

THE Anchor News

Serving the Central Texas Community

Celebrating 12 Years!

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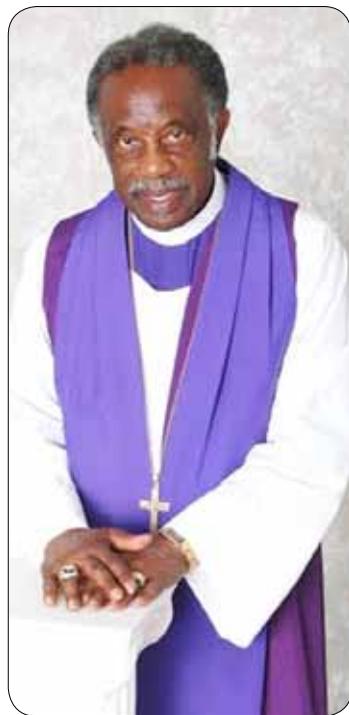


Community celebrates life of Bishop A. LaDell Thomas

Recently, many said goodbye to their beloved Bishop A. LaDell Thomas, who passed from this earth on Tuesday, November 11, 2014. The Bishop's Home Going Celebration held at 11 a.m. Tuesday, November 16, at Texas South-west Jurisdiction, in Waco, was a national commemoration, with Bishop Charles E. Blake, Chief Apostle, Church of God in Christ, Inc. presiding. Bishop John H. Sheard, Chairman, Board of Bishops COGIC, Inc. presided over the wake.

Bishop Arthur LaDell Thomas, Sr. was a native of the state of Texas, county of McLennan and the town of Waco. He was born August 13, 1933, to Ira and Vinetta Thomas.

Bishop Thomas was always active in the community where he served as a pastor. His focus centered on families both in the church and in the community. He was involved in the NAACP and community actions of the school board and the City Council. The



BISHOP A. LADELL THOMAS
8/13/1933 - 11/11/2014

Bishop was active in educating people on the right to vote and worked diligently to bus people to the polls.

He is known for his tireless giving of his personal time to counsel young people and to advocate for higher education and self-improvement. He was instrumental in getting many young people into college and helping them succeed in their completion of a college degree.

In 1987, Superintendent Thomas was appointed and consecrated as a Bishop in the Church of God in Christ.

He leaves to cherish his memory, wife, Elnora Massey Thomas; son, Bishop A. LaDell Thomas Jr. and Tihara; daughters, Supervisor Joyce L. Campbell and John, District Missionary Nora Kay Thomas; sons, Superintendent Vayne Thomas and Yolanda, Pastor Reginald K. Thomas Sr. and Johnnie, and Superintendent Richard L. Thomas Sr. and Lillian, plus a host of grandchildren, great-grandchildren, great-great-grandchildren, along with other relatives and church families.

MCC's Shawn Trochim induced into Hall of Fame

Reprinted from the November Issue of the Anchor News.

McLennan Community College's athletic director, Shawn Trochim, was recently one of the 2014 Athletic Hall of Fame Inductees for Waco ISD. Trochim was inducted at half-time of the Waco High Lions versus University High Trojans football game.

Trochim, who is known throughout the community and within the Central Texas



SHAWN TROCHIM

Community College athletics, has been with the college for over two decades. Her career has consisted of 10 years as an assistant coach for the women's basketball and 10 as the College's athletic director.

"However, something Shawn doesn't boast about is her career on the court," touts MCC President, Dr. Johnette McKown.

During her playing career

See **TROCHIM**, pg. 6

Delisa Burnell-Smith on achieving the dream

BY HONEY JENKINS,
DIRECTOR OF MARKETING,
COMMUNICATIONS,
NEIGHBORWORKS

Delisa Burnell-Smith, Vice President and Chief Operating Officer at NeighborWorks in Waco, Texas, has been working for NeighborWorks since its founding. She is a Waco champion with a reputation of changing so many lives for the better. There for 23 years. Burnell-Smith says one of the most satisfying things about her job is seeing the enjoyment on the faces of families when they learn that they are all ready for homeownership. Another positive aspects of her job, explains Burnell-Smith, is seeing the neighborhoods that NW serves transition into viable communities.

"I heard about NeighborWorks a little over twenty years ago from someone I know who once worked at the City of Waco. I decided to apply for an open position NeighborWorks had at that time – assistant administrator. Over the course of the years, my role has evolved. I was the loan manager and eventually that evolved to assistant executive director. Then, my title changed to vice president and chief operating officer."

A 1991 Paul Quinn College graduate with a business administration degree, Burnell-Smith is a home-grown Wacoan. Her grandfather was a builder in Waco back in the 60s, and even though she never met him, she says she can still see the joy of his



DELISA BURNELL-SMITH

handiwork in some of his houses that still exist today. "That old adage, 'The apple doesn't fall too far from the tree,' is fitting, I think, cause here I am now specializing in homeownership." Burnell-Smith can identify the houses her grandfather built, and one house is across from two of NeighborWorks' rental properties in East Waco.

She enjoys working for a nonprofit organization. "I guess our mission has a lot to do with our drive and what we do here. It helps bring out the great values in families that we work with. In addition, we help families establish a greater foundation for themselves." It is life-changing, she explained, especially when people see their efforts begin to pay off. "When they're working towards homeownership in repairing their credit, rebuilding their budget - all the involvement from their entire family comes into play, and it is an overwhelming, positive experience for them all."

