

THE ANCHOR NEWS
Serving the Central Texas Community
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Teen conference for girls and moms planned for May 3 in Temple

Teen aged years are often difficult for many girls to navigate and in a Social Media driven culture, where teen girls are inundated with the lifestyles of "Social-ites" such as Lindsey Lohan, Paris Hilton, Kardashian sisters, Selena Gomez, Beyonce and others, many are ill equipped to successfully maintain God like standards and values.

How do we equip teen girls to become "SociaLights" and shine bright in their faith in Christ while surfing the internet and partaking in Social Media? How do we prepare moms to better teach, train and help their teen daughters in a culture that is changing daily and becoming more and more hostile to Christians?

The iShine Central Texas Teen Girl's Conference - Becoming a SociaLight in a Dark World Conference will address Faith and Social Media and give girls the



Sherri Whitfield, MA

"apps," the Word of God, to challenge, encourage, and inspire them to Shine in Darkness through Christ in the current technology driven, social media society. Moms, who are also invited to the Conference, will be encouraged as they raise daughters to be successful in living out

God's plans for their lives.

As the mother of a teen aged girl, Sherri Whitfield, the Conference Founder, is concerned about the plethora of negative influences on teen girls through social media sites, the internet and television. She believes that the church at large has not been as proactive as it could be in hitting 21st Century topics head on. As a former public middle and high school educator, and presently as a pastor and business owner, Whitfield has seen how girls struggle with concerns that are foreign to most adults. She says, "The types of issues that our girls face today cannot be successfully overcome with three points and a poem."

Daily, teen girls face gender identity questions, bullying, pre-marital sex, drug use, and low self worth. They fall prey when they

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For centuries, women

Spilling the tea on health

By W.B. Gunter



Momma T

were the caretakers of nourishment, well being, and health for their families and extended families. They were healers who understood the science of nature. With the introduction of modern medicine, mass consumerism of the food industry, the knowledge that saved millions has become underappreciated. Fast forward to the 21st Century, women are leading the nation in heart disease. Diabetes, kidney failure, and cancers, in the age of pharmaceuticals have failed to sustain health. To resolve the issue will require a

look back at what worked well, and build upon that science, creativity, and will-

ingness to heal. This month, during National Women's Month is a good time to revisit the historical connections to health and well being.

The quest for improving women's health began at Tropic Breeze Restaurant located on 8th Street in the heart of downtown, Killeen. The owner, fondly called "Momma T," specializes in Caribbean cuisine. The food she prepares is made with the freshest ingredients, and the teas have beneficial properties that improve and sus-

See HEALTH Pg. 4

Robert Morgan's book, *Chronicles of Faith* available March 24th

By Linda Crawford

When he joined the U.S. Navy over two decades ago, Robert Morgan had no idea that his decision would have an impact on him today. As a sailor, he explained, he quickly realized that he needed something to help him cope with the many months at sea. He turned to writing short story fiction, and as a result, will soon release his first book, *Chronicles of Faith*.



Robert Morgan

With his passion for reading, Morgan can easily get lost in an interesting book. During his Navy stint, he found that he could also get lost in his writing. The process has always been so easy for him, even as a child. Where others struggled with writing assignments, Morgan found the tasks quite inspiring. With a matchless imagination, he could turn the longest, most boring assignment into an interesting and intriguing story.

Not surprising, especially since his favorite author is Florida native Zora Neal Hurston. Hurston has been called The Storyteller of the 20th century, churning out folklore and eccentric material in her novels and short stories. Her writing style relies on the use of Black dialect, figurative and very descriptive language, as well as biblical refer-

ences. Morgan's work is very similar.

His first attempts at writing came about for his own satisfaction. He loved making up stories and colorful characters. He loved reading about his own characters and getting to know them, but when his mother was diagnosed with Cancer several years ago, he began blogging, sharing his imagination with his mother. At the time, he lived in Seattle and his mother lived in Dallas.

"In order for me to be closer to her, I started a blog. My mother would read my blog and tell me time and time again that I could write a book. So in a sense my mother influenced me to write." But his oldest sister, Carolyn, is also Morgan's fan. "She has been telling me for as long as I can remember

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J.L. and Linda Crawford

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

Grudges hurt: How to forgive and forget

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

Sound familiar? It's impossible to navigate the world without ever running into conflict with another person. But carrying grudges can be destructive to your emotional and physical wellbeing. In 2009, researchers at the Department of Psychology at Medical College of Georgia published a survey, which revealed that those who don't for-

See GRUDGES Pg. 14

Dr. Lafayette Fernandez Chaney, Sr. (Uncle Chaney) goes home

March 27, 1917 -
February 28, 2014

Dr. Lafayette Fernandez Chaney, Sr. made his blessed and grand entrance into the world on March 27, 1917. He was born the second child out of three in Waco, Texas to proud and loving parents, Adell and Tom W. Chaney.

He was educated in the public schools of Waco and Le Vega Independent School District. He graduated from Moore High School in Waco, Texas. Dr. Chaney received both his Bachelors of Arts and Bachelors of Divinity degrees from Paul Quinn College. He received his Master of Arts degree from Texas Southern University and studied in the doctorate program at Baylor University from 1968 to 1975. In August 1982, he received his doctorate in higher education from Texas Southern University.

He taught mathematics and science at Moore High School in Waco, Texas for twelve years and was principal of Oakwood Elementary School in Waco, Texas for eleven years. From 1972 to 1986, he taught mathematics and psychology at Waltrip Senior High School in Houston. During the same period, he was an adjunct professor of mathematics and psychology for Houston Community College.

Dr. Chaney's professional memberships and honors are varied: past president of Waco Classroom Teachers Association, Waco Administrators Association and the Central Texas District Teachers Association. In 1965, he was nominated for "Who's Who" among professional men in Texas. He was



Dr. L.F. Chaney

a member of the American Association of University Professors, Phi Delta Kappa and Alpha Phi Alpha Fraternities.

Dr. Chaney was pastor of the following churches: Little Tehuacana Baptist Church in rural Waco, Texas; Sweet-home Baptist Church in Mexia, Texas; First Baptist Church in Thornton, Texas; Second Baptist Church in Itasca, Texas; Shiloh Baptist Church in Madisonville, Texas and served as Senior Pastor for over 50 plus years at Damascus Missionary Baptist Church in Houston, Texas.

He served in the following positions: Senior Advisor of the Youth Convention of the General Baptist Convention of Texas, Teacher of the Youth Department of the National Baptist Convention of America, Director of the Ushers and Nurses of the Independent General Association of Texas, member of the Evangelical Board of the General Baptist Convention of Texas and President of Union Bible College in Houston.

His crowning glory was to complete his life as Senior Pastor of Damascus Missionary Baptist Church. During

his years as pastor, he successfully held the congregation together during their homeless years from May 25, 2003 through September 2, 2007, while the new church at its current location was being constructed. He also made history by appointing the first female minister at Damascus Missionary Baptist Church, Evangelist La-Sandra Easter. Dr. Chaney was well qualified in his calling both religiously and academically. He was an outstanding leader and has influenced the lives of many through his teachings. Under his leadership, Damascus Missionary Baptist Church has grown spiritually and financially.

On Friday, February 28, 2014, God requested the presence of our beloved Dr. Lafayette F. Chaney, Sr. and he departed this life at 9:30 a.m. He was preceded in death by his loving wife of 57 years; Vera Eddie Snelgro-Chaney, his parents; Tom W. Chaney and Adell Chaney-Edwards, his brothers; Alonzo Chaney and Jobie Edwards, his sisters; Theresa Chaney-Crawford, Dorothy Edwards-Givens and Willie Jean Edwards.

He leaves a lifetime of love and memories with his devoted son, Lafayette "Bobby" Fernandez Chaney, Jr.; his daughter in law, Ila Janet Warren-Chaney; his grandson, Lafayette "LJ" James Chaney; his brother, Bob W. Edwards; his devoted sister in laws, Dorsia Snelgro-Cook, Virginia Snelgro-Barrett, Lillian Snelgro-Hill and Roxie Snelgro-Pierce; his brother in laws, Burl Barrett and Girland Snelgro; his devoted niece, Dorothy Sue Givens-Perkins; his nephew, J. L. Crawford (Linda); one surviving cousin, Leo Vivian Chaney; and a host of other loving nieces, nephews, cousins, church family and friends.

At his Home Going Celebration, a Houston city councilman hailed Dr. Chaney as one of the most humble servants in the city. Two State Representatives attended his visitation and sent representatives to the funeral. The many, many proclamations and honors included a flag flown over the White House in his honor last week and a personal letter from President Barack Obama.

