



## THE ANCHOR NEWS



Serving the Central Texas Community

Volume 10 Number 11

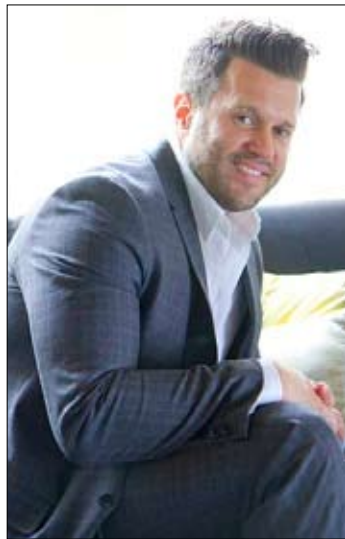
June 2013

Free

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

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

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



Pastor Wess Morgan

pose. The power in his message of change has succeeded in transcending the church as apparent in invitations for Morgan to appear on mainstream television programs including, TBN, The Word Network, BET Gospel, The Gospel Superfest, SuperBowl

Gospel Celebration, BET's The Mo'Nique Show, as well as acting in world-renowned Playwright and box office hit Director Tyler Perry's production, Laugh To Keep From Crying.

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

See RELIEF Pg. 5

## Tyler Perry's musical director joins Wess Morgan in concert

A torrential storm ravaged Dallas, Texas, on May 5, 1995, devastating the life of Mike Frazier forever. The deadly waters of a Texas creek rose, lifting their car with ease, tossing it over a bridge drowning his mother, father, 2-year-old daughter, 11-year-old nephew and fiancée. It was by the grace of God that Frazier escaped and is now able to tell the story of how he, Survived the Storm.

Raised in a Christian home with an intense musical background, Frazier found peace in the Lord and in his music. His natural gift of music began to emerge at an early age. Using his talent as a bass guitarist and drummer, Frazier has toured with artist such as Kirk Franklin, R. Kelly, Stevie Wonder, La Shun Pace and Ann Nesby. He has appeared on live recordings of Bishop T.D. Jakes and gospel great James Moore.

For the past several years he has been touring the country with Tyler Perry Gospel Stage plays, I know I've been changed, I can do Bad All By Myself, The Diary of a Mad Black Woman, Madea's Family Reunion, Madea's Class Reunion and currently Frazier is the Musical Director for Tyler Perry's, Meet the Browns.

Frazier has released



Mike Frazier

his book, Surviving the Storm: Finding life after death, which is a testimony of strength after the tragedy that befell his life.

God has appointed Frazier to share his testimony of anger, depression, fear, suicide, loneliness and grief in an effort to minister to those who have experienced the same. His story has been featured on various radio stations, news programs, and in magazine publications such as the July 2001 issue of WOE (Women of Excellence Magazine). Through the use of many avenues, Frazier can fulfill his passion and purpose which is encouraging those who encounter storms in their lives to hold on. He says, "If God carried me through the storm, he can do the same for you!"

## Reshaping the African American experience in education for males

By Wanda Gunter

Continued from May's article in The Anchor News.

### The Institutionalized Mind

The mind becomes institutionalized when, as Mr. Woodberry states, one begins to "live by the laws of the system."

Mr. Duckett explains, "The blueprint is simple. Kids are classified and pipelined accordingly. There are kids who bring the money, i.e. special education. The schools prepare them to be the next great worker, not leader. It is just one of the pipelines of extinction. A student who chooses the



Phyllis Jones

option of crime will be pipelined to the courts." In the book entitled, THE ISIS

PAPERS, the author writes, as Mr. Duckett states, "We are the only group fighting for rights other than the rights that destroy us." We have to teach kids how to advance by investing in our own race. We got "social integration as a result of the Civil Rights, but not financial integration. The money we make from our labor provides incomes for others who produce. We work, but not produce.

Consumerism is the new field on a larger plantation. For the younger generation, "cool is more recognized as achievement. To look like a man

in a suit used to be the look of achievement and success. The images kids see that are being marketed as success are not dressed in suits or casual attire." "We have let terrorists enter our

kids' heads, and its name is Media. Media stands for, Multi Ethnic Destruction In America. It destroys and suppresses the next genera-

See RESHAPING Pg. 4



**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.

# Happy Father's Day!

## Where is Dad?

By Ron Oliphant

I would like to say Happy Father's Day to all the dads that are taking care of their kids. A real father provides, protects and puts his children and their needs before his own. Children are a blessing from God and so one of the saddest things I have ever heard was when someone told me they had never known their Father. They would talk about the one time they met him but he never came around and hated their mother if she put him on child support. The term 'Dead Beat Dad' derives from a father who does not care about his own children. The bible has a quote in it, "Even the wicked care for their own"

and so I want to know what does that mean when a man does not care if his children eat and have a roof over their heads. I was blessed to have my father in my life until he died and so the things many of my friends experienced is shocking to me. In my opinion, the deterioration of the family and subsequently the fabric of our entire society can be attributed to a missing father.

The U.S. Census in 2009 documented a growing trend that we can term, the "Fatherless Generation." Some numbers may vary between ethnicity but overall numbers do not lie. 40% of children born today are to unwed mothers and an increase



**Ron Oliphant**

of fatherless children has been documented since 1970, increasing every year until now. 85% of all youths who show behavior disorders are reported to be from fatherless homes. 85% of youths in prison are from fatherless homes.

75% of all adolescents in chemical abuse centers are from fatherless homes, and I could continue but I hope you get the picture. A single mother can only do so much, especially if she is a single working mother. There is only so much time in a day. A father figure is so important on so many levels that I do not

ilies, but it's difficult to give homeless children a sense of stability.

"We hope that the donated comforters will raise the spirits of thousands of children and their families as they work to rebuild their lives," says Dennis Warner, CMO of The Company Store.

have time to go into it.

If dad cannot be there because of certain circumstances such as out of town work or he lives in another state, he still has no excuse. He may have another family or even be incarcerated. That is not a good excuse not communicate with his child. In today's technological era, a man can always get a message through and if he is incarcerated, he can write his child a letter, warning him/her from making the same mistakes he made. If you love someone you must show it and say it from time to time. Just letting someone know that he/she matters to you is sometimes all that is needed to keep that person going.

Now with that said, Father's Day was created to celebrate the Dad who does provide, protect and love his children. There are over one million single father's taking care of their kids in the United States. In the case of divorce, many have fought for custody and if they lost, fought for visitation rights. I know many men who pay child support without whining about it and remain a part of their child's life.

I understand and accept that certain situations are not easy but love for someone cannot be hidden. The problem with mom should never mean that there is a problem with your child. A real man accepts his responsibility and does what he has to do. These men are the ones I would like to wish a Happy Father's Day.

