision yet we know He works through people like you. To help The Shepherd's Heart Pantry continue its much-needed mission through donations, volunteerism, or by becoming a member of its network to increase food distribution locations, call (254) 722-9517. Donations may be sent to The Shepherd's Heart, P.O. Box 23175, Waco, TX 76702.

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

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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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Stasha Austin ~ Associate Editor

J.L. Crawford ~ Director of Operations / Owner

Ray Austin ~ Website Designer

Gale Edwards ~ Public Relations

Armando Arvizu ~ Advertising

Wanda B. Gunter ~ Contributing Writer

Black History Month: Taking a look at our First Lady

By Ron Oliphant

The President of the United States of America has a powerful and prestigious position. He is the Head of State and the head of our government. The president is also the Commander and Chief of the United States Armed Forces. He is expected to have several qualities by which he is judged and normally must prove he has good character and a fair sense of Justice. He realizes that he represents the American dream and has to prove to the public, that he is sensitive to their issues. It has been recognized by most politicians that the easiest way to prove you are a representative of the American dream, is to have a wife that can pass public scrutiny. Voters like to see children but the wife of a future president can make or break a deal with the public. The role of a First Lady in the United States is so important that many men who desire to excel in the political arena, look beyond outer beauty realizing they must have a smart dynamic personality beside them as well. A woman with class and a good sense of style is nice but compassion for her fellowman and a sense of duty has to be at the top of the list.

We are currently in the middle of a historical moment in time, because the country has its first African American woman holding the title, First Lady of the United States of America. If you wondered what makes her so special that she was chosen to be the first minor-



Ron Oliphant

ity to hold the position, well let's take a brief look at her history.

Michelle LaVaughn Robinson Obama was born January 17, 1964. She was raised on the south side of Chicago by both parents. Her roots have been traced back to former slaves in South Carolina, which is by itself a testimony for how far our country has come. Her father was a city employee and her mother was a stay at home mom until Michelle graduated from high school. Her parents, desiring that their children get the best education available, transported Michelle to the west side of Chicago to a magnet school that was a first of its kind. She was on the honor roll every year and graduated in 1981 as the Salutatorian of her class. She went to Princeton University where she majored in sociology and minored in African American studies. She received her BA degree in 1985, then went to Harvard Law School and received her Juris Doctorate degree in 1988. She was an associate at a law firm when she

met her husband who obviously saw something in her that he thought would make him better.

Michelle Obama has many accomplishments under her belt as far as her career is concerned. She was not only a lawyer who graduated from Harvard. She has also held positions in the Chicago City Government such as Assistant to the Mayor. She has served as the Associate of Dean Services to the University of Chicago and worked for the University of Chicago hospitals. According to income tax statements, she reportedly made more money than her husband did when he was a member of the House of Representatives.



First Lady Michelle Obama

Photo courtesy of in.com

Currently Michelle has devoted her life to raising her two daughters and backing her husband, President Barack Obama. Her personal dreams and goals have been set aside

and she has passed the scrutiny that being publicly visible allows. She, in fact, has become one of our most loved First Ladies with her sense of style and beauty. She carries herself like a lady and her husband gives her praise whenever he can. She did not come from money, and did not have her position in life given to her. She worked hard and took advantage of our education system, becoming a solid citizen who paid taxes just like everyone else. Now she has been called upon to represent our country the first African American, First Lady of the United States of America and she represents the position in such a manner that I thought we should give her praise.

Midway has scholarship signings



Midway High School recently participated in 20 athletics scholarship signings. These 20 students signed letters of intent to compete at the collegiate level next year. Sitting (left to right) are Cameron Carter (soccer) – University of Arkansas; Annie Rhodes (track) – Baylor University; Shelby Stidham (basketball) – Concordia University; DeChar Greer (football) – Sam Houston State University; Jimmy Brooks (tennis) – Ottawa University; Nathan Kent (baseball) – Hill Junior College; Jennifer Luedtke (tennis) – Ottawa University; Ross Coskry (baseball) – Panola College; Kyle Karnei (golf) – Abilene Christian University; Kaelyn Cowan (comp cheer) – Baylor University; Courtney Colunga (softball) – Arkansas Tech University; and Lauren Vasquez (soccer) – Richland College. On the back row are Hunter Jarmon (football/baseball) – Oregon State University; Drew Owen (football) – University of Mary Hardin Baylor; Chrishard Buhl (football) – Houston Baptist University; B.J. Kelly (football) – Houston Baptist University; Devon Petty (football) – West Texas A&M; Case Smith (baseball) – Baylor University; Logan Anderson (baseball) – Panola College; and Kramer Robertson (baseball) – Louisiana State University.