We miss you already, Uncle Chaney!

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.

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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.

SUBSCRIPTIONS

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MORGAN

Continued from page one

that she thinks I am the greatest man ever. That type of support and influence deserves the title of my biggest fan."

Born in Denver, Colorado, Morgan was just two years old when his family moved to Winnfield, Louisiana. He has always heard that there is some truth in fiction, and his work is no different, he said.

"*Chronicles of Faith* was written with my hometown in mind. I often thought back to my childhood and how being raised in a small town helped mold me into the man I am today. I came up with the character [Faith] after revisiting the classic Huckleberry Finn. I thought to myself that I could write a story with wit and laughter that could get a message across too."

Faith is raised in a single-parent household with other siblings. Very adventurous and naive, he learns many lessons, among them, that every-

one in the Bottom, is not necessarily a neighbor.

Since the author has several other books in the making, his fan list is bound to increase, and while Morgan gives his biggest fan position to his sister, I, too, am quite a fan of his writing. I edited one draft of *Chronicles of Faith*, and I will tell you that you should not start reading unless you have plenty of time to finish the book in one sitting. You will, and I repeat, you will discover that you can't put it down.

Morgan's expectations are quite clear. "I want to leave my readers with a sense of belonging. I want them to be interested in the characters enough to care about them and to somehow glean a lesson from my writings."

You will find *Chronicles of Faith* (\$11.99) on Barnes and Noble shelves as early as March 24th or check it out at Amazon.com. Please see the synopsis in this issue of *The Anchor News*.

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Top 25 legal problems plaguing today's Americans

By **J. L. Crawford,**
Independent
Associate

A recent study revealed that nearly 60 million Americans have some type of legal issue. According to the information reported, these working Americans dealt with at least one legal issue in the last year. However, a high percentage of these people could not afford the assistance of an attorney to help them with their dire situations. The highest area of needs included auto and traffic problems, specifically accidents and tickets. Another high need area included family issues, such as child support, adoption and divorce. A third area involved trust funds, wills, estates, and rental contracts. One particular problem that is sweeping the nation is Identity Theft.

Look at the list below (from <http://www.legalshield.com/top25legalissues/>) If you are experiencing or have experienced or could experience one of the is-



J.L. Crawford

suues on the list, you need to give me a call, so I can help you "live more and worry less."

- Automobile accident
- Identity theft
- Execution of a contract
- Inherited property
- Secured a home mortgage/refinanced home
- Filed bankruptcy
- Divorce
- Friend who owes you money files for bank-

ruptcy

- Speeding ticket or traffic violation
- Injured someone accidentally
- Prepared a will
- Leased a vehicle
- Marriage
- Challenged a will
- Leased an apartment or home
- Creditor taking legal action
- Set up a trust
- Adoption of a child/Child Support
- Became executor of parents' estate
- Property was damaged while in storage
- Was subpoenaed
- Dog bit someone
- Vehicle damaged while parked on street
- Sued by tenant

Is your challenge listed above? Preexisting problems are covered, so give me a call at 254-717-4927. Hurry. With LegalShield, We can help you "worry less and live more." Please see the ad on page 9. *J.L. Crawford, Independent Associate*

African American men at risk of high blood pressure

(NewsUSA) - One to three adults in the United States will have hypertension, commonly known as high blood pressure (HBP), in their lifetime. The condition can be a predecessor for heart disease and stroke, the leading causes of death in the United States. Ideally, adults should keep their blood pressure reading at 140 or under for the top number (systolic) and 90 for the lower number (diastolic).

People who have diabetes or kidney disease should have numbers under 130/80. "Approximately 41 percent of African American males have nearly double the incidence of HBP, compared to their Caucasian counterparts," said Anil Hingorani, MD, a vascular surgeon at Maimonides Medical Center in Brook-

lyn, NY.

"Black Americans are more likely to have diabetes, high cholesterol, obesity, smoking issues, and high salt and fat in their diet -- all risk factors for developing HBP.

In addition, they develop HBP at younger ages than other ethnic groups in the United States and are more likely to have complications associated with HBP, including stroke, kidney disease, blindness, dementia and heart disease."

Dr. Hingorani noted that Black Americans may be affected by stress due to racism, socioeconomic status, educational level, lack of access to quality care and insurance, and living in racially isolated neighborhoods, resulting in a higher incidence of HBP.

"Some Black men do

not like the current medical system, taking medications, or meeting regularly and talking with one health professional for consistent HBP measurement," said Dr. Hingorani, "and some don't seek out preventative care because they don't feel any symptoms.

As a result, they do not control the ups and downs of their blood pressure." All Americans can get high blood pressure. Dr. Hingorani recommends that people meet with their health professional to get regular blood pressure checkups, and if needed, take the proper medications as prescribed by their physician to lower their blood pressure.

To learn more about your vascular health, visit the Society for Vascular Surgery's website at www.VascularWeb.org.

HEALTH

Continued from page one

tain health. In the words of Mama T, "It is all from Africa, and these recipes have been handed down from one generation to the next." Her aunt, a chef was her mentor.

Momma T brings to the table some of nature's

bounty. She pulls out grass like bundle with a fragrant aroma. "It's called lemongrass or fever bush. A tea made with lemongrass will break a fever." Like all teas, it is important to know how to properly prepare them.

Lemongrass is no exception.

Soursop is the name of a fruit tree. The fruit is very sweet and is native to Mexico, Cuba, Trinidad, and tropical islands. A tea that aids with sleeping can be made by boiling

the leaves. With the fruit trees, the leaves are often used for tea making.

Similar to the soursop, is a very delicious fruit known as the sugar apple. The sugar apple tree is unique because it can be shaped like a hedge, or they can be grown like a tree. The fruit has an unforgettable flavor that is very sweet.

Manikara zapota, commonly called, sopadilla, is used for making tea. The liquid from the sopadilla was once an ingredient in making chewing gum. The fruit is overripe when allowed to soften on the tree. In order to ripen a sopadilla, the fruit must be plucked while it is still hard. It is then placed in a box with paper, or put in a hole that has been dug out.

Moringa is a fruit that has been used for almost all diseases. It can be crushed into a powder, used for tea, and it grows like a flower tree. Every part of the moringa is usable, the roots, stems, leaves, pod, and the trunk. It has a high nutritional value. The moringa leaves are odorless and tasteless. Unfortunately, "The trees and plants are being poached. The natural healthful properties are taken, poisoned, and then passed off as medicine by large corporations willing to pay the locals large sums of money to jump into yards to steal the leaves and plants. In my home, we use it naturally, but once it has been altered, it's called medicine, and I refuse to be poisoned."

Breadfruit is another food that is healthy. It's in the mulberry family. The taste is bland like rice or potato, but it can be boiled, baked, roasted and prepared in many ways. It can be found in grocery stores specializing in foods from Puerto Rico.

In 1787, Captain Bly brought breadfruit to St. Vincent and the Grenadines from Tahiti. No one on his ship would eat it, so with what was left, he traded once he reached the islands. The flavor

was not the most appetizing, and breadfruit was used to feed slaves. It took some time to master ways to use the fruit in a way to make it edible. It has become an important food for reducing world hunger in a nutritional way.

Ackee is a fruit that is used on fish. The ackee fruit is safe to eat only when it is allowed to bloom on its own. Forcing the ackee to open any other way will render it poisonous.

Mauby tea is made from the bark of a buckthorn tree. The bark is boiled for at least 30 minutes. To make a tea, add ginger, orange peel, anise, and other spices or tea leaves. It has a licorice flavor, and refreshing taste.

One more fruit used to promote health is the guava. "They grow large. As children, we'd eat so much that when you go to the bathroom, all you'd see would be guava seeds." Like all of the other fruits, the leaves are good for you too.

If there is one fruit that women should have in their diet, it has to be cranberry. Cranberries, when consumed as a tea or juice, promotes a healthy urinary tract. Try 100% cranberry juice in combination with other teas or alone.

If there are foods you would like to see at your local grocers, ask for them. The greater the demand, the better the odds are for getting the foods you need in your diet. Visit the grocery stores that specialize in natural, organic, unprocessed foods. Good health begins with good nutrition, not just food. Before trying to make your own teas, it may be wise to consult an expert like Momma T. Wellness is a choice.

To learn more, visit Momma T at Tropic Breeze Caribbean Restaurant located at 815 N. 8th St., Suite 100 in Killeen, on Facebook or call, (254) 501-8513. Store hours are Monday – Saturday from 11:00 a.m.-7:00 p. m. with extended summer hours. Momma T is also available for catering graduations, birthdays, and other events.