## Homelessness can happen to anyone...

(NewsUSA) - Homelessness can happen to anyone -- including families and children.

According to the National Center on Family Homelessness, one out of every 50 American children experiences homelessness each year. That's 1.5 million children. The majority -- about 75 percent -- are elementary-school-aged. Forty-two percent are younger than six.

To help the homeless children out there, The Company Store ([www.thecompanystore.com](http://www.thecompanystore.com)), a catalog and on-

line retailer of various bedding and home furnishings, launched its Buy One, Give One Comforter Donation Program. The program will benefit homeless children across the country. For every comforter purchased from its website or catalog, The Company Store will donate one comforter to a homeless child. The comforter will be one of the few things a child can call their own -- he or she will be able to take it with them when they transition from temporary to permanent housing.

"There are a significant number of homeless children in this country who do not have a home to call their own," says Dennis Warner, chief marketing officer of The Company Store. "The Company Store is committed to bringing some comfort to these children in need."

Homeless children get sick, go hungry, repeat grades and develop learning disabilities more often than children with homes. Numerous charitable organizations work to provide relief and shelter to homeless fam-

## The ANCHOR NEWS

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### PURPOSE

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

### POLICY

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

### EDITORIAL POLICY

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

### LETTERS AND ARTICLES POLICY

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

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

### SUBSCRIPTIONS

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

### ADVERTISING RATES

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

**Ray Austin** ~ Website Designer

**Gale Edwards** ~ Public Relations

**Armando Arvizu** ~ Advertising

**Wanda B. Gunter** ~ Contributing Writer

# SBA offers disaster assistance to West residents and businesses

SACRAMENTO, Calif. – Low-interest federal disaster loans are now available to Texas residents and business owners affected by the West Fertilizer Plant Explosion that occurred on April 17, 2013, U. S. Small Business Administration (SBA) Administrator Karen G. Mills announced today. In conjunction with the amendment adding the Federal Emergency Management Agency's Individual and Households Program (IHP) to President Obama's emergency declaration, the SBA acted under its own authority to issue a disaster declaration making Federal long-term, low-interest disaster loans available. Administrator Mills took this action in response to a May 2 request from Gov. Rick Perry.

The disaster declaration makes SBA assistance available in McLennan County and the neighboring counties of Bell, Bosque, Coryell, Falls, Hill and Limestone.

"The U. S. Small Business Administration is strongly committed to providing Texas with the most effective

and customer-focused response possible, and we will be there to provide access to federal disaster loans to help finance recovery for residents and businesses affected by the disaster," said Mills. "Getting our businesses and communities up and running after a disaster is our highest priority at SBA."

"Low-interest federal disaster loans are available to homeowners, renters, businesses of all sizes and private, nonprofit organizations whose property was damaged or destroyed by this disaster," said SBA's Dallas/Ft. Worth District Director Herbert Austin. "SBA representatives will be on hand at the local State/Federal Disaster Recovery Center in West to issue loan applications, answer questions about SBA's disaster loan program, explain the application process and help each individual complete their application," Austin continued.

Disaster loans up to \$200,000 are available to homeowners to repair or replace damaged or destroyed

real estate. Homeowners and renters are eligible for up to \$40,000 to repair or replace damaged or destroyed personal property.

Businesses of any size and private, nonprofit organizations may borrow up to \$2 million to repair or replace damaged or destroyed real estate, machinery and equipment, inventory, and other business assets. SBA can also lend additional funds to homeowners and businesses to help with the cost of making improvements that protect, prevent or minimize the same type of disaster damage from occurring in the future.

For small businesses, small agricultural cooperatives, small businesses engaged in aquaculture, and most private, nonprofit organizations of any size, SBA offers Economic Injury Disaster Loans (EIDLs) to help meet working capital needs caused by the disaster. EIDL assistance is available regardless of whether the business suffered any property damage.

Interest rates can be as low as 1.688 percent for homeowners and renters, 2.875 percent for private, nonprofit organizations and 4 percent for businesses, with terms up to 30 years. Loan amounts and terms



Kevin Wynn

are set by SBA and are based on each applicant's financial condition.

Applicants may apply online using the Electronic Loan Application (ELA) via SBA's secure Web site at <https://disasterloan.sba.gov/ela>.

Disaster loan informa-

tion and application forms are also available from SBA's Customer Service Center by calling (800) 659-2955, e-mailing [disastercustomerservice@sba.gov](mailto:disastercustomerservice@sba.gov) or visiting SBA's Web site at <http://www.sba.gov/services/disasterassistance>. Individuals who are deaf or hard-of-hearing may call (800) 877-8339.

The filing deadline to return applications for property damage is July 1, 2013. The deadline to return economic injury applications is February 3, 2014.

SBA Field Operations Center - West, P.O. Box 419004, Sacramento, CA 95841.

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## RESHAPING

Continued from page one

tion of leadership by defining self worth in terms of media and consumerism." Kids want what they see, what their friends have, and parents are willing to get it, even at the unintentional destruction of a glorious mind. Children are the products of an industry that targets them for advertising, free marketing, then tracks them and their habits. Mr. Duckett, goes on to explain, "Consumerism marketing relies on vibratory frequency, appealing to visual and auditory marketing as an experiment."

"When I go to the store, it isn't out of the ordinary for me to be stereotyped. I'm constantly watched. It doesn't matter if I am in sweats or wearing a business suit. There is no difference in the way I'm treated, and I have shown up in the same store at different times wearing two types of clothing. When I wear jeans and a t-shirt, I don't usually have anyone approach me, but I know I'm being watched on camera and followed. When I go to the store, dressed casually or in a suit, and hear, "may I help you?" I know it isn't genuine, especially coming from someone who has gone out of their way to ig-

nore me rather than make eye contact. To be honest, sometimes, I'd rather be left alone. As African Americans, we go where our money gets the best value. Best value is not usually the best service." African American Male, Colorado.

Schools have replaced the functions of parenting. Mr. Woodberry sees the increase of children attending extended programs before and after school. According to Mr. Malcolm Adair, "when kids bring homework, parents need to pitch in and help them but some of the parents feel as if they are doing the jobs of teacher. Helping with homework increases the relationships between parents and children. When the only help a child receives comes from school, the parent(s) become only significant when the child has tangible needs.

### Breaking The Willie Lynch Curse

Willie Lynch devised a manifesto for slave owners to practice a method of institutionalized slavery that he guaranteed would enslave the mind of slaves for generations. It was a blueprint for turning a man into a slave.