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Getting our needs met

By **Mona Dunkin**

Relationships are about need vs. need. Healthy relationships give and receive for the good of the whole. When your need is being frustrated by his need (and vice-versa) the key to maintain harmony is in learning to be responsive rather than reactive.

You may ask, "But HOW?"

I love when people ask the question. If we try to give an answer before the question is being asked, no matter how wise our words, it falls on weak ears. Let's start with the solution before we address the problem.

Solution: Start your day by choosing to invest time to set yourself up to have a great rest of the day. Making time to 'pray it forward' is enough to guarantee that you will be in charge of your thoughts throughout the day. And, after all it is our thoughts that produce our emotions. A few minutes of sincere meditation/prayer gives you a different nervous system for the en-



Mona Dunkin

tire day.

Problem: The content of our thinking produces our receptivity. The cells of our body have two modes, and one and only one mode operates at a time. Our cells are either open for growth or closed for defense. By going into defense mode one compromises the optimal function of his/her nervous, endocrine and

autoimmune systems. Not only does defensiveness harm relationships, but it harms you physically, emotionally and spiritually.

Our thoughts produce our emotions. So listen to what you are thinking because that is what is stirring up your emotions. When you set the condition of me against you, you ironically set the conditions for you to be against yourself. It's called "destroying your own house."

It is more about you than it is about them. There may be some truth to thinking that the situation will get better when the other person changes but it is not an absolute truth. How so? A person may genuinely be making strides (clumsy and inept) to cooperate but as long as we look at their actions through our angry glasses, we will fail to appreciate their effort and misjudge their intent and disregard their point. Even if our basic need is being met we neglect to notice.

The progress he/she makes is in keeping with his/her innate gifting which is often different from the way we would do things. Irony: opposites attract. We are drawn to someone whose strength compliments our weakness. We are repelled by that same someone when she does not measure up to our expectations.

But what if he never changes? Then we have to decide if it is a deal breaker or not. If it is a not a deal breaker then look inside for your own answers. Sometimes for the good of the whole we have to lower our expectations. That is not to throw a wet blanket on hope; it is to dampen unrealistic expectations. Assertive is making a request without demanding it.

Honesty with self promotes personal growth. Every day you have a chance to set into motion positive changes in your relationships. It's like the disgruntled office worker said when she began to appreciate her job and her co-workers, "These people around here sure have changed!"

Maybe the Golden Rule

really does work. Respond to others in a respectful manner and give room to grow into reciprocating in kind out of their own human dignity. Negotiate – give and receive - for the good of the whole.

Again, you may ask, "But HOW?"

Answer: Graciously. In the Bible verse, "God's grace is sufficient" the verb "is" is a past/present/future reality. As in...

Past: God's grace was sufficient yesterday. I just chose to say, "No thanks. I'll handle this myself. Thank you anyway!"

Present: God's grace is sufficient today (right this second) and is a reality awaiting my acceptance and employment.

Future: God's grace will

be present tomorrow or next week or whenever it is needed.

There is always a current supply of grace to us and through us; grace can be refused or used but it cannot be hoarded or stored up. Like the manna in the wilderness saved grace becomes stale. Grace is delivered fresh, toasty warm and sweet smelling from God's outpost within you. Receive it. Share it. Bask in the needs-fulfilling nourishment it gives in all relationships.

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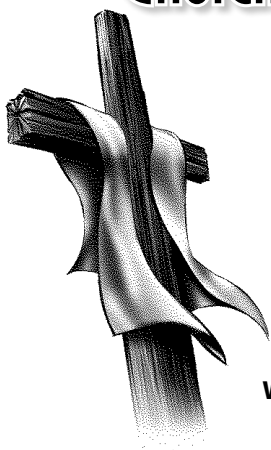
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10:00 AM


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11:15 AM

Sunday Evening
6:00 PM

Monday Bible Study
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Wednesday Prayer Worship
7:00 PM

Pastor Matthew Reed and Wife Helen



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WB Gunter
Author, Poet, Artist

McDONALD

Continued from page one

who include many of the best and brightest in the business. WCR is an affiliate of the National Association of REALTORS which is headquartered in Chicago, IL.

The Mission Statement is "We are a network of successful REALTORS empowering women to exercise their potential as entrepreneurs and industry leaders.

In addition to serving as President of the Heart of Texas Chapter Linda will continue to serve her clients exceeding their expectations as her real estate business is strengthened. Currently ninety percent of her business is from relationships established from past clients. She has the support and respect of her peers, friends, family and community leaders.