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**OFFER EXPIRES
MARCH 31, 2014**



Managing the digital to-read pile

By Jennifer Snyder

We all love interesting information and it is everywhere. According to the New York Times, the average person is exposed to more than 100,000 words every day – that is the equivalent of 175 newspapers worth of information. To get a clear picture, that is the equivalent of covering the entire Continental US and Alaska in a 7-foot high stack of Twilight novels. Now, how on earth do we deal with all the interesting (and not so) information? Believe it or not, it is possible to manage all of this data without being overwhelmed or drowning. The key is boundaries; boundaries with your time and your digital space.

First order of business, acknowledge these three key principles (that can make your life much better on many levels):

1. My time and attention are the most valuable things I possess.
2. There is too much stuff on the Internet for me ever to read it all.
3. I will be super-choosy about what I read and where I spend my time.

Social media

Resist the urge to be everything to everyone. One or two social media platforms should suit you just fine. It is not necessary – unless it's your job – to spend time on every single one. Facebook and Pinterest are the most popular but you decide.

Once you are there, it is also not necessary to Like or Comment on every single post. Be super-choosy here because if you comment, you will be receiving emails whenever anyone else posts, which can easily overwhelm your inbox. It is also a good thing to clean out those you follow periodically. Everyone you follow should bring value to your life. If not, then it is very easy to discreetly remove them from your feed. They will not be notified. Less is more when it comes to social media too.

RSS feeds

If you use RSS to read blogs and other news sources, you will want to review your list periodically as well. Once each quarter is a great place to start. If you find yourself skipping over articles consistently, go ahead and remove them for a while. Should you decide you miss it, you can always re-subscribe. Many

people tend to suffer from a heavy case of the "shoulds": I should read this...I should follow her...etc. It is perfectly ok to do what is best for your mind and spirit. Try www.bloglovin.com to manage those you are interested in but do not need in your inbox.

Email newsletters

If there is something that comes into your inbox and doesn't get read, just unsubscribe. Unfortunately, it is not possible to unsubscribe from your boss or your mother-in-law. Sorry.

News and magazine apps

Again, only keep what brings value to your life. Again, if you decide that your

life is fuller and richer with the information at your fingertips, sign right back up.

Pocket, Instapaper, and other read-it-later tools

Give your self a loose deadline for items categorized "to read later". If a week has gone by and you haven't given the article a second thought, you probably won't. It is science – the Law of Diminishing Intent. The longer you go without performing or completing an activity, the less likely you are to do it – ever.

Being super-choosy means different things to different people. Know yourself and what you are capable of completing – and be honest. Keep your priorities in proper alignment and you will be golden.



Jennifer Snyder

Happy reading and have a Neat day!

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

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E.O.A.C. Waco Charter still serving the community

The E.O.A.C. - Charter School is one of the first and oldest Charter's in the Waco area. The Waco Charter School is based on the philosophy that all students can and will learn.

The goal of the Charter School is to provide a quality education in a safe and secure environment for every student. This will help to allow each student develop the skills, knowledge and values needed to become productive and contributing citizens.

The comprehensive school plan includes all areas of academic curriculum, including basic life skills, ESL certified teachers, Art, Afterschool Photography program, Community in Schools (CIS), Baylor-Mentor Program



Sabrina Gray

and a active Parent Teacher Organization (PTO).
Currently E.O.A.C. - Eco-

nomic Opportunity Advancement Corporation, administers six programs and maintains a staff of two hundred and thirty employees. A fifteen member Board of Directors oversees the agency reflecting 6 counties in various areas of representation. E.O.A.C. continues to honor the commitment to serve those in need in its service area.

Programs are Early Head Start, Head Start, Community Services, Child Care Services, Weatherization, Tennant Rental and the E.O.A.C Waco Charter School.

For more information, please contact Sabrina Gray, Principal, at 615 N. 25th St. Waco, Texas 76707, 254-754-8169 or fax, 254-754-7389.

Accidental grace or clumsiness

By Mona Dunkin

You have had times when life flows effortlessly when all the pieces fit together. A plethora of events - including people and places - collide for accidental grace.

Or an accidental mishap?

When something negative happens that we did not knowingly choose, it is often labeled as an accident. It may seem to have 'just happened' but in truth all the conditions were met.

All accidents, happy or otherwise, are intentional. Events are intentional even though we may loudly protest that we did not intend to... (fill in the blank).

And that is the crust of the problem. All accidents, positive or negative, are life displaying itself by design or default.

Can we set ourselves up to lean toward grace—to be accident-prone toward happy outcomes?

Yes!

It's called by a number of names like meditation, self-evaluation or living in the now.

Life becomes more gracious when we live on purpose—when we let our-



Mona Dunkin

selves know that we are making the choice to do or not to do, as in, choosing to drive distracted and thereby greatly increasing a wreck outcome. (Note: A wreck is a by-product of reckless driving - or living.)

Embrace the act of being aware of what you do and taking full responsible for the outcome of such action and not just every now and then. The proof is in the practice. Neuroscience says we can build new pathways in our brain that will reroute our thinking and become our new default

position thus eliminating old habits of thought and action.

You can cultivate the habit of being fully present and mindful and engaged and happier. Practice until it becomes habit. Practice - like the habit of brushing your teeth - where you feel fuzzy until you meditate. Practice until a new supersonic highway bridge is built over the old reactive turbulence.

That is not to say that others are not contributors, but it is to acknowledge that you have no control over the part they play. It is to say that you will lean toward positive influence as you interact with clarity, grace and calm.

Every area of your life benefits - relationships, work, health - everything is enhanced through meditative self-evaluation and conscious decision making. Go on. Not only is the proof in the practice but also practice makes permanent.

Mona Dunkin, *Solution Principles, Maximum People Development*. Please remember us for your training needs. mona@monadunkin.com.

Living right before God

By Matthew Reed

We can live right before God. As a matter of fact it's mandatory in order to receive the promises of God. Many serious Christians do not know how to live right before God. Living right before God is not the outward appearance. The fig tree outwardly appeared to have fruit. Thinking according to the word of God is righteousness.

If you look upon a woman or man to commit adultery without confession and repentance you are not living right. Thoughts either make you a sinner or saint before God. Mark7: 21 says For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders, 22 Thefts, covetousness, wickedness, deceit, lasciviousness, an evil eye, blasphemy, pride, foolishness: 23 All these evil things come from within, and defile the man. Paul gave Godly counsel finally my bretheren whatsoever things are lovely, whatsoever things are pure etc, think on these things.

Remember God looks at the heart. Evil thoughts and deeds are to be repented of. We can live right. If the righteous deeds we perform are not of the fruits of the Holy Spirit (in the name of Jesus) it's not righteousness. Remember God is a spirit and we are spiritual. The lie from the devil is that we cannot live right.

Living right in the eyes of Jehovah is a learned thing. (Luke 20:21 And they asked him, saying, Master, we know that thou sayest and teachest rightly, neither acceptest thou the person of any, but teachest the way of God truly): The only way a Christian can live right in the eyes of God is according to His word.

I am not getting legalistic. I hope to inspire you to search the scriptures and believe and receive them. Hosea 4:6 says "My people are destroyed for lack of knowledge: The heart of the prudent getteth knowledge; and the ear of the wise seeketh knowledge."

When we come to Christ we must come as a little child(not questioning). To live right before God, one must have knowledge that is of the scriptures. The scriptures teach righteousness that is of God and acceptable to God. God has the heaven and hell and the power to determine where a soul goes. So let us see what are the instructions of the scriptures, concerning righteous living before God.



Pastor and Mrs. Reed

This teaching is for bible believers. I am not called to give unbelievers faith but to help the faith of believers! The only source I have is the King James Version of the bible. I

John 1: 8 says "If we say that we have no sin, we deceive ourselves, and the truth is not in us.9 If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.10 If we say that we have not sinned, we make him a liar, and his word is not in us. These scriptures interpret themselves. They say that if we have a sin and say it's not sin we're fooling ourselves. One group that fits this mold today is the homosexual community. They, for an excuse, say they were born that way. That being the case the murder was born a murder, the serial killer was born a serial killer, the polygamist

a polygamist etc., etc... Remember I am preaching righteousness according to the word of God. I am not preaching discrimination or hatred; I am preaching salvation. And I don't care who you are and what your logic is and who is taking your side. If God says it's sin, it's sin and your are going to have to confess it as sin and repent .

(Mark 1:15) | "And saying, The time is fulfilled, and the kingdom of God is at hand: repent ye, and believe the gospel). If you want to go to heaven. in verse 9 God's inspired word to the new testament church, says you need to confess your sins.