The relationships men have with other males and

females needs to be positive and constant. "For Kid's Sake" is a program for children experiencing the divorce of parents. Males need positive male mentors to get them to manhood. Men also have to be confident enough to allow their sons to learn from being in the presence of other men who can mentor. Together they form a strong foundation for manhood. Girls need to hear from their dads/ the male role models that they are loved, they're beautiful, intelligent, talented, brave, etc. Girls have to know their value is not based on looks and what they can do for others. Mrs. Frank Smith, talked about the importance of fostering a positive self image. She expressed how a girl may have a weight issue. That young lady will be told by other women things like you should drop or add the pounds, the clothes don't look good or something is "hot." The male's approach is different. A father may tell his daughter, I have concerns about your health, I am worried about your safety or reputation. It registers with females because now here is a man who is not concerned with the views of others or benefitting, but he is expressing a genuine care for the female, and her esteem remains in tact.

Our community plays a role. "We are taught indi-

vidualism, not group economics. We have to practice group economics." When businesses open, we must patronize them. Raymond Goosby states, "We will need to develop leadership classes and expect schools to emphasize academics over sports" to break the vestiges of Willie Lynch.

### The Vision

"You can't turn a blind eye." Frank Smith says, "The community needs to provide more outreach. It's not the job of the schools to stop the school to prison pipeline."

Rodney Duckett explains, "Churches are the one venue in the community where people are rated as a whole. Since the home is broken, the church is also broken. It's being run by the skirts and hats and we need more men in the churches. They are an extension that reflects what's being taught in the home. What churches need to do is set up and establish a blueprint for success, a plan for wealth, it needs to open paths, have a doctrine that includes seeing successful people and be the example that leads. We need our churches, not our government. Right now 501's operate the churches and women have been the stable force in church." I asked how will we know when the reshaping is com-

plete. What will it look like, Mr. Duckett said, "Abraham didn't know what the Promised Land looked like, so when the reshaping is complete, we will probably be old or dead.

We will be a beacon; Building, Empowering, Appreciating, Community in Our Neighborhood.

I drive through a thousand businesses, but not one of them is black owned. My life is saved because of a traffic light invented by Garrett Morgan, a black man. Components in the Ford cars I pass were created by African Americans who sold their patents to the company. We create what makes other people wealthy." When we are the CEOs, creating products then we are on our way.

It is time to practice group economics and stop using terms like, "crabs in a bucket" and other terms of self hatred to define us. Mr. Adair, says "Knowing the historical content of our behaviors" will break the cycles of destruction and allow us to soar.

In the words, of Frederick Douglass, 1883 "You have seen how a man was made a slave; you shall see how a slave was made a man." These men are leading the way, writing the blueprint, and building the roads for others to follow.



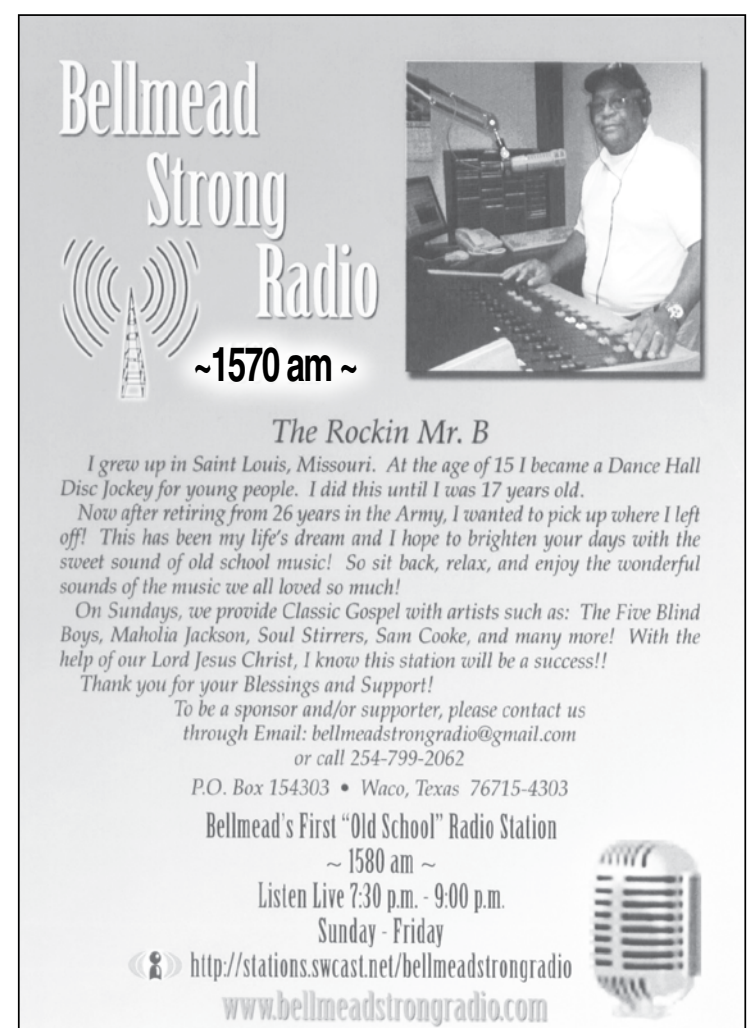
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## RELIEF

Continued from page one

and recover him from a grim lifestyle filled with uncertainties. Post recovery, Morgan identified and embraced his mission to become an agent of change in the lives of people in need of transformation before and/or after drug and alcohol abuse.

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

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

Also the founder and director of the Wess Morgan Foundation, Morgan created this 501(c) (3) non-profit organization, which focuses on drug and alcohol prevention/recovery. The foundation is working with churches, government programs, civic and community centers stateside and abroad in an effort to steer youth away from drugs and alcohol use. The organization's purpose is to steer young people towards participating in humanitarian based initiatives that will enrich their personal lives, neighborhoods and communities.

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

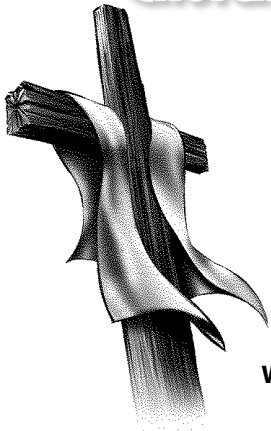
Joining several others in the West, Texas relief efforts, Morgan will be in concert on July 20th at 6:00 p.m. at Harvest Time Revival Center at 1208 N. Robinson Drive in Waco, where Rev. Lee Farmer is the pastor. The concert is free. Please see page 16 for more information.