McDonald is a member of the Women of Waco networking group for women business owners and currently services as a Director on the Waco Association of Realtors board. She volunteers for Meals on Wheels and NeighborWorks Waco. McDonald has a passion to serve and this is evident by the fact that her clients refer to her as a "family friend."

When Linda McDonald began her second career as a realtor, she had no idea that she would be where she is today. With a passion to help people, her personal goal was to see people have the American Dream, to see those who have a desire to own a home accomplish that desire. McDonald has helped hundreds of families from all levels of society and from diverse backgrounds with purchasing and selling homes. March 31st will mark her 11th year in the business.

One client wrote, "Linda is simply the best. She was very professional but more importantly so patient with my family. She made this entire process smooth and stress-free." Still another wrote, "She is my realtor for life, and she's a part of my family." McDonald believes everyone should have an opportunity to be a homeowner.

"If there are obstacles standing in their way," said McDonald, "I will help them do what they need to do to eliminate the challenges. Some people just need someone to guide them." Her cli-

ents say regardless of the size of the home or the size of the commission, McDonald will work with her clients until they are happy.

Anchor News owner, J.L. Crawford, is still amazed at McDonald's skills. He recalled how she helped

him and his wife find their dream home. "She overheard us talking about what we wanted in a home—arches, two living areas, wood floors in certain rooms, and tiled floors and carpet in others. The next day she called and said, 'I have the perfect house for you.'"

"He is right," Linda Crawford said, agreeing with her husband. "It was everything that we had talked about, and Linda worked with us

from day one to get us into that house."

The Crawfords remember calling McDonald when she was on vacation. "She stopped whatever she was doing to fix the problem." McDonald has accreditations and additional education and experience in helping first time home buyers, investors, relocation and new construction clients.

With the recent increase in foreclosures, she has the

expertise to work with clients in the Short Sale Process in an effort to save their credit from the foreclosure process.

McDonald has earned a name for herself in the real estate world. She prides herself in doing an exceptional job, listening to her clients and establishing trust as a relationship is built. McDonald's office is located at 500 N Valley Mills Drive in Waco, Texas. Her number is 254-855-1717.

TALENT AUDITIONS TO BE FEATURED ON:

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AUTISM

Continued from page one

fee Franklin; Gwen James; Valerie Hughes, and Sonya Kinsey. To contact CATCH UP 4 AUTISM or volunteer, the email address is catchup4autism@gmail.com, webpage: www.catchup4autism.org, or call us by phone. Our number is (254) 535-0738. To partner with CATCH UP or volunteer, you must be passionate about bringing autism awareness and support to help grow our community and surrounding areas. We are interested in energetic volunteers willing to work diligently with upcoming events. Financial donations are appreciated and needed. To learn more, visit the website or view the Facebook page.

CATCH UP is making an effort to address the specific needs for the community we serve. Some of the activities in place include Sensory Friendly Movies, Fun Family Night, Annual Light It Up Blue Walk, Skating Night, Bowling, trips to Morgan's Wonderland,

On Saturday morning, May 3, 2013 at 8:00, CATCH UP 4 AUTISM is having a Pancake Breakfast fundraiser at Applebees in Killeen. The price for the breakfast is \$8.00.

In the future CATCH UP 4 AUTISM has plans to broaden their activities to meet the expanding needs for children and adults living with autism. Our vision is to sponsor a charity ball, take families on a cruise, stay at Great Wolf Lodge, have karaoke nights, do some father/son and mother/daughter bonding retreats.

The world can be frightening and unpredictable every moment of every day for someone living with autism. By providing opportunities in safe, and structured, sometimes unfamiliar environments, the frustration and uncertainties will be reduced for all. We want to reward the children who live with autism. It takes a lot for them to be successful on a daily basis, and CATCH UP would like to thank them through our actions. Of course prices are all contingent on donations raised. Hopefully the costs will be minimal or not at all.

Tuesday, April 2nd 2013, the annual LIGHT IT UP BLUE Autism Walk will be held at Lion's Club Park located at 1700 E Stan Schlueter Loop in Killeen, TX. The walk will be held from

6:00PM-8:00PM and is open to the public. On site registration will begin at 3:30 PM April 2 at the park and continue throughout the day until the walk begins. Online registration started February 10th 2013. To register online, visit the webpage, www.catchup4autism.org or CATCH UP 4 AUTISM on Facebook.

April is National Autism Awareness Month and the 2nd Annual World Autism Day. Several family centered activities are scheduled during the month of April, and CATCH UP 4 AUTISM is striving to offer events throughout the year for children ranging in ages 2 and above. CATCH UP 4 AUTISM's current calendar is designed to reflect the needs of the community we serve based on available resources. Contact any member of the CATCH UP team.