There are no excuses, no

exceptions, no other way. He then promises to forgive us and to cleanse us. In other words if we confess our sins and repent, Jesus the Christ covers our sin. Repentance and confession is the way to live right. With God there is no other way.

If in your pride or hard heartedness you refuse to call your sins sin, you are calling God a liar. God takes that personally. God has given all mankind a way to live right. If we humble ourselves to the scriptures, we live right before God. That's what counts.

Watch your thoughts, guard your heart and humble yourself to God. Thou shalt be saved.



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Linda McDonald, ABR

MCC Community Programs to offer babysitter certification on April 5th in Waco

By Gabriela Gatlin, Community Programs Coordinator

MCC Community Programs offers a set of babysitter certification courses in April. National Safety Council Babysitter Certification Training; April 5th; 10:30am- 3:30pm; Cost: \$90.

Get certified training by The National Safety Council for babysitters, child care and nursery workers. This fun and fast-paced training equips you to be a safe child care provider and will provide confidence and enhance your capability to secure babysitting jobs.

This course includes a free first aid kit, handouts and instruction on the following: Safety First (house rules and conditions, safety, fire); Sitter Basics (diapering, bottle feeding, burping, spoon feeding, crying,



Gabriela Gatlin

preparing for bedtime, behavior problems/solutions, discipline, sitter's checklist); and basic First Aid.

Please bring a snack and sack lunch. Babysitter CPR Certification; April 26th; 10:30 am - 3:30 pm; Cost \$90 Learn the skills needed to re-

spond to emergency situations when babysitting. Through mock emergency first aid scenarios, you'll learn how to apply slings, stop bleeding and respond to emergency situations.

This fun and interactive class will review skills learned in the original BLAST babysitting class, plus you'll receive an official two-year certification in first aid and CPR.

You will receive a first aid/CPR handbook for all first aid injuries and procedures (also available for download to a smartphone or laptop), first aid/CPR wallet ID card and classroom handouts. Please bring a snack (some snacks provided) and sack lunch.

To register please call 299-8888. Please register with the name as it should appear on the certificate of completion.

A race well run

By Kenny Grisham

If you were to find a long difficult race to run where in the past, few had made it to the finish line and you found out that if you didn't complete the race you would be shot dead in your tracks, would you choose to participate? Probably not.

Unfortunately, success is viewed a lot like that. Because that view is so prevalent, many choose never to participate in the event. We tend to only use monetary value as an indicator as to whether someone has been successful. If they didn't make a lot of money, they must not have been a success.

What if I told you that the race went places you could not go unless you participated. You would meet people, fascinating people along the way and see things you have never seen. You would do things you didn't know you could do. Now it sounds more enticing and by the way, no one will shoot you if you don't make the finish line. It's the experience that makes you successful and if you see only the single gauge of money as being the teller of your journey, you will miss all the other things that



Kenny Grisham

come with success.

This race called life is a single event. If the only one thing you seek you never find you will not be a success but if you experience the full impact of the journey, you will start out as a success and complete the race with astonishment every single day. If you participate, you with your senses awake, you are a success and the awards are handed out on a daily basis.

Kenny Grisham is the owner of The Affordable Sign Guys. He can put a sign on anything. Contact him at 254-300-1516.

Answer Key

BEAUTY	JENNIFER
E S E A O E	
RICHARD	MATILDA
R E G O H I L	
YEAR	PENNY YVES
A P L T	
WARNE	ALICE
H O R R F E	
ARNIE	ROYAL
T Z Y O	
SWAN	KELLY RUSH
Y F W F I O O	
OLIVIER	STEWART
U L O A A E	
RESIDENT	DANIEL

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Waco McLennan NAACP Chapter

By Peaches Henry

After a period of low visibility, the Waco McLennan National Association for the Advancement of Colored People (NAACP) chapter is re-emerging as a voice for social justice in McLennan County. The Waco McLennan NAACP has a long legacy of social justice in the area, according to Lawrence Johnson who served as the group's president in the 1990s. The chapter wants to grow its membership so that it can follow the example of Rev. William Barber and the NAACP in North Carolina, who Dr. Peaches Henry says, are shining a powerful ethical, moral, and spiritual light on social injustice through the Moral Mondays campaign.

At the Martin Luther King Day Wreath-laying Ceremony in January, the local chapter kicked off its 2014 membership drive with the goal of attracting people interested in joining the civil rights organization's ongoing fight for equal education, healthcare, civil rights, and opportunities. Since the membership kickoff, interest in the chapter is growing vigorously. The group's Facebook page is drawing heavy traffic, and individuals are calling NAACP president Rev. Larry Brown asking how they can join. "We are seeing the chapter regain the passion and energy it had when it was one of the leading chapters in the state," said Minister Eula Brown, NAACP secretary.

The second phase of the local chapter's membership drive, which begins in April, will focus on institutional memberships such as churches, sororities, fraternities, businesses, and civic organizations like the Links, Inc. In particular, the drive will focus on inviting local churches to rejoin the ranks of the NAACP. The relationship between the NAACP and the Church is longstanding. The Church has provided spiritual guidance, financial support, and infrastructure support by allowing chapters to hold meetings in their buildings. Second Baptist Church, the only church in Waco with a life membership in the NAACP, boasts several past



Waco McLennan NAACP Political Action Committee chairwoman Nellie Elarms (far left) attends the Texas Democratic Women's state convention with NAACP members Ruby Sterling (left) and Callie Watkins and Peaches Henry, NAACP Membership chairwoman (far right).

presidents including Rev. M. L. Cooper and Phyllus Flowers. "We need the churches and civic organizations to get back in the fight," Henry remarked.

The NAACP has wasted no time in becoming active in the community again. It is supporting the national NAACP organization's initiatives beginning with the Affordable Care Act. In partnership with Get Covered America, a nonprofit group devoted to helping individuals enroll in health care through the new Healthcare Marketplace, the Waco McLennan chapter hosted an information and enrollment session at Carver Park Baptist Church in February. According to Betty Beard, the chapter's Health Committee chairwoman, "The NAACP's fight for justice includes access to affordable healthcare. That's why we are working to get the word out to our community about the Affordable Care Act." The chapter will host a "last chance" information and enrollment session on Sunday, March 23 at Antioch Baptist Church ahead of the deadline for enrolling in health insurance through the Healthcare Marketplace which is March 31.

The chapter is working locally on voter education and registration. In the realm of voter education, the chapter

is working to educate African Americans about their rights and the elections process. For instance, many individuals believe they are not allowed to vote if they have been convicted of a felony when, in fact, they can vote as long as they have fully discharged their sentences. This is the type of education the local NAACP chapter intends to provide. The chapter is also educating the African-American community about the new Texas Voter ID law. In addition, McLennan NAACP members are getting deputized to register citizens to vote and are applying to become precinct judges so that the sanctity of the voting process is maintained for all citizens.

On February 22, Nellie Elarms, the chapter's Political Action Committee chairwoman, traveled to the Texas Democratic Women's state conference in Austin where she attended training sessions on getting out the vote and on educating individuals about the importance of off-year elections. "We must light a fire under people in Waco to get them involved in the election process. They must understand that those who want to limit our civil rights never stop thinking of ways to do so," Elarms warned. "It is during low turnout elections such as this year's

that people are elected who pass laws like the Stand-Your-Ground law," declared Elarms.

She noted that the chapter will kick off a voter registration drive in the spring in preparation for the November election. As the election nears, the local chapter will be working to get out the vote.

"The verdict in the Trayvon Martin trial and its exposure of the national prevalence of Stand-Your-Ground laws, the Supreme Court's gutting of the Civil Rights Act, voter suppression efforts across the nation and in Texas, and attacks on civil liberties in general have awakened my generation to the role of the NAACP," stated Henry, who serves

as the group's Membership Committee chairwoman.

"As Ohio State Senator Nina Turner said repeatedly in 2012 when state legislatures across the country were engaged in rampant voter suppression, 'When your hair is on fire, you better act like your hair is on fire!' Our hair is on fire," declared Henry. "We need to act like it."

The Waco McLennan NAACP meets on the fourth Saturday of each month at 4PM at 419 E. Johnson (Children of God Created for Glory Worship Center). Contact the membership chairwoman, Dr. Peaches Henry, at mockingbird1129ph@aol.com. Visit the group's Facebook page to learn about upcoming activities.