# Temple of Christ Church

**Matthew Reed Ministries Inc.**

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

## Church Services



**Sunday School**  
10:00 AM

**Morning Worship**  
11:15 AM

**Sunday Evening**  
6:00 PM

**Monday Bible Study**  
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**Wednesday Prayer Worship**  
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*Pastor Matthew Reed and Wife Helen*



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## Temple of Christ Church

*Matthew Reed Ministries, Inc.*

**Sunday School:** 10 a.m.

**Worship:** 11:15 a.m.

**Evening:** 6:00 p.m.

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

**Wednesday Prayer Worship:** 7:00 p.m.

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## Temple of Deliverance

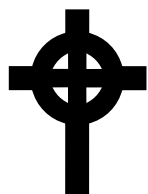
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**Tuesday Bible Study**

7:00 p.m.



Apostle  
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Pastor

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# One out of five persons with HIV don't know it

By Raylene Silver

National HIV Testing Day is an annual event that takes place on June 27, to encourage people to take control of their life by taking an HIV test. Knowing your HIV status is a powerful tool and testing is a critical step to end the fight against HIV/AIDS because it allows someone to gain the knowledge he/she needs to take control of his/her health and life.

Taking an HIV test is the only way to know if you have HIV. Many people have no idea they have HIV because they have never tested. Some people think they can tell if a person is HIV positive (has the virus in his/her body) or HIV negative, but you cannot tell if someone has HIV by looking at him/her. Many people also think they don't have HIV because they feel fine. It can take years before any symptoms show up, once infected. If someone doesn't know they have the virus in their body, he/she may unknowingly transmit HIV to his/her partner/s. Some people may avoid getting tested or not tell their partner about their HIV status because of the stigma of being HIV positive.

Early diagnosis of HIV is critical, so people who are infected can benefit from life saving treatments. Once infected, the virus is constantly multiplying in the body, and destroying the immune system. If not stopped with medication, the immune system becomes powerless to fight off infections and diseases, and it is at this point a person is diagnosed with AIDS.

More than 1.1 million people in the United States are living with HIV and 1 out of 5 persons infected with HIV don't know it. Texas has the third highest rate of HIV infection in the United States. By race, Blacks/African Americans face the most severe burden of HIV. At one point in their



Raylene Silver

lifetime, an estimated 1 out of 16 black men and 1 out of 32 black women will be diagnosed with HIV infection according to the Centers for Disease Control (CDC). 44% of all new HIV infections are among adults and adolescents (aged 13 or older). Gay, bisexual and other men who have sex with men (MSM), particularly young Black/African American, are the most affected by HIV.

The people at risk are: anyone who has had unprotected sex and doesn't know their partner's HIV status, and anyone who has shared needles for drugs, tattoos or piercings, and anyone who has a sexual partner that has shared needles.

HIV is the virus that causes HIV infection which can lead to AIDS. Once someone is infected, he/she has HIV infection and can infect someone else. AIDS is the final stage of HIV infection, and with medication, this stage may not occur for a long time. The medicines keep the virus from multiplying and from attaching itself to a CD4 cell (T-cell or a specific white blood cell that is part of the immune system). The sooner someone infected with HIV sees a physician, the better.

The virus is found in semen, blood and vaginal secretions. Blood has the highest concentration of the virus, and then semen and vaginal secre-

tions in descending order. Women can pass the virus to a baby during pregnancy, labor and delivery, or breast feeding. Today, it is recommended that every pregnant female be tested at her initial prenatal visit and again in her third trimester of pregnancy. If a positive diagnosis is made, perinatal transmission can be reduced to less than 1% if she receives appropriate medical treatment that causes the virus to become undetectable. After delivery, medications may also be administered to the newborn.

Prevention is the key to staying free of the HIV virus. Abstinence, not having sex and not sharing blood through sharing needles, is the best way to protect yourself from HIV infection. The next best method of prevention is being with one partner who is HIV negative and being faithful. Condoms are the next best method of prevention. Condoms are a physical barrier that helps prevent the passage of the virus from one person to another. Even if two partners are HIV infected, it is important for them to use condoms so that they don't introduce more viruses into their partner's body.

On Thursday, June 27, there will be free rapid HIV tests (a \$40 value) given from 9 a.m. to 3 p.m. at the Waco-McLennan County Health District. A gift card will be given (while supplies last) to everyone that tests. In addition to free testing, people can receive educational materials about HIV and prevention. If someone tests positive for HIV, he or she will be referred for proper medical follow up.

Silver is the Risk Reduction Specialist for Waco-McLennan County Public Health District. For more information about testing in Waco, call 254-750-5499. For more information about HIV/AIDS see [www.cdc.gov/hiv](http://www.cdc.gov/hiv) or [aids.gov/hiv-aids-basics](http://aids.gov/hiv-aids-basics).

# Fifty to sixty percent of snorers have obstructive sleep apnea

(NewsUSA) - Do you have a partner that constantly complains about your snoring? Do you wake up feeling fatigued even though you slept all night long? If so, you may have more than a noise complaint on your hands. Snoring is no laughing matter. In fact, 50 to 60 percent of people who snore have a condition called obstructive sleep apnea (OSA), which can be life-threatening if left untreated.

This was the case for Geoff Malecha, a retired computer professional. For most of his adult life, Geoff maintained a strict workout regimen and was quite healthy. A few years ago, his wife, Cassie, began to notice something alarming in Geoff's sleeping patterns. He would frequently snore and even stop breathing during sleep. As the situation progressed, Geoff would often choke in his sleep and awaken in a panic, gasping for breath. According to the American Sleep Apnea Association (ASAA), one of the main signs of OSA may be a complaint by your bed partner that you snore loudly or that you stop breathing repeatedly while you're asleep.

"That choking and gasping really got my attention," Geoff said. "It finally got me to finally see a physician about what was happening."

Then, the answer was delivered. While review-

ing the results of his sleep study, Geoff was told that he stopped breathing a total of 125 times per hour. Obstructive sleep apnea doesn't just leave you tired from a non-restful night of sleep. When you stop breathing, your heart beats faster, raising your blood pressure and increasing your chances of heart attack and stroke. Insufficient sleep can affect your job performance and ability to perform basic functions, like driving a car.

"My doctor recommended I begin continuous positive

airway pressure (CPAP) treatment," Geoff recalled.

The respiratory therapist fitted Geoff with a mask, and soon Geoff found himself waking up in the morning feeling like a new person. From then on, Geoff committed himself to using his CPAP device every night for a better night's sleep.

"One of my main concerns when diagnosed with sleep apnea was how I would feel (or my wife might feel) having a mask on my face, hooked by a tube to a machine for the rest of my life. But because it

has worked so well for both of us, my wife and I have accepted the device and have adapted our lives to include it. I take it everywhere because I do not want to try to sleep anywhere without it. It is just like brushing my teeth and putting on my pajamas," said Geoff.