MHMR is doing a wonderful job in the area of mental health. CATCH UP wants to be able to encourage parents and help answer questions that they maybe struggling with in their daily lives. Most importantly, we want to reward our kids with all the hard work they put into their everyday lives just to get to the next level. It is difficult to imagine how much effort a child with autism exerts just to make it through the day. Imagine how you would feel if your dominate hand broke, and you had to write answers to questions as they were being asked, in a room filled with talkers, humming florescent lights, blindfolded, while listening to others around you holding a separate conversation for an extended amount of time, then having a request made while still answering the first question. It quickly becomes apparent how difficult that is to do. When everyday is like that, imagine what it must be like for children living with autism all day. What makes CATCH UP unique, is that we specifically addresses the needs in the Killeen and surrounding area. Parents are encouraged to help ensure the needs are met by identifying the needs for their children. Agencies providing services like respite care, or after hours care are encouraged to attend and meet members of the community they serve.

Autism is a neurological disorder that affects the function of the brain. It usually

appears within the first three years of life. It is estimated that about 1.7 million people are diagnosed with some form of autism. According to statistics, that's about 1 in 88 children diagnosed. Autism generally affects boys 4 times more than it does girls. Children with autism typically have difficulties with verbal and non-verbal communication, social interaction, relationships, and leisure or play activities.

Autism is not always easily recognized. Identifying autism by the age of eighteen months-can make a huge difference. The sooner a diagnosis is made, intervention can begin and skills will learned and mastered. It's important that parents communicate to the child's doctors what they observe. Based on parental observations, what caregivers report, and medical research, early intervention can begin where it is needed most. If a child is non-verbal, the child may be diagnosed as having an auditory impairment. If a child isn't writing, he/she may be diagnosed as having a learning or developmental delay.

Once a child's condition has been identified as autism, an Applied Behavioral Analyst will determine the best course of action. Inter-

ventions and therapies by an ABA have shown to be effective. Other services may still be needed. Speech therapy is needed for the non-verbal or particularly verbal child, along with occupational therapy for the fine motor skills, sensory integration for the children that are hyper or hyper sensitive to sounds, lights, and textures, physical therapy for children that need help with mobility, and the picture exchange system as a form of communication for the non verbal child. Whatever your child's needs require, it is important to seek and receive proper and appropriate care.

Autism does not go away. As parents, we strive to improve our children lives and promote independence. Autism is a spectrum disorder, meaning that there is a wide degree of variation in the way it affects people. Every child on the autism spectrum has unique abilities, symptoms, and challenges. Learning about the different autism spectrum disorders will help you better understand your own child, what works, and why. The more strategies parents learn, the greater the support and resources for all. Breakthroughs are occurring daily through communication between families, caregivers,

and communities. CATCH UP 4 AUTISM is willing to help bridge the gaps.

Research is available. one is the IAN project, at the University of Texas in Austin. Baylor University conducts some research. Once the diagnosis is received, services should begin at once. With and without specific services, "consistency in teaching a skill has to be done everyday," according to Fefee Franklin. Intense teaching, using repetitive teaching methods coupled with positive rewards help reinforce learning. "We start this journey with an end in mind and that includes record keeping." Tracking improvements on a regular basis, what methods works and when provides data for aligning activities with learning and skills. An example would be using a calendar. For some children a one day or one week may be appropriate for providing visual cues, whereas another child may have a calendar filled monthly with changing activities. Scheduling outings on a calendar provides a method of planning for children, and helps them adapt to changes and expectations; a skill that will be used well into adulthood. Start early and work consistently so the goals are mastered.

April Fun for all ages
Autism Awareness Month

LIGHT IT UP BLUE

APRIL 2nd World Autism Day

Registration starts @ 3:30

Sponsored by:
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WHAT: AUTISM WALK
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We are asking for a minimum contribution of \$10.00 per person or \$35.00 for a family of 4. The first 1000 paid registered walkers will receive a light it up blue t-shirt. Proceeds from the walk will help fund the upcoming events for Autism Spectrum Disorder (ASD).
 For more information visit www.catchup4autism.org

Pastor Larry Brown named CTAACC Citizen of the Month

Larry Brown is a Waco native, who attended Waco schools. After graduation, he enlisted in the US Marine Corp and served for 20 Years. While serving in the Marines, he pursued his education, receiving an associate degree in business administration, from Coastal Carolina Community College in Jacksonville, North Carolina. Receiving his call in the ministry from the Lord, he closed his taxicab business and returned to Waco.



Pastor Larry Brown named Centex African American Chamber's Citizen of the Month.