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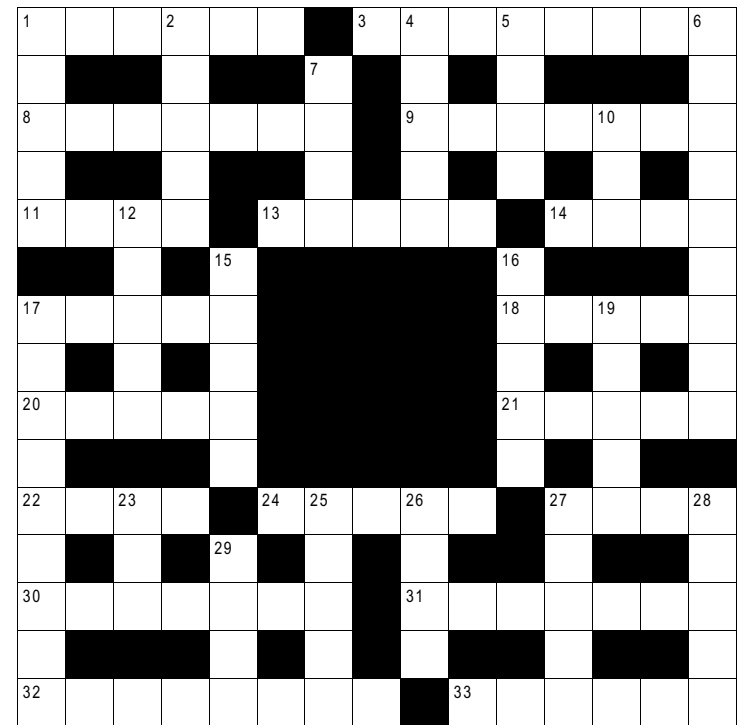
- 1. Teams are paired together for a chance to win \$100,000 prize money in the reality show – And The Geek Australia (6)
- 3. Valentine's Day actress, – Garner (8)
- 8. Virgin founder, – Branson (7)
- 9. Michelle Williams' daughter (7)
- 11. Steve Carell comedy, The 40 – Old Virgin (4)
- 13. Kaley Cuoco's character in The Big Bang Theory (5)
- 14. French fashion designer, – Saint Laurent (4)

- 17. Former international cricketer engaged to Liz Hurley, Shane – (5)
- 18. She's Out Of My League actress, – Eve (5)
- 20. Arnold Schwarzenegger's nickname (5)
- 21. Anne Hathaway comedy, The Princess Diaries 2: – Engagement (5)
- 22. Natalie Portman played mentally unbalanced dancer Nina in Black – (4)
- 24. Former Destiny's Child group member, singer – Rowland (5)
- 27. Australian police drama with Rodger Corser as Law-

- son Blake (4)
- 30. French actor engaged to the actress at 1 down, – Martinez (7)
- 31. Actor who plays Jake in Packed To The Rafters, James – (7)
- 32. Sci-fi action flick, – Evil: Afterlife (8)
- 33. TV's Wild Boys star, – MacPherson (6)

DOWN

- 1. Halle – won an Oscar for her performance in Monster's Ball (5)
- 2. R&B singer who collaborates with David Guetta on the track Without You (5)
- 4. Champion Aussie swimmer, – Sullivan (5)
- 5. The Perfect Man and TV's The Good Wife actor, Chris – (4)
- 6. Hugh Jackman robot boxing flick set in 2020 (4,5)
- 7. Biopic with Keira Knightley, The – Of Love (4)
- 10. The Strangers actress, – Tyler (3)
- 12. Battle Los Angeles star, – Eckhart (5)
- 15. Celebrity blogger, – Hilton (5)
- 16. Adam Sandler comedy, I Now Pronounce You Chuck & – (5)
- 17. Anna Faris and Chris



See answer key on page 8

- Evans rom-com, – Number (4,1,4)
- 19. Movie based on the true story of conman Frank Abagnale, Catch Me – Can (2,3)
- 23. Australian film award (1,1,1)
- 25. Charlie St. Cloud star, Zac – (5)
- 26. Actress who stars as

- teacher Bianca Scott in Home And Away, – Gormley (5)
- 27. – Atkinson plays the title role in Johnny English Reborn (5)
- 28. Don Chedle war drama, – Rwanda (5)
- 29. Classic children's story translated to the screen in 2009, Where The – Things Are (4)



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Filing extensions without penalties and interest

(NewsUSA) - If Uncle Sam's generosity to offer extensions on filing your tax returns sounds too good to be true, it probably is. So, what's the catch?

When an extension is filed, it is just an extension on the time to file; it is not an extension on the time to pay. If a taxpayer owes \$1,000 on a personal return and files an extension, he or she has until October 15 to file the return. But, if the \$1,000 is still owed on April 15, interest and penalties start to accrue.

To avoid paying a penalty, make as accurate an estimate of your tax liability as possible, based on the information you have. If it appears you will have a balance due, make a payment before April 15. If your information changes between the extension and the actual filing of your return, at least you will have minimized your penalty.

"If filing your return

by April 15 of this year just isn't going to happen, there are actually several ways you can request an automatic extension of time to file an individual return," says Betsey Buckingham, EA, an enrolled agent with David C. Murray and Company, Inc. of Troy, Ohio, and president of the National Association of Enrolled Agents.

"You can e-file the 'Application for Automatic Extension of Time to File U.S. Individual Tax Return,' which can be found on the IRS website (Form 4868), or you can print that application out and mail it to the IRS," she says. "All or part of your estimate of the income tax due can be paid with a credit or debit card, or by using the Electronic Federal Tax Payment System."

You can find a list of service providers on Form 4868 through which you can pay your tax debt by phone or Internet. Just

make sure to hang onto the confirmation number, in case the IRS comes calling later.


If the IRS does come calling this year, get in touch with a licensed tax professional. Only en-

rolled agents (EAs), CPAs and attorneys have unlimited rights to represent you before the IRS. The term "enrolled agent" reflects that an EA can act as your agent before administrative levels of the

IRS -- meaning he or she can talk to or meet with IRS in your stead.

To find an enrolled agent in your area, visit the searchable "Find an EA" directory at www.naea.org.


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Kelvin Edwards
by Fan Minnitt

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Why it's time to start drinking more water

(NewsUSA) - While it may not be a cure-all, the benefits of drinking water are numerous. So, why do Americans find it so difficult to sip from what is arguably the fountain of youth?

Answers vary, but the fact is, one in 10 Americans drink zero cups of water per day, according to a study by Dr. Alyson Goodman, a medical epidemiologist for the Centers for Disease Control and Prevention. Zero.

"Water is vital for life," she says. "Many health risks decrease when you drink plain water."

Which is why, she says, the results are "mind-boggling."

Robert Eakle, CEO of Alkame Water, agrees. "Without water, no living thing can survive," he says. "It affects every area of our life and is an essential part to maintaining proper health."

The following reasons should help you discern why choosing water over any other drink is the better option:

* It balances body fluids. Your body is composed of about 60 percent water and performs vital functions such as protecting your organs and tissues, regulating your body temperature and carrying nutrients and oxygen to your cells -- essentially it keeps your body running like a well-oiled machine.

* It keeps skin looking good. Water

moisturizes your skin and functions as a protective barrier to prevent excess fluid loss (think free anti-aging cream). In addition, it can keep your skin fresh and smooth.

* It boosts the immune system. Those who guzzle water are less likely to get sick. This crystal-clear concoction helps fight against flu, cancer and other ailments -- especially if your water has mild alkaline properties such as those found in Alkame Water. Including ionized water in your daily intake can give your immune system a boost through added antioxidants, improve aerobic capacity, enhance energy levels and, through a patented technology that alters the molecular structure of water, hydrate your body more fully.

* It can help control calories. While drinking water may not be a weight-loss strategy per se, substituting it for higher-calorie or sugar-filled beverages can help by removing byproducts of fat, filling you up so you're not noshing. It also acts as a natural appetite suppressant and raises your metabolism.

Alkame Water, Inc. is a wholly owned subsidiary of Alkame Holdings Inc. (OTCQB: ALKM). For more information about Alkame Water and its health benefits, visit www.alkamewater.com.

Last chance info/enrollment for Affordable Care Act planned for March 23



Enroll America director Kelly McDonald, Waco McLennan NAACP Committee chairwoman Betty Beard, and Rogers Adams of the Centers for Medicare and Medicaid Services Dallas Regional Office are pictured at the information and enrollment session at Carver Park Baptist in February.

By Peaches Henry

On Sunday, March 23 at 1:00 P.M. the Waco McLennan NAACP and Antioch Baptist Church will host an information and enrollment event ahead of the deadline on March 31 for the Affordable Care Act. After the deadline, individuals who have not gotten health insurance will be subject to the penalty. Antioch Baptist is joining African-American churches across Texas who are hosting events to help spread the word about new insurance options that are available as well as financial help that most Texans qualify for to help them get covered. Trained presenters will give the ABCs of the Affordable Care Act (also known as Obamacare) and will be on hand to answer questions at the event. Afterwards individuals will be able to consult privately with certified application counselors who will have computers to help them enroll in health insurance on the spot or make appointments to meet at a later date.