"I sleep better because he sleeps better," said Cassie. I don't wake up during the night because he's choking or not breathing or making strange gasping sounds. That used to be awful and made me really anxious. I don't

think I ever really got into a deep sleep because I was always worried about whether Geoff was breathing. Now I have peace of mind about my husband's health, and I sleep much better as a result."

Sleep apnea is not complicated. It is an easily managed condition that won't slow you down.

Being motivated to better your health is essential in your journey to a restful night's sleep. For more information on sleep apnea symptoms and solutions, visit [www.WakeUptoSleep.org](http://www.WakeUptoSleep.org).



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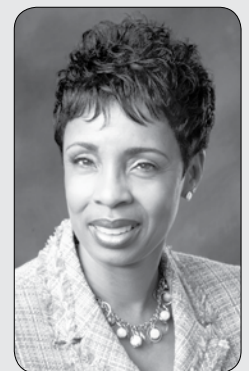


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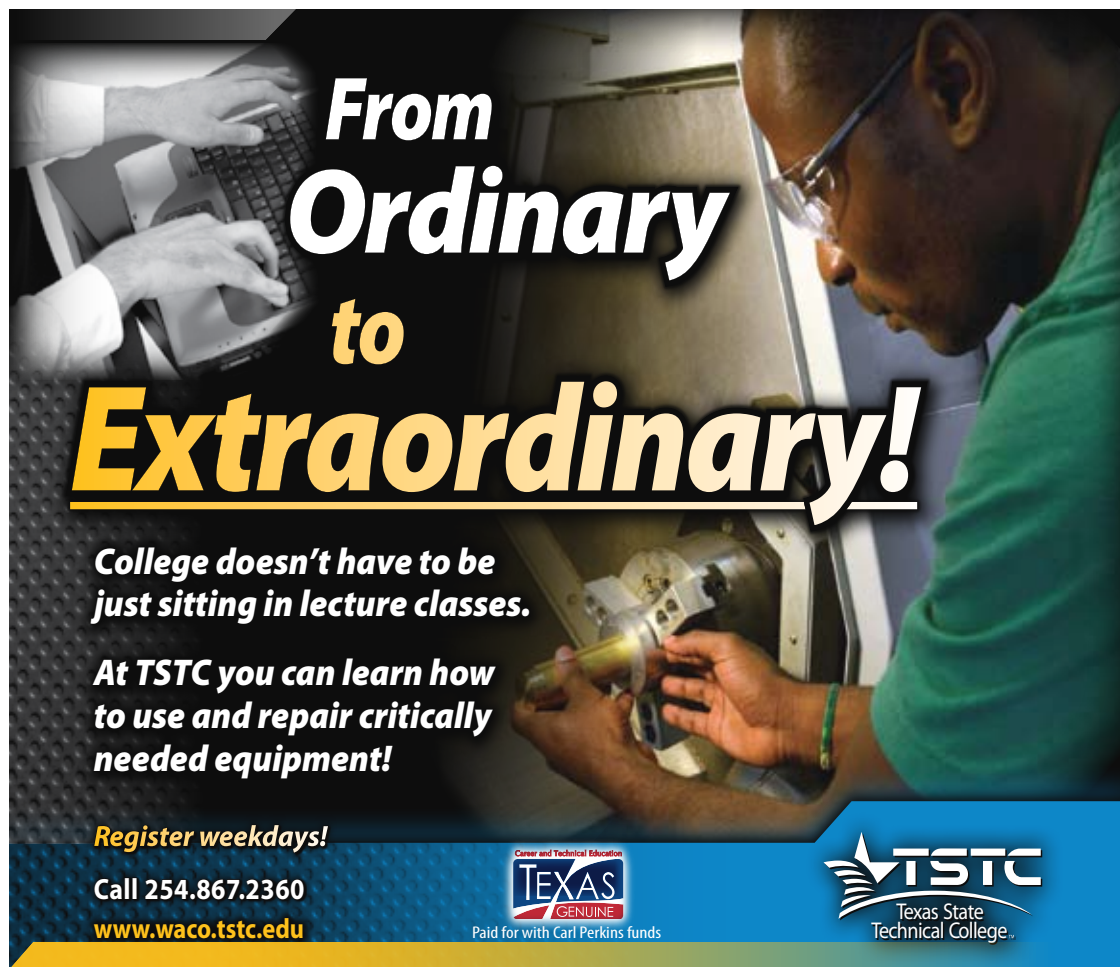
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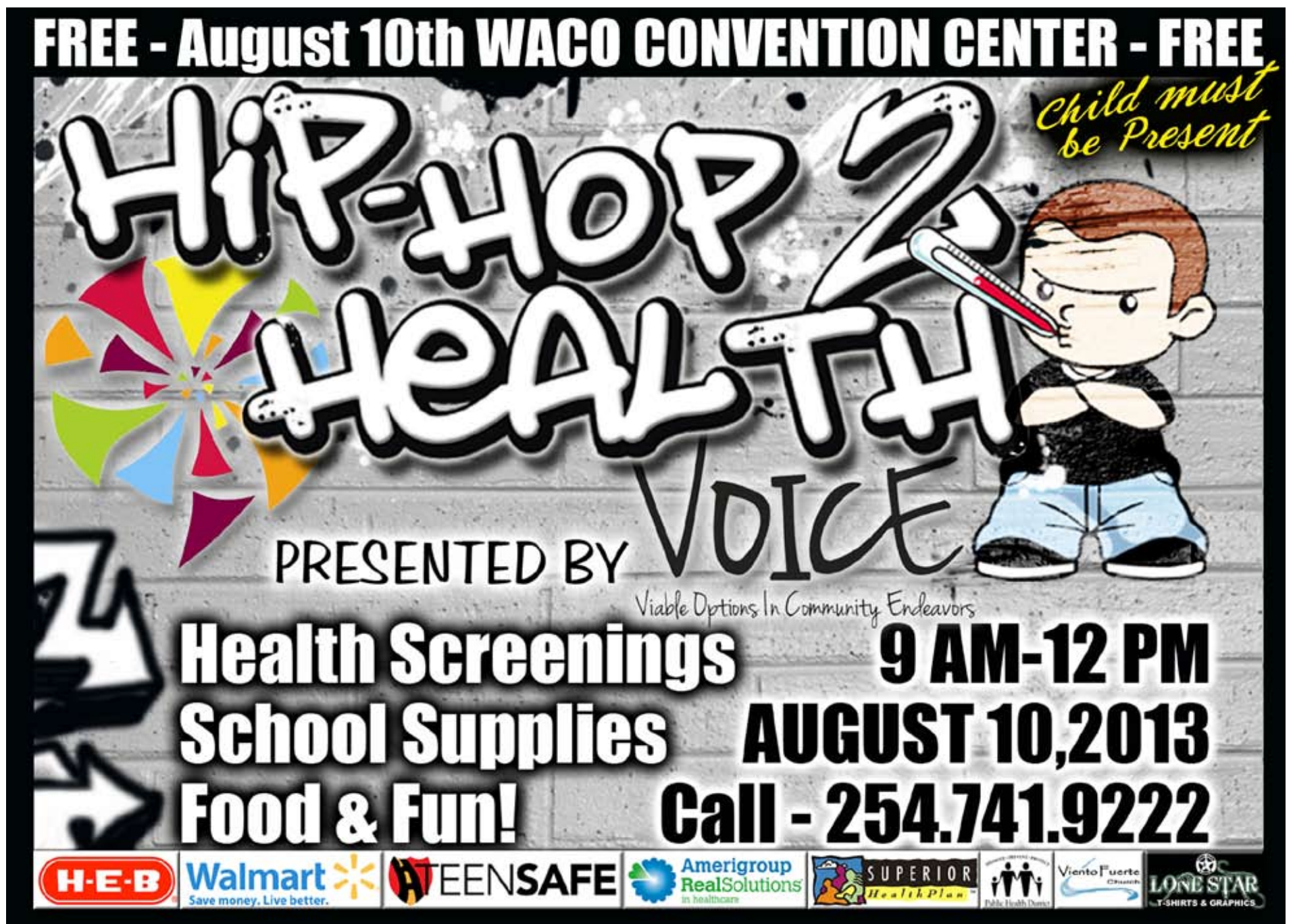
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# And God remembered Noah