Brown is the Founder/Pastor of Children of God Created for Glory Worship Center, located in Waco, where his wife, Eula (Ross) Brown serves with him. He has served faithfully for 9 years. He is known by his members as a caring individual who believes in the people of God and in teaching the word of God. He stands on the foundation of faith in God, believing the scripture that says God will "never leave you or forsake you" and that "all things are possible to him that believes."

Brown has served as the President of Waco-McLennan County NAACP Branch #6234 and is presently Interim President of the Branch. His vision for the Waco-McLennan County area is prosperity and progression. His desire is to re-establish this chapter by providing the public with knowledge of the organization, increasing membership, mentoring youth to

further the organization's cause, and to bring about action that works for the people of this community.

Presently he is working to regain this Branch's charter, so that the branch

is in good standing on a national level. Brown would like all who have a desire for justice and equality to join him by serving through this great organization, the NAACP.

The monthly General Session meeting is the 4th Saturday of each month at 4 pm at Children of God Created for Glory Worship Center, 419 E. Johnson St., Waco, TX.

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HICKS

Continued from page one

soccer. He was chosen to start over a senior team member and at the end of the year was named Offensive Newcomer of the Year. "At the same time," explained Hicks, "I was trying to figure out what I wanted to do with the rest of my life."

Originally he wanted to be an education major, eventually becoming an 11th grade high school algebra teacher and a soccer

coach. After his first semester, he actually changed his major five times before he finally settled on one.

"My non-declared major advisor literally told me not to come back to her office to register for classes again until I decided on a definite major and could stick with it."

During that time, Hicks was an education major (algebra), a psychology major, an education major again

(English), then an economics major. Some time later, he finally settled on a double major—finance and business management.

Throughout his life, Hicks struggled with a lack of confidence. As a matter of fact, it was his biggest struggle in life so far. He was constantly battling with himself—with his inner being, but other than his family's support, soccer had the greatest impact on

changing his self-image.

"Choosing to play soccer at a small university did more for me as a person than I could have ever imagined."

Nevertheless, he knew inside that he was called to be a leader, and obviously others felt the same way because as a rule, he was always put in leadership positions.

"In most things that I participate in, I have a

tendency to over-achieve—school events, sports teams, youth ministry, everything, and by the beginning of my sophomore year, I was expected to be a leader for my team—on and off the field."

During his junior year, he became the captain of the team, holding that position through the completion of his senior year. With his skills, he always stood out as a soccer player, receiving many awards throughout his days at Hardin-Simmons.

Such awards included 1st Team All-District, Academic All-Region, Offensive Player of the Year, and 1st Team All-Region.

Being on the team literally transformed Hicks from a shy, reserved, insecure person to an outgoing, confident person with great self esteem. Somewhere along the way, he became grateful that he had not attended a large school, where he might have been swallowed up because of his shyness. Soccer at Abilene became his identity on campus. Last fall, he even gave a speech about how to be a successful student-athlete to an audience of about 150 freshmen.

While it was his role as a soccer team member that helped to build his confidence, it was also soccer that caused him to fall into a depression. He worked really hard for the entire summer preparing for the best season of his life. He was one of the most optimistic teammates.

Then at a conference match, he took off on a spring and subsequently tore his hamstring. He worked hard to rehab his injury, but each time it seemed that he was healed enough to get back out on the field, he would tear his hamstring again.

This was his senior year. He had memories to make, games to win, and dreams to achieve. It wasn't supposed to be this way—especially not in his last year in college. Finally, he sat back and watched the worst thing that could have happened to him at that time.

To be continued in the March issue of *The Anchor News*.



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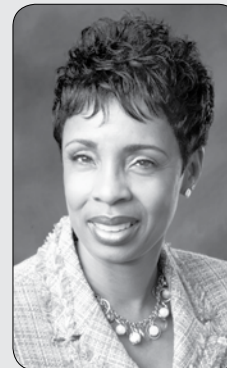
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ALPHA PHI ALPHA FRATERNITY INC. honors African-American males for Academic Achievement



Local Alpha Phi Alpha fraternity members plan their annual event.

Young people are the future. Alpha Phi Alpha Fraternity, Epsilon Epsilon Lambda Chapter recognizes that fact and is hosting its annual Academic Achievement Awards banquet to honor African-American males at the high school level. The event is planned for March 15, 2013 at 7:00 p.m. at the Waco Convention Center's Brazos room.

The purpose of this banquet is to express public appreciation to these young men for their dedication and focus in the classroom, to expand their awareness about things that directly impact them, and to encourage life-long commitment and dedication to the pursuit of excellence in their chosen career fields.

Approximately thirty-eight (38) young men from fifteen (15) high schools in the Waco and surrounding areas (Mart, Marlin, & McGregor,) will be honored.