"One in four people in McLennan County is uninsured," said Carver Park

Baptist Church pastor Dr. Gaylon Foreman. African Americans are more likely to have to go without health insurance and face more, and often great, disparities in health risks, compared to other groups. Researchers believe as many as 17,000 currently uninsured people in our area now have the chance to get coverage because of the Affordable Care Act. In the past, uninsured Texans with pre-existing conditions were often denied health coverage benefits, especially when diagnosed with life threatening illnesses. Under the new health care law, no one can be denied coverage because they are sick or have a pre-existing condition like asthma, diabetes or even cancer. "This is a step forward for health care justice," declared Foreman whose church hosted an information and enrollment session in February.

Many people do not realize that nearly ninety percent of individuals who get healthcare through the Health Insurance Marketplace will be eligible to receive financial assistance to pay their premiums. An

individual making at least \$11,490 will qualify for assistance. "I helped a young person enroll in insurance through the Healthcare Marketplace last week," said one Enroll America volunteer.

"With his government subsidy, his monthly premium will be \$19." During the information and enrollment session at Carver Park Baptist Church in February, a breast cancer survivor was able to get affordable health insurance which would have been impossible before the Affordable Care Act. Government help paying premiums is not the only plus to obtaining insurance through the Health Insurance Marketplace. Some individuals will also qualify for help to pay their copays. Antioch Baptist Church pastor Rev. Delvin Atchison encourages Wacoans to come out to learn about their new insurance options in the Health Insurance Marketplace and get enrolled before the deadline.

For information on the healthcare session at Antioch Baptist Church, call 254-754-1558.

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GRUDGES

Continued from page one

give can experience more pain disorders, heart disease and stomach ulcers.

"Holding onto negativity causes harm to the one who won't forgive," says Dr. Matthew B. James, president of The Empowerment Partnership, and a teacher of an ancient Hawaiian spiritual science, called huna.

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

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

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

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

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

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

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

Waco ISD job fair set for April 5

Have you ever thought about a career in education? There are many great opportunities for employment in education and many people don't realize that it's not necessary to be a teacher to receive all the benefits of working with children every day, or the luxury of working on a school calendar.

Waco ISD is now recruiting qualified individuals to fill a variety of positions, including: teachers, coaches, instructional aides, counselors, nurses, assistant principals, clerical staff, custodians, cafeteria workers, police officers, security guards, maintenance (trade labor), and grounds keepers, just to name a few.

To offer prospective teachers and support staff the opportunity to learn more about Waco ISD and visit with campus principals and department supervisors, the District will host a job fair on Saturday, April 5, 2014, from 9 until 11:30 a.m. at the University High School Gymnasium, located at 3201 South New Road.

The Waco ISD Job Fair will give interested job seekers the opportunity to meet human resource representatives and distribute copies of their resumes and letters of interest. There will even be rooms dedicated for on-location job interviews.

There are many great reasons to work for Waco ISD. Among them, the District offers competitive salary and stipends. To view the teacher pay scale, visit www.wacoisd.org/payscale.

The District offers employees a variety of health and wellness benefits. Employees who work a minimum of 20 hours per week (and are members of the Teacher Retirement System of Texas) are eligible for group health insurance coverage, effective the first day of the month following their date of hire. At their own expense, employees may purchase health insurance for their spouse or children, and also enroll in supplemental insurance programs through the District's third party administrator, First Financial. Premiums for these programs are paid through payroll deduction.

Waco ISD has made a commitment to recruit and retain the most highly qualified educators to serve the students of Waco. This commitment led to the creation of a teacher mentoring program called Waco ISD SUCCEED. Waco ISD SUCCEED focuses on the core principals of building meaningful mentor/mentee relationships, increased professional development in the areas of teaching strategies and classroom management, and the oppor-

tunity to observe established teachers.

Through the Waco ISD Education Foundation, teachers receive financial support to fund their creative programs that otherwise would not be covered by tax dollars or the general budget. In addition, support from the community, especially through programs like Adopt-A-School/Partners in Education, Volunteer Invest Prepare (VIP), Waco ISD's Wish List, and LEAD Mentors, provide classrooms with a wealth of outside resources.

The District has a close affiliation with Baylor University, McLennan Community College, Tarleton State University, and Texas State Technical College. Relationships with these institutions of higher education help to strengthen every educator's knowledge of curriculum, instruction and assessment in a way that allows him/her to make informed instructional decisions so that s(he) maximizes every student's potential for learning and ability to meet high academic standards.

To find out more about the Waco ISD Job Fair, please visit www.wacoisd.org/jobfair. You can also find a list of current jobs available at Waco ISD at www.wacoisd.org/joblist. For information, please call 254-755-WISD.

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The body, soul and spirit constitute the total person, Part 10

Continued from the February issue of The Anchor News.

By Ruby McCray

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

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

The breath of God is the life of mankind. Job said, "The Spirit of God has made me, and the breath of the Almighty gives me life" (Job 33:4). "If God were to take back his spirit and withdraw his breath, all life would cease, and humanity would turn again to dust" (Job 34:14, 15).

King David said that all living creation have God's breath. "...if you turn away from them, they panic. When you take away their breath, they die and turn again to dust. When you give them your breath, life is created, and you renew the face of the earth" (Psalm 104:29, 30).

Man is a triune being who



Evangelist Ruby McCray

has a soul and a spirit that live in a body. Several of these articles have taught about the body, and several have focused on the soul. These final three articles will direct our attention to the spirit of both man and God. "The spirit of man is the candle of the Lord, searching all the inward parts of the belly" (Proverbs 20:27, King James Version). "The Lord's light penetrates the human spirit, exposing every hidden motive" (New Living Version).

The born-again human spirit is the only part of mankind that is able to communicate with God. "Jesus replied, 'I tell you the truth, unless you are born again, you cannot see the kingdom of God...I assure you, no one can enter the Kingdom of God without being born of water and the Spirit. Humans can reproduce only human life, but the Holy Spirit

gives birth to spiritual life. So don't be surprised when I say, 'You must be born again.' The wind blows wherever it wants. Just as you can hear the wind but can't tell where it comes from or where it is going, so you can't explain how people are born of the Spirit" (John 3:3-8).

Born-again believers are controlled by the Spirit of God who lives in them. If they do not have the Spirit of Christ living in them, they don't belong to God. "And Christ lives within you, so even though your body will die because of sin, the Spirit gives you life because you have been made right with God. The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you" (Romans 8:9-11).

Jesus explains how born-again believers are able to communicate with the Fa-

ther. He said, "But the time is coming—indeed it's here now—when true worshipers will worship the Father in spirit and in truth. The Father is looking for those who will worship him that way. For God is Spirit, so those who worship him must worship in spirit and in truth" (John 4:23, 24).

"We know that God doesn't listen to sinners, but he is ready to hear those who worship him and do his will" (John 9:31). The only prayer that a sinner can pray that will get God's attention is a prayer of repentance of sins (Luke 18:9-14). "The Spirit alone gives eternal life. Human effort accomplishes nothing. And the very words I have spoken to you are spirit and life. But some of you do not believe me...That is why I said that people can't come to me unless the Father gives them to me" (John 6:63-65).

The Holy Spirit will even help a born-again believer pray in the spirit when he or

she doesn't know what to say. "And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words. And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God's own will. And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them" (Romans 8:26-28).

Please join us in April as we continue this study of the spirit of both God and mankind. You may not believe me, but...just what if I'm right?

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

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Phase Organic Cafe, a nutritional oasis

By W.B. Gunter

The phrase, "A healthy mind begins with a healthy body," is more than a catchy slogan. Nutritious foods sustain organs like the brain, skin, kidneys, liver, heart, and begins first by what is ingested and digested. From the tongue to the colon, the process of digestion should not take days. Finding wholesome organic nutrient rich foods are conducive to living without pain or experiencing symptoms of forgetfulness, obesity, unpleasant body odors, or loss of concentration. Correcting habits to improve dietary needs and bodily functions is a quality of life choice. Take a look at the people closest to you, and ask, "Are they experiencing the quality of life I want for them? Am I doing the best for my health that I can?" Then ask, "Am I a contributing factor?"