By Mona Dunkin

I attended a spring conference hosted by High Point Church where Linda Austin Crawford, The Anchor Publisher, was the main speaker. It was great; an excellent combination of fellowship, food, fun and worship.

Linda's talk centered on forgiveness. In teaching the multitudes, Jesus noted that offenses will occur. That is a given. Whether or not the offense was deliberately perpetrated or whether it was our perception, being offended is a part of the human experience.

Jesus also talked about choosing to forgive. Even to forgive repeated offenses. Even to be as extreme as choosing to forgive an offender 490 times (70X7)!

To wit the apostles pleaded, "Increase our faith!"

Linda's teaching involves the etymology of words – what they meant originally and what they have come to mean through use. Case in point is a "mustard seed tree". The underlying message is that something so small (seed) can grow quickly and spread to mammoth proportions.

Whether or not the tiny seed is an offence that spreads to fill one's soul with puss pockets of unforgiveness or if it is the tiny seed of the Word of God that spreads hope and healing to a wounded spirit. Both are cultivated through remembering.

Failure to forgive self or others is fostered through remembering; keep in mind, dredge up, harken back to.



Mona Dunkin

Pain is compounded to a victim when she gains courage to confronts her abuser and he doesn't remember (will not acknowledge an indiscretion). Our pain would not be healed if we were courageous enough to seek God's comfort and he did not remember.

And God remembered Noah.

To remember has variations of meaning. What may be true in one stance may not be true in another. God's not remembering our past does not mean his forgetfulness but rather that he does not hold our past against us. Noah may have thought he was forgotten, but not so.

God never promised us protection from the storms of life. He never promised us passage through the storms of life. He promised us his presence in the midst of the storms of life. God's presence is there for whatever is needed; to comfort and sustain or to convict and convince.

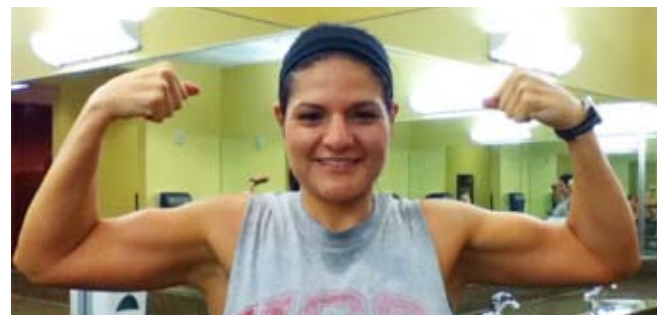
Whether we are the vic-

tim or the victimizer, God remembers and He loves us and woos us in spite of. Our past does matter - the good and the bad - it is just not paramount. The past does, to a degree, color our personality; it just does not determine our today or our tomorrows.

Forgiving and being forgiven are deep rooted issues. Not to worry, God remembers. Choosing to forgive – even taking a baby step in that direction - increases our faith.

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

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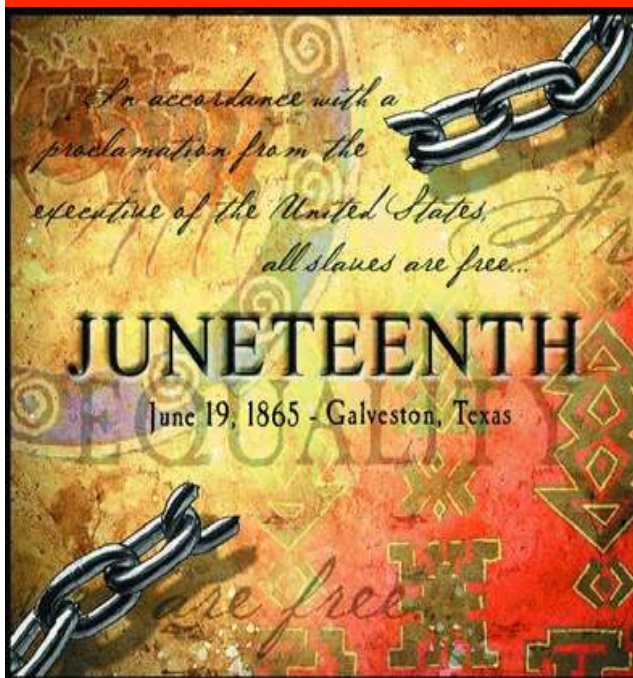
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Juneteenth is an annual observance on June 19 to remember when Union soldiers enforced the Emancipation Proclamation and freed all remaining slaves in Texas on June 19, 1865.

# Welcome to Bruise and Band Aid Season

**By Jennifer Snyder**

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

## Location, Location, Location!

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

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

## Stock it up!

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



Jennifer Snyder

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

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

your spouse) can read it.

## Be Diligent!

Regularly check your stock levels and expiration dates. You might not die from taking expired Benadryl, but you might.

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

Don't forget your sun block, it expires very quickly!

Have a Neat summer!

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

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## Tips for saving money

By Linda McDonald

**HOME WARRANTY TIP:** To clean your ceiling fan try sliding a pillow case over each blade and wiping them clean. The dust goes in the pillow case and can be repeated until all blades are clean. When you're done, take the pillow case outside and shake it to set those dust bunnies free!