The fraternity is deeply concerned about the current conditions and plight of this particular segment of our population. There are far too many who are caught up in a wicked web of life-robbing situations that deprive them of the life intended, and society of the gift that lays dormant within them. The Alphas are striving to do all that they can to help reverse some of the detrimental and destructive trends that confront young men daily. This banquet is a major step toward that end.

The public is cordially invited to lend its support to this endeavor and the honorees by attending the banquet to help the organization show these young men just how proud we, as a community, are of them. If you are unable to attend, but would like to make a donation, please make the check payable to Alpha Phi Alpha Fraternity, Inc. and send

to Joseph Williams Sr., 401 S. Cleveland St. McGregor, TX 76657. Tickets are \$30 each. A Table for eight (8) is \$240 and can be purchased from the following individuals: Ralph Barksdale, 753-4848; Jeff Dunner, 723-5757; Lawrence Johnson, 753-2177; Robert King, 799-5660; Lester McDowell, 799-3123; Louis McGowan, 666-6075; Fred Moseley, 756-0113; Tony

Stewart, 836-6319; Horace Vonner, 822-1155; Joseph Williams, 840-3218; Mason Yarbrough, 799-0228; Kerry Burkley, 399-0049; Nelson Washington, 405-9163.

We hope that you are able to join us on the evening of March 15th to help us motivate these young men to build on the brilliance that they have already demonstrated.

ALPHA PHI ALPHA FRATERNITY, INC.

Epsilon Epsilon Lambda Chapter's

- Second Annual -

Academic Achievement Awards Banquet

Honoring African-American Males (Grades 9-12)

Friday, March 15, 2013 at 7 p.m.
Waco Convention Center - Brazos Room

TICKETS - \$30 EACH
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For ticket purchasing information, please see article in this issue of *The Anchor News*.

Rightfully Dividing the Word of Truth

By Matthew Reed

It was the apostle Paul speaking to Timothy exhorting that he should truly seek to understand the scriptures, that he might be able to apply them properly in his ministry and in his everyday life.

In II Timothy 2:15, Paul tells Timothy to "study to show thy self approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth."

We must be about God's business. Because of the churches inability to understand and apply God's word, people that love the Lord and want to do his will are confused and powerless against the wiles of the devil. We've gotten to be involved in politics and the cares of this life. This cannot be disputed, as Paul wrote in the II Timothy 2:4, "No man that warreth entangleth himself with the affairs of this life."

The primary charge of the church is the preaching of the Gospel substantiated by verse 8. Timothy is reminded to stay focused on the preaching of



Pastor Matthew and Helen Reed

the Gospel of Jesus Christ. Jesus was raised from the dead and that whoever believes on him would be saved from his/her sins and the wrath of God that is to come upon sinners in the judgment.

Paul speaks of those things that he suffers because he preaches the Gospel of Jesus and is not involved with the affairs of this life. In verse 10 he states he does so that the elect might also obtain that salvation which is in Christ Jesus with eternal glory.

Some of us have lost our focus and the fact that we are eternal beings who will be judged of God and put into a place of everlasting habitation. When we become too focused on this life, we forget our charge. When one forgets the charge, he or she becomes ineffective in that purpose.

The church's charge is to live holy, give God glory, and preach the Gospel of Jesus that men might believe on him and receive him as Lord and savior. We were not called to legislate laws nor to become some politician's puppet or parrot just repeating phrases as if we don't have the ability to reason according to the word of God, which was given us for that purpose.

The world will be better when the church gets back to its calling. We, the church, have to study to show ourselves a workman unto God, rightfully dividing the word of truth..

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This house is God's house

By Mike Stone

"I am so excited. I get my house! I get my house!" said Ms. Williams as she sang and danced around her chair. I was walking into the room for the closing on her house. Ms. Williams turned to see me and came over and gave me a big hug. Debbie Rhodes, the lender, and Phyllis Alexander, the closer, were both smiling.

"Welcome to the party," said Phyllis. "These are the closings that make my day."

"It makes my day when I get to help someone like Ms. Williams buy her home" said Debbie.

Ms. Williams was signing the papers to become a homeowner. She had worked hard saving up to pay off her debts. She had saved up additional money for her Individual Development Account (IDA) and more money to

help reduce the payment on her house.

We started signing papers, and when Phyllis said, "This is the payment for your house," Ms. Williams got excited again and jumped and danced around her chair. "Oh! I am just so excited!"

After signing the large stack of papers, Ms. Williams got up and started crying and praying out loud. "Lord, you told me to be patient and I would get my house. I listened to you and you took care of me. Thank you Lord for this gift and thank you for sending these people to help me with the process. This is your house and I dedicate it to you."