In a nation where communities are scattered with food deserts, and little to no access to fresh foods, nutritional deficits present a crisis to millions of people. Phase Organic Café is an oasis of goodness filled with delicious, organic, and beautifully prepared meals. The family owned business opened its doors in February, 2011. Proprietor, Alice Hill states, "I started with clothing and fabrics. God had another plan, and it was health. I cooked for friends and family, who encouraged me to expand and cook for others. So, I started cooking at semi-



Alice Hill

nars, and it took off." "We are not a fast food restaurant, and if time permits, we are willing to share information."

Each course is served in the order best suited for proper digestion. The juices should be consumed first because they digest in the least amount of time and they boost digestion. Refreshing smoothie drinks are made upon request." We use only the freshest organic produce in season." According to Hill, they "make juice that balances flavor while providing the body what it needs. Green drinks should be consumed within 2 days, and we will recycle our jars. On the menu are entrees with names inspired by women. The names of the dishes are uniquely created. Customers choose from a variety of salads, wraps, and drinks." From the 18th through the 28th of March they are offering a special deal.

Besides tasty mouth watering entrees, Phase

Organic Café's classes on health and nutrition are available. To register for a class, please call (254-462-7178)." You will hear something you never heard before, and when you get this information, you will want to research farther." The next class will be held April 5th. Guests are asked to arrive at 5:00, and the meeting will begin promptly at 5:30 followed by a meal. The price is \$10.00. One of the topics of discussion will be bone and joint health.

At Phase Organic Café, "I will tell you how to prepare your food. Good health is a lifestyle. It's an adjustment to something you aren't used to, and it only takes 21 days." If a person has been obese from the age of 12-22, that's 10 years of sickness. Someone diagnosed with hypertension at the age of 20 who has been treated for 30 years, is a person who has been sick for 30 years. The years of preventable diseases takes its toll on the organs. Maintaining good health is a lifestyle choice. "Begin making a step towards health by increasing water intake. Weigh yourself. Divide your weight in half. That's how many ounces of water you need to drink each day. If you slowly drink ½ your body weight in ounces of water, you will feel better, see an improvement in skin and digestion." "Drinking slowly will prevent the sudden urge to empty your bladder.

As children, we understood something was wrong if we were unable to rid our bodies of waste. Elimination of waste is an indication of overall health. As children grow into young adults, digestion and elimination are overlooked and in some instances viewed as something to be ashamed about. Adults with busy schedules, limited time for establishing digestive routines may experience problematic pain and bloating.

Symptoms of incomplete waste elimination can include headaches, fatigue, sickness and irrational thought patterns. "Learning to detoxify and properly eliminate waste by flushing the body with water is very important. Keep in mind, laxatives and medications add chemicals to the body. Water flushes out what the body does not need. A colonic cleanse and fasting is a time to relax, not rush. Detoxifying is a time to get quiet. Think of it the same way you would a spa treatment. Treat yourself well during this time. The more relaxed you are, the better the process will be."

Fasting allows the mind to focus on matters other than food because "It's spiritual and provides a sense of clarity and renewal. It also trains your body to rely on your inner thoughts and meditations. In the event of a disaster, your mind will be able to cope without hunger."

Some wonder why Phase Organic Cafe provides so many services and nutritional instructions. "Because I care about your health," Hill explained. "I do what I say I do. If I ate all the wrong things, and tried to convince you of a healthier way to live, I'd be lying. I can't be obese and tell you how to maintain a healthy weight. My father told me, 'A person's word is no good if they don't do it.' When you walk into Phase Organic Café, you will see the energy, feel the positive attitude, and be taken in by the beauty." "I've had people come back over time, saying, look at me." They may have been overweight, had health issues, or lacked energy, and when they come back feeling and looking better, that's a blessing." "I've had a doctor of one of my clients come in the restaurant. He came because when he saw one of his patients, she had lost the weight, controlled her numbers, and her health had improved. When he asked the patient what she

was doing, she told him, she was going to Phase Organic Café." Since opening her doors, several doctors have called to speak at the classes that Hill hosts every two months.

Genealogy class will begin May 3 from 10:00AM-2:00PM. Participants are encouraged to bring computers, binders, sheet protectors, and data storage devices. For a complete list, please register for the class that will be presented by historian, and Olympic sports trainer, Eric Gaither. By connecting family histories to the present, participants will be able to unlock the mysteries concerning health while learning about who they are.

Phase Organic Café has been the launch pad for several businesses. From restaurants, designs, clothing, home décor, business consulting, seminars, and classes, Phase Organic Café is a hub where dreams become a reality by putting God first. As her business grows, the future of Phase Organic Café may come in the form of expansion.

To visit the Harker Heights, restaurant, take the Indian Trail exit. Phase Organic Cafe is located in the McDowell Plaza, on the corner of Beeline and Indian Trail, Suite 205. Visit the Facebook page for Phase Organic Café for more information. From the 18th through the 28th of March they are offering a special deal.

Besides tasty mouth watering entrees, Phase Organic Café's classes on health and nutrition are available. The next class will be held April 5th. Guests are asked to arrive at 5:00, and the meeting will begin promptly at 5:30 followed by a meal. The price is \$10.00. One of the topics of discussion will be bone and joint health. To register for a class or seminar, you must call (254) 462-7178. Business hours are Tues-Fri., 10:00 AM-6:00 PM.

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Mrs. Sabrina Gray

Art on Elm Avenue gearing up for big crowd

By Honey Jenkins

What began as a small community event has quickly turned into one of the most anticipated events of the Spring in Waco! Art on Elm Avenue is a pop-up art exhibition and community event that features fine art, music, food and more!

Art on Elm Avenue began in 2010 as an effort from NeighborWorks Waco to help aid in developing the city's urban areas and to celebrate the artistic culture thriving here in Waco. The event began as an idea from a consultant, Michael Schubert. Schubert studied and familiarized himself with Waco, concluding that Waco was lacking something that other major cities have: an arts district.

His idea seemed simple enough, but how could NeighborWorks Waco help to make this dream of an arts district come true for Waco? NeighborWorks really wanted to help bring an arts culture to life in Waco, and with all of its work in East Waco and the suggestions from Schubert, NeighborWorks chose to try and help make East Waco the Waco Arts District. There is so much culture and vibrancy in East Waco that the organization decided it was definitely the perfect place to start the event. "We thought an event showcasing local artists would help to establish an artsy vibe and also create a commu-



nity buy in," explained Roy Nash, Executive Director.

The first Art on Elm Avenue planning sessions quickly began and included many community leaders, artists and volunteers. Organizers chose a date, artists submitted their artwork, and musicians and crafters lined up to submit their applications. After searching for a location to hold the event, organizers chose an old abandoned building with a cool industrial feel on the corner of Elm Avenue and Dallas Street. Art on Elm Avenue was a go!

Around 500 people attended the event that first year! NeighborWorks heard from many afterwards how much they enjoyed the event. Organizers were elated to see that people were on board with their plan, and to the delight of many, they decided to make

Art on Elm Avenue an annual event.

The Third Annual Art on Elm Avenue will feature more artists, more vendors, more food and even more musicians than any prior year! The event will feature many activities for children and adults alike, including a live artist performance, a children's craft area and musical performances from over four different musical groups. This year's event will be held on April 12th from 10 a.m. to 3 p.m. on the corner of Elm Avenue and Dallas Street. The event is a free community collaborative event and is open to the public.

For more information about Art on Elm Avenue including how to submit artwork, submission guidelines and vendor details, please visit ArtOnElmAvenue.com or call 254.752.1647.

Remote control

By Ronald Oliphant,
Author of *South Side of Dallas and Love*

Bones

When I was a child I watched television with my parents and could listen to whatever was playing on the radio. Because these days sex, violence and a murder are at the beginning of every CSI television show, family viewing is no longer a good idea. Parents who watch *Scandal* or *Being Mary Jane* must remove the kids from the room. If you want to listen to a radio station that plays hip hop and R & B, kids are listening to something that is instructing women to dance like strippers and men to sell drugs. Radio stations are no longer family friendly, and songs littered with sex drugs and getting drunk at the party lead the Billboard chart.

I grew up in the 70's and 80's and so I remember when hip hop had a message and those who rapped about the street at least told the truth. The radio could not use certain profane words and sexual suggestions. The world as we knew it no longer exists. It has become acceptable to not allow children to be children and separate them from adult situations. In our schools children take to the classroom what they hear and learn from home. What does it mean when they cuss and fight and act sexual toward each other?

The root of the problem can always be traced back to the home. If Momma curses around the baby then the baby will curse. The child only knows what it sees and hears. Music and television must be monitored. I remember catching a whipping, not a spanking, for cursing in class. "Boy! Don't you ever embarrass me like that in front of people again." My momma said it and meant that. I had to say "Yes sir" and "Yes ma'am" to my elders. You can always tell good parenting. If the teacher had it out for me and was lying



Ron Oliphant

about my terrible behavior in class, that was just my bad luck. My parents believed the teacher and I was going to learn a hard lesson that night.