Energy Tips for Summer Cooling to Save Money and Reduce Pollution

The average home spends almost 20 percent of its utility bill on cooling. Increased energy production to run cooling systems not only raises costs, it also can contribute to pollution that adversely affects the quality of the air we breathe.

Find the Best Thermostat Settings. If you have a programmable thermostat, program it to work around your family's summer schedule—set it a few degrees higher (such as 78 degrees) when no one is home, so your cooling system isn't cooling an empty house.

Use Ceiling Fans Optimally. Run your ceiling fan to create a cool breeze. If you raise your thermostat by only two degrees and use your ceiling fan, you can lower cooling costs by up to 14 percent. Remember that ceiling fans cool you, not the room, so when you leave the room make sure to turn off the fan.

Maximize Shade. Pull the curtains and shades closed before you leave your home to keep the sun's rays from overheating the inte-



Linda McDonald, ABR

rior of your home.

Reduce Oven Time. Use a microwave instead of an oven to cook, when you can. Ovens take longer to cook food and can make your house warmer, requiring your AC system to turn on to keep the house at a comfortable temperature.

Check Air Conditioner Filters. Check your cooling system's air filter every month. If the filter looks dirty, change it. A good rule is to change the filter at least every three months. A dirty filter will slow air flow and make the system work harder to keep you cool—wasting energy. Also, remember to have your system serviced annually to ensure it's running at optimum efficiency for money and energy savings.

Taken from a 2011 Press Release from the EPA (<http://yosemite.epa.gov/opa/admpress.nsf/1e5ab1124055f3b28525781f0042ed40/103d101e28c65b4c852578950053743cpendocument>).

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# When sin becomes a shame again, Part 2

**By Matthew Reed**

In Matthew 5, Jesus teaches his disciples their importance to the work of God. In verse 13, Jesus teaches "ye are the salt of the earth, but if the salt have lost its savor, where with shall it be salted? It is thenceforth good for nothing, but to be cast out, and to be trodden under foot of men." It is necessary for people of God to walk circumspectly. We as disciples of Christ must from these teachings understand our charge and calling. We are Christ's ambassadors. We represent the kingdom of God and must speak and teach those things that we are commanded.

Just as ambassadors from this country are not allowed to speak things of themselves, neither are we that are of the church. When we begin to deviate and teach things other than what God has ordained we lose our integrity because we are not speaking as the oracles of God. When we stop saying what the Bible teaches, we no longer speak for God. We as disciples must be careful to retain our integrity and the integrity of the Word.

Integrity means adherence to a code of values: incorruptibility-soundness-completeness. Job is a biblical example of a man



**Pastor and Mrs. Reed**

maintaining his integrity even though he was under great tribulation. Job 2:3 says, "And the Lord said unto Satan, Hast thou considered my servant Job, that there is none like him in the earth, a perfect and an upright man, one that feareth God, and escheweth evil? And still he holdeth fast his integrity, Although thou movedst me against him, to destroy him without cause." Some of today's church seem to have lost sight of whose business we are conducting. Jesus in Luke 2:49 declared to his mother at a young age, "I must be about my father's business."

I want to take this time to remind us, we are Christ's ambassadors. And

being sent by Christ we do not have authority to live as sinners and tell them that their sin is acceptable. Men excusing men does not change the commandments of God. First, we are the light, we are salt, we are their example, and we are God's witness in the earth. If sin is going to become exceedingly sinful, we the church must call sin sin and then live right. We have to be like Job especially in times like these, when the world is living in defiance of God Jehovah.

I offer a word of comfort and assurance to those of you who are living right and standing on God's word. Those that come against you will find themselves Haplessly fighting against

God. Don't be afraid. God has not given you the spirit of fear but of courage and a sound mine. Call sin sin! Who so ever falls on the stone shall be broken and who so ever the stone falls on shall be ground to powder. You see the word of God is in demonstration and power. You stand for God And God will stand for you. Ask Shadrach, Meshach and Abed-nego. Ask Daniel in the lion den. Do you feel me?

We must speak the word boldly as Paul and Peter and the rest of the disciples if we are going to shine a light on sin and cause sin to become exceedingly sinful again. When sin becomes shameful again—People that believe and do not wish to perish seeing sin for what it is will repent and be saved—no matter what their sin might be—whether homosexuality, adulterers, liars, thieves, haters, fornicators, etc, etc. No believer desires to go to hell and be cast in a lake fire forever. We being ambassadors for Christ have to stand and fight for that soul! The word of God is our weapon; that is why the world desires to silence us.

The soul that I speak of could be your father, broth-

er, mother, sister, daughter, son niece, nephew, grandchild, husband, wife or a dear friend. There is no phobia here; sin is sin and any one who is found in sin when God judges the world of sin is going to hell and be cast into the lake of fire where their worm dieth not! Amen! Do you feel me now?

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# The body, soul and spirit constitute the total person, Part 1

By Ruby McCray

The Apostle Paul ended his first letter to the church at Thessaloniki by saying, "Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again. God will make this happen, for he who calls you is faithful" (1 Thessalonians 5:23-24).

"And God said, 'Let us make man in our image, after our likeness: ...'" (Genesis 1:26a). "And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life, and man became a living soul" (Genesis 2:7).

God formed man's body from dirt; He blew His breath (spirit, life) into his nostrils, then that mass of dirt became a living soul. Therefore, man has a spirit and a soul that lives in a body. At death, all bodies will return back to dirt because God takes away His breath (Job 34:14-15). A Christian's soul and spirit will receive a new glorified body (1 Corinthians 15:35-57; 1Thessalonians 4:13-18). A sinner's soul and spirit go to hell, but he/she will not have a glorified body. Thus, we can conclude that the spirit and soul of man are eternal; they won't die (John 3:16; 14:1-6). A prime example of that fact is where two men died. The first one's soul and spirit went to heaven, and the second one's went to hell, and both of them still knew each other. Their earthly bodies went back to the dirt (Luke 16:19-31).

The body is the outer expression of who we are; it's the part that can be seen. The body comes in different shapes, sizes, colors, heights and appearances. Some bear characteristics such as handsome, beautiful, ugly, fair, homely, etc. But that is not who we really are; if one could only see the soul (heart) of man, there would be a different story to tell (Jeremiah 17:9-10). The body can be compared to the shell of a snail, whereas the soul and spirit, to the slug.

God named the man that He had formed out of the dirt, Adam. The word



Evangelist Ruby McCray

"man" in the Hebrew language is "adam", which means "ruddy, a human being, mankind", etc. God brought all of the birds of the air and the beasts of the field that He had already created in Genesis 1:21-25 to Adam so that he could name them. God said whatever name he gave them is what they will be called (Genesis 2:19-20).