What an honor and privilege it was to be witness to this closing.

Mike Stone is the Executive Director at Waco Community Development Corp. Contact him at mstone@WacoCDC.org.

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How to Organize Anything

By Jennifer Snyder

One of my favorite things is to be and work in an organized space. It is peaceful, quiet, and can inspire amazing amounts of creativity. Clutter makes noise and can be a real distraction to not only your physical effectiveness but your mental effectiveness as well.

Each of us see being "organized" differently and are in different stages along the path to what we uniquely consider Neat as a Pin. That being said, regardless of your goal in organizing or how far along you are to reaching that goal, there are some very basic strategies that are the foundation of organizing. It doesn't matter if you are a Hoarder or the spouse of a gentleman that wants his half of the room to resemble is bachelor pad. Still not convinced, try it!

Ready, set, here we go!

Sort

Place like with like and this is not the time to get technical. I'm talking clothes with clothes and paper with paper (regardless of what is printed on it). You will get your OCD fix later. This is also the time to forego neatness. You actually have to make a bigger mess to get the original mess in order. Trust me. You can do this by making piles or using plastic containers. I only



Jennifer Snyder

recommend purchasing plastic containers for this event if you are 100% certain you will be able to use them later. Please do not buy them for your sort with the intention of returning them. Not cool.

Process and Purge

Once you are sorted, it is time to give careful consideration to whether or not the sorted items still belong in your space. Get rid of anything that is broken, defective, stained beyond your cleaning capacity or chewed up by the puppy. Go ahead, toss it. It will be ok. Donate any items that are in good shape but that you haven't used in a while. Be realistic here. If it has more dust than the coffee table, you aren't using it. The exception is that if it has true

sentimental value, in which case it should go to long-term storage. Otherwise, toodles!

Assign a home

Assign a home...this might be the most difficult step for most people. Once you have processed and purged, you can see what is left. Think about who will be using the items (small children? guests?), where they will be used (laundry room? garage?), and how often they will be used (daily, weekly, yearly). Assign homes to items one at a time trying to keep the big picture in mind. If you assign a home to, say candles, and you have too many for the space it may be necessary to return to the Process & Purge step again specifically for candles.

Purchase

This is a very important and precarious step that should only be used if absolutely necessary and never done prior to the other steps. This is where you purchase baskets, bins, shelves, buckets, etc. to store your items in. Take caution here... if you have a cabinet for your candles, put only the votives and/or plates in a basket. Trying to put everything in every cupboard in a basket will waste a lot of space. Determine what is more important, baskets or volume? Also, buy only what you need. Excess organizing tools are clutter too.

Keeping Up

Once everything has a home, things must return to those homes. Think of it as invisible magnets trying to suck the items back to where they belong. This is the number one most important step of the entire process as lack of maintenance will simply result in more of what you just cleaned up. If it takes less than 60-seconds to put something away, don't delay and do right away!

As simple as these steps seem, I would caution you against trying to tackle your entire home all at once. Doing so will result in frustration and disappointment. Getting organized is about feeling good and rejuvenated. One small area can make you feel fantastic. Give it a try!

Have a Neat day!

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We are living in dangerous times! Part 4

Continued from the January issue of The Anchor News.

By Ruby McCray

“What is this world coming to?” I’ve heard that question time and time again. The answer is simple; it’s coming to an end! As you read this article, we are fighting to reject the Atheist lawsuit to keep the Jesus Memorial in place on Montana Mountain.

We are fighting trying to keep our present administration from trying to force all employers to pay for their employee’s birth control and abortion-causing drugs, regardless of the employer’s religious objection.

We are fighting for the Boy Scouts of America to hold firmly to their morals and not give in to the pressures from big businesses and corporations who have begun to withhold or threaten to withhold financial support unless homosexuals are accepted as members and leaders. If this is allowed, the face of the Scouts will eventually change. The bottom line is to bring about that change through influence. If you look at that lifestyle long enough, it will become easier to be accepted as normal. It seems that everybody will stand up and fight for their agenda except the majority of the professing Christians. Because most of us have become so passive, we don’t have the influence to impact the world. We are supposed to be LIGHTS in this darken world (Matthew 5:14) because Jesus is LIGHT (John 8:12), and light has always overpowered darkness.