I was never around profane adults. Kids played together and only hung around parents when it was time to go inside because the sun was going down. My mom was watching *Laverne and Shirley*, *Happy Days*, *Different Strokes*, *The Jefferson's*, *Gimme A Break*, *The Facts of Life* and so many more that were not so bad that I had to leave the room. It was not until the late 80's and early 90's when I began to hear and see the change. Sex on TV became okay and it did not matter what the sexual orientation was. Violence became more realistic and we graduated from a gunshot, to a blood spill to dead people lying on the ground, opening the show.

Although we cannot control what is being played on the radio and television, we do have control of what we watch and allow our children to watch. Remember, in the movie *What's Love Got to Do with It*, Tina Turner's mother said "There can only be one sinner in this house, and that's me!" Choose what your children can watch, and listen to, until they can make their own choices. Hopefully by then, they will be able to make quality decisions about what they ingest.

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CONFERENCE

Continued from page one

are not rooted and grounded in their faith. While many attend church, often times they do not have the ammunition to successfully disarm the "new norms" that society is constantly pushing. Girls must be equipped to help them live out their faith in a culture where ungodliness is preeminent.

The influence of media outlets is tremendous and hostile to Christians. How can the Church successfully reach a generation in the midst of "anything goes"? Whitfield is convinced that we must find innovative, creative, cutting edge and high energy ways to effectively reach our children. The iShine conference, although faith based, is not only for Christian girls. Girls from all walks of life can benefit by attending.

Speakers include Janie Martinez, a Baylor graduate, who has zeal and passion for the things of God and has dedicated her life to helping others realize and pursue the plans and purposes that God has for the life of each individual. Martinez is a youth pastor along with her husband, at Mighty Wind Worship Center - Waco. She is also the Center Director for Care Net Pregnancy Center. Shirley Langston, Founder and Executive Director of Restoration Haven,

Inc., in Estella Maxey Public Housing and aq Dallas Baptist University graduate will host the special lunch breakout Session for Moms. Langston's passionate story of victory and triumph raising two children, as a single mom, will inspire mothers to live a life of godliness for their daughters to model. Stephanie Daniels, SMU graduate, is a youth director, along with her husband, at Covenant Church Colleyville campus. Daniels' love for God as a young child and dedication to God has helped her overcome many personal challenges while pursuing God's vision for her life.

The iShine Conference is Saturday, May 3 at the Sammons Community Center in Temple. The registration fee of \$20 covers conference materials, lunch and a t-shirt. Attendees can register through Paypal on the facebook event page - iShine Conference for Teen Girls and Moms. For more information contact Sherri Whitfield @ 749-0653 or ishine-brightest@gmail.com

Sherri Whitfield, MA, is a mother of a 14 year old daughter. She and her husband Judge Whitfield are Founding Pastors of Restoration Covenant Church in Rosebud and are owners of Happy Kids' Academy in Woodway.

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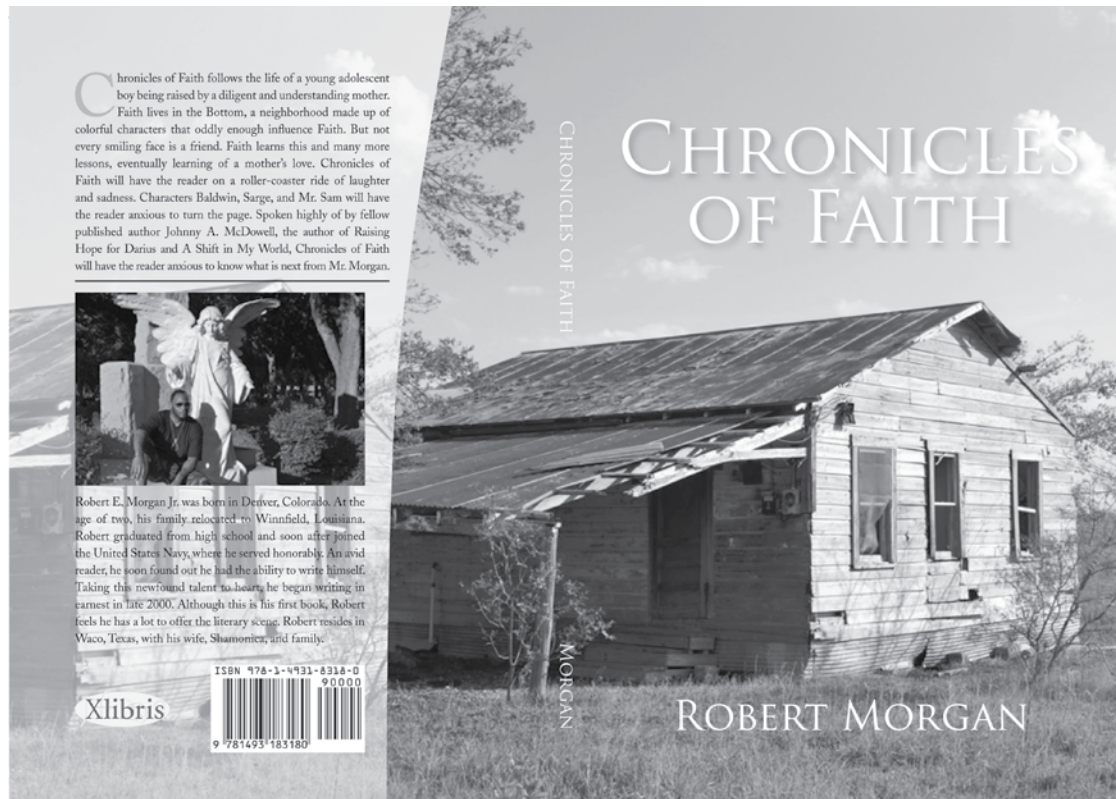
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Chronicles of Faith by Robert Morgan



Chronicles of Faith follows the life of a young adolescent boy being raised by a diligent and understanding mother. Faith lives in the Bottom, a neighborhood made up of colorful characters that oddly enough influence Faith. But not every smiling face is a friend. Faith learns this and many more lessons, eventually learning of a mother's love. Chronicles of Faith will have the reader on a roller-coaster ride of laughter and sadness. Characters Baldwin, Sarge, and Mr. Sam will have the reader anxious to turn the page. Spoken highly of by fellow published author Johnny A. McDowell, the author of Raising Hope for Darius and A Shift in My World, Chronicles of Faith will have the reader anxious to know what is next from Mr. Morgan.



Robert E. Morgan Jr. was born in Denver, Colorado. At the age of two, his family relocated to Winnfield, Louisiana. Robert graduated from high school and soon after joined the United States Navy, where he served honorably. An avid reader, he soon found out he had the ability to write himself. Taking this newfound talent to heart, he began writing in earnest in late 2000. Although this is his first book, Robert feels he has a lot to offer the literary scene. Robert resides in Waco, Texas, with his wife, Shamonica, and family.

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Chronicles of Faith by Robert Morgan follows the life of a young adolescent boy being raised by a diligent and understanding mother. Faith lives in the Bottom, a neighborhood made up of colorful characters; that oddly enough,

influence Faith. But not every smiling face is a friend. Faith learns this and many more lessons, and the boundless limits of a mothers' love. *Chronicles of Faith* will have the reader laughing one moment and crying the next. The char-

acters Baldwin, Sarge and Mr. Sam will have the reader anxious to turn the page. Spoken highly of by fellow published author; Johnny A. McDowell; the author of *Raising Hope for Darius* and *A Shift in My World*. He states, "*Chronicles*

of Faith is a very emotionally charged read that will surely press on your inner self. Morgan has brought the literary arena a breath of fresh air with the perfect set of short stories that will no doubt set his feet firmly in this industry as a writer."

Robert E. Morgan Jr. was born in Denver, Colorado. At the age of two, his family relocated to Winnfield, Louisiana. Robert graduated from High School and

soon after joined the United States Navy, where he served honorably. An avid reader, he soon found out he had the ability to write himself.

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

iShine

Central Texas Teen Girl's Conference

Becoming a SocialLight in a Dark World

May 3 • Temple, TX
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Let your light so shine before men, that they may see your good works and glorify your Father in heaven. - Matthew 5:16

Teen girls and their moms are invited to iShine! iShine will give you the "apps" to shine in darkness through Christ. We will address the proliferation of social media and how it is having a great impact on shaping today's young girls.



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SPEAKERS



Stephanie Daniels



Shirley Langston



Janie Martinez



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