He said that it wasn't good for Adam to be alone; therefore, He would make a helper who will be suitable for him. He put Adam in a deep sleep, took out one of his ribs, formed a woman, and brought her to him (Genesis 2:21-22). "And Adam said, 'This is now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man'" (Genesis 2:23).

Adam called her "woman", a man with a womb. Thus, the word, "man", in this scripture passage includes "woman" also. Adam named his wife, Eve, because she would be the mother of all living mankind (Genesis 3:20). However, God called them both, Adam. "...In the day that God created man, in the likeness of God made he him; male and female created he them; and blessed them, and called their name Adam, in the day when they were created" (Genesis 5:1b-2).

We have a tendency to place more emphasis on the body than the soul which houses our mind (intellect), will and emotion, and last of all, the spirit. We (male and female) want what we call the perfect body, the one that will turn heads. We spend a lot of time and dedication to it. Millions of dollars are spent yearly at the gyms, spas, beauty, bar-

ber, nails salons, at the doctors' office, vitamin shops, health food stores, on clothes, shoes, accessories, books for knowledge on body maintenance and performance, etc. We purchase and install floor-length mirrors with proper lightening to assure ourselves that things are as well as can be for the moment. Think about it, that's the part that will go back to the dirt.

I'm not saying that we shouldn't pay attention to the body because God

wants us to represent Him well. Those who are called by His name (John 1:11-12) are His temple in which He dwells (1 Corinthians 3:16-17; 6:19-20). He wants us to be beautiful (Ezekiel 16:1-23); but He doesn't want us to forget to beautify the soul so that it can be reflected through the body (1 Peter 3:1-13). How many times have I heard someone say, "He/She has a beautiful spirit?"

All Scriptures are from The King James Version of

the Bible except the first one. Please join me in July as I continue this study focusing on the soul and spirit, and how they are directly connected to our health and prosperity. You may not believe me, but...just what if I'm right?

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

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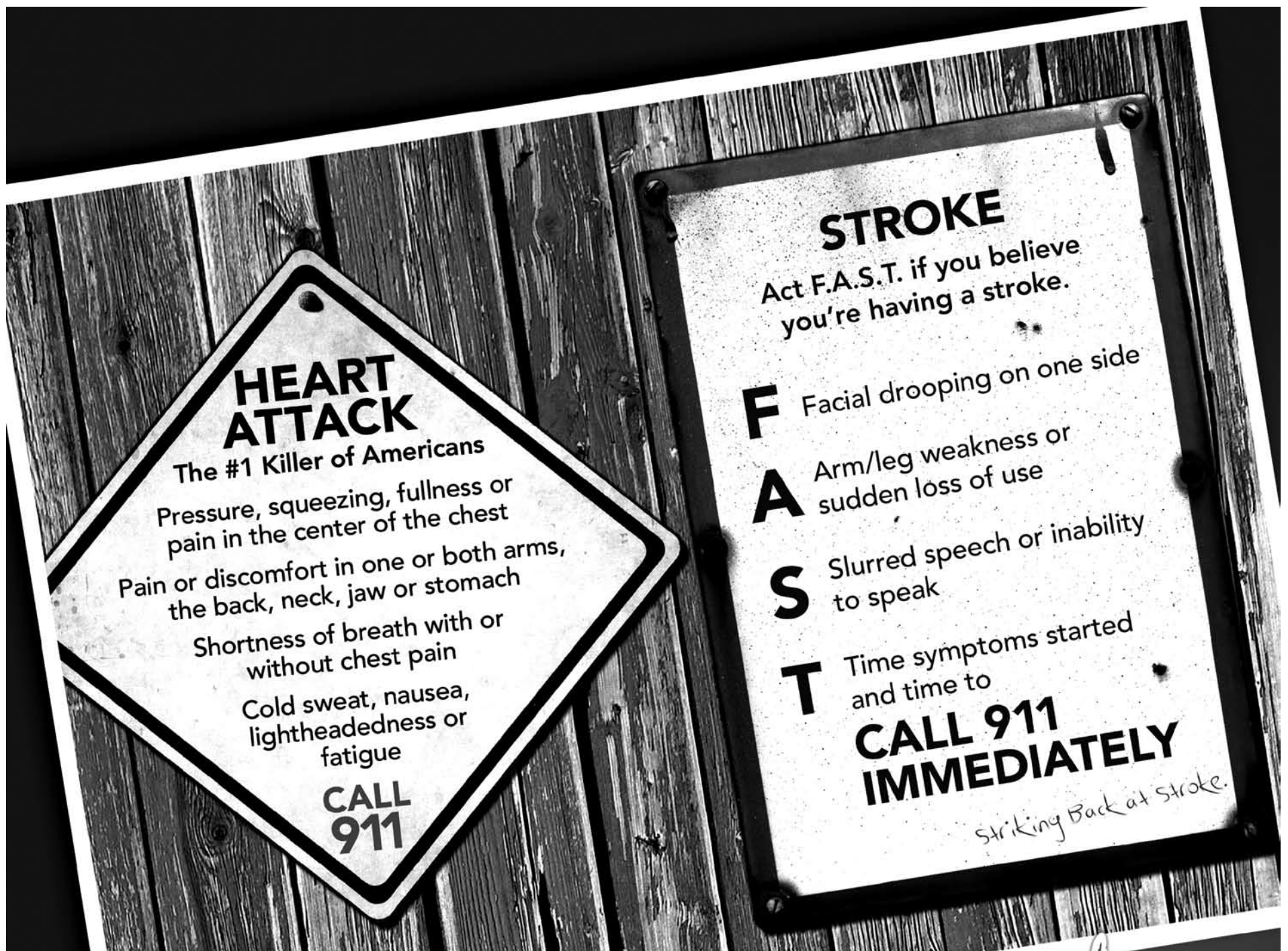
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## ABOUT THE PROJECT

This unique community-based project offers residents direct hands-on experience in the research, design, and execution of a major public artwork in their community. The Community Mural Project was guided by nationally-recognized muralist Dave Loewenstein. Loewenstein of Lawrence, Kan., is a prize-winning muralist, writer and print maker. His community-based murals can be found in several places across the United States, as well as Northern Ireland. Austin artist Catherine Hunt was selected as Mural Apprentice. She has worked on the creation and implementation of large-scale paintings, and teaching community art classes. The Mural Project was coordinated through Cultural Arts of Waco, whose mission is to "celebrate and promote the community's diverse artistic and cultural life; develop and enrich its cultural capacity; and champion the economic, social, and educational benefits of the arts in the Greater Waco area and beyond."



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