We are fighting for the release of Christians from prisons of torture in the Middle East simply because they won’t renounce Jesus Christ. Many of our brothers and sisters have already been brutally tortured to the point of and beyond the point of death. I know that this seems far-fetched, but it’s coming to these United States. It’s already here to a certain degree—in some parts. I challenge you to Google



Evangelist Ruby McCray

“Sharia Law” and you will be able to see how Dearborn, Michigan is heavily populated with Muslims. Masques are being built all over these United States, but we can’t build one church in Afghanistan, Iran, Iraqi, and other parts of the Middle East. I understand that the last Christian church in Afghanistan was destroyed around March 2012. One cannot even witness about Jesus there; ask Dana Curry and Heather Mercer. The Muslims want the entire world to worship Allah and operate under their Sharia Law. You need to have some knowledge about how that law works.

Precious ones, I’m not trying to frighten you, but you haven’t seen “frighten” if you don’t begin to open your eyes and minds to this truth. You need to make up your mind now whether or not you will stand for Jesus Christ or renounce Him. If the Lord delays His coming and we are still here, it will surely happen. Under that law, anybody who is not a Muslim is considered an Infidel (an enemy); therefore, you will be given the opportunity to renounce Jesus and convert to Islam or be killed—mainly by being beheaded. They believe that there can be no real peace until all of their enemies are out of the way. I truly believe that this is the One-World Religion, and we are already working toward the One-World Government. Yes, we are living in dangerous times, but this is talked about in your own personal Bibles.

“If we die with him, we

will also live with him. If we endure hardship, we will reign with him. If we deny him, he will deny us. If we are unfaithful, he remains faithful, for he cannot deny who he is” (2 Timothy 2:11-13).

We are fighting to prohibit sending an additional \$450 million of our tax dollars to fund the radical Muslim Brotherhood-led government now controlling Egypt. It is my understanding that the Pentagon recently handed over 20 fighter jets valued at \$213 million dollars to a Muslim Brotherhood-led government determined to impose Sharia Law on Egypt.

Yes, we are living in perilous times, but we

who have confessed and repented of our sins, baptized in water and the fire of the Holy Ghost (Spirit), and really living this Christian life have nothing to fear. Our Father (Jehovah God) has made us some good and precious promises on which we can stand. As we abide under the shadow of His wings, nothing can by any means get to us unless it first goes through Him (Psalm 91:1-16). He said that He will rescue those of us who love Him and protect us because we trust in His name. He further said that when we call, he will answer; He will be with us in trouble; He will rescue and honor us; He will reward us with a long life

and give us His salvation (verses 14-16).

For as long as we desire to be kept, He will never leave us or forsake us (Hebrews 13:5-6). However, He will not try to hold us against our own will (2 Chronicles 15:2; Luke 9:62). There are two things the Lord doesn’t remember—past sins and past righteousness (Ezekiel 33:12-16). 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.



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Services Commission

McLennan County

Did you know that as a result of tobacco use and exposure to second hand smoke, more African Americans die from tobacco related cancers compared to other races and ethnicities? Did you know that 3 out of 4 African American adults in Texas are either overweight or obese, which contribute to the onset of diabetes?

Do you want to make your community a healthier place? Join the federally funded Transforming Texas initiative in your area to support communities, schools, workplaces, and health care providers as they work together to help reduce the burden of chronic diseases, lower the cost of care and improve the quality of life for every Texan through the power of prevention.

Right now, the Waco-McLennan County Public Health District is leading the Transforming Texas initiatives in McLennan County. The Waco-McLennan County Public Health District is working with the Live Well Waco project to promote wellness in communities by encouraging healthier choices at home, work, and play. The Live Well Waco project offers a variety of information through each program sector: Eat Well Waco (healthy dining options guide and restaurant program), Play Well Waco (chronic disease management and smoking cessation), Work Well Waco (worksites wellness), and Think Well Waco (mental health and spiritual well-being). To learn more about Transforming Texas initiatives and programs occurring in McLennan County, please contact Tiffani Johnson at TiffaniJ@ci.waco.tx.us.

COMING SOON TO EAST WACO



WACO

Free!

Special art exhibition and community event featuring local
ARTISTS, MUSICIANS and CRAFT & FOOD VENDORS

10 a.m. to 3 p.m. • April 13, 2013

at the corner of Elm Ave. and Dallas St.

We need you! Are you a local artist? Are you interested in setting up a vendor booth for your handmade craft/retail materials, food and more? Contact us to see how you can participate!

..... **S T U D E N T S**

We will also be accepting submissions for a limited, juried student exhibition space. Students must be enrolled in 9th-12th grade within Waco ISD to enter.

For more information about this event, artist submission details and forms, reserving a vendor booth space for food or handmade craft/retail materials, or if you would like to volunteer, please visit ArtOnElmAvenue.com or call (254) 752-1647.

Art on Elm Avenue is a community collaborative event brought to you by