See **DREAM**, pg. 3



J.L. AND LINDA CRAWFORD

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

Overcoming situations like Ferguson by the doctrine of God

BY MATTHEW REED

In Ferguson as in everything else people are dividing and taking sides and playing the blame game. It's amazing that no one is seeking a solution to what ails the country and the world. I say a solution because there is only one solution (God through Jesus Christ). You say everyone does not believe or adhere to the doctrine of Christ. Before I counsel you to put your trust in the scriptures, I must call your attention to others that did not adhere or believe.

Pharaoh questioned God and his power in Exodus 5:2 (And Pharaoh said, Who is the LORD, that I should obey his voice to let Israel go? I know not the LORD, neither will I let Israel go). After Pharaoh had a few experiences with the power of God and his might, he began to recognize the error of his ways and repented: Exodus 9:27 (And Pharaoh sent, and called for Moses and Aaron, and said unto them, I have sinned this time: the

LORD is righteous, and I and my people are wicked.

He finds himself asking Moses to entreat the God that he did not believe in to have mercy: Exodus 9:28 (Entreat the LORD for it is enough that there be no more mighty thunders and hail; and I will let you go, and ye shall stay no longer). We know later that he kept not his promise for God had hardened his heart; it is a terrible thing to fall into the hands of the living God (Hebrews 10:31).

God's people know the end of Pharaoh. You know the story of Shadrach Meshach and Abednego, Daniel in the Lions' den, Gideon and David the little shepherd boy and many more. God delivered them in each occasion from the wicked and evil people and their situations. In the Ferguson event we have evil and wickedness on both sides. When I look at the spokesman for either side, I'm thinking that they are talking about separate events. Clearly this event was set in motion when a crime was



PASTOR AND MRS. REED

committed. This gave the officer the right to interact with the victim. He did not have the right to do more than was necessary to apprehend the suspect. There is a law in this country that the citizen must respond to enforcement officers. However the officers does not have the right to provoke the citizen (Luke 3:14 And the soldiers likewise demanded of him, saying, And what shall we do? And he said unto them, Do violence to no man, neither accuse [any] falsely; and be content with your wages.). On these points the citizens and the enforcement officers should be mindful.

As I recommend God in the name of Jesus and doing things God's way, I bring to your attention how that even though the opposers of God's people did not believe nor adhere to the wishes of God, they did not negate the power of God to keep (save) his people. I recommend God through Jesus Christ to all men if you want to have the abundant life of God that is in Christ Jesus.

For one to believe there is not racial disparity in this country is ludicrous. To know that it exists and do nothing is just as ludicrous and akin to slothfulness. Proverbs 22:13 says "The slothful man saith, There is a lion without; I shall be slain in the streets (people hate me, the system is flawed etc. etc.).

To continue to say the system is against you and do nothing about it is insane. Accept Jesus Christ as Lord and savior and put God's word to the task (Luke 1:71 That we should be saved from our enemies, and from the hand of all that hate us; 74 That he would grant unto us, that we being delivered out of the hand of our enemies might serve him without fear).

If you are weak in the faith or an unbeliever I can understand how you have no hope. You don't have to have money to fight injustice but you do have to have God Jehovah. That's a sure way. Have we forgotten that we were once slaves and had no rights, but our fore fathers sought the Lord? Have we forgotten the days of Martin Luther King when he and the people he led walked in the way (peace) and found favor with God and man? How soon we forget. If we return unto God he will return unto us. This is the power and the glory.

One more thing: a fool does in the end what a wise man does in the beginning. This is how you deal with this as Christians. Submit yourselves therefore to God. Resist the devil and he will flee from you. Submit yourselves therefore to God.

Overcoming situations like Ferguson by the principle of justice

Dear Editor,

I couldn't watch and didn't watch the verdict of the Ferguson jury. I didn't have to. It was and is a repetitive action and injustice that has occurred twice in Missouri since the murder of Michael Brown over 3 months ago and every 28 hours around this country.

It is unsettling that people line up beside the continuous violent actions of police even when it is shown they

had other options besides killing someone. Why is it when some people attack a police orally or physically, they are rarely shot? Often times, the police negotiate with the aggressor and peacefully take him into custody.

I am a proud survivor of the turbulent change of the sixties, Civil Rights movement. I marched, boycotted, rallied, registered, sat in and did everything I could to see

my people, Black people, get what America's constitution and flag promises. I have yet to see the promises come to fruition. I will not and haven't pledged the flag for 49 years, and not until it honors the pledge, will I.

Every law signed into legislation for equal and Civil Rights has been rescinded,

See **JUSTICE**, pg. 6

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.

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Celebrating the life of James (Jim) Dulin

While he lived, he touched the lives of many. Even in his death, he continued to make an impact on those who knew and loved him as people traveled many miles and changed many schedules to be able to celebrate his life with Linda and his family.

James Emmitt Dulin, 63, passed away peacefully on Friday, November 21, 2014, at his home in Woodway, Texas, after a courageous battle with cancer. Jim donated his body for medical research to the Willed Body Program at Southwestern Medical School. His life will be celebrated at a 2 p.m. service on Saturday, December 13, at Calvary Baptist Church, 1001 N. 18th A St., Waco TX.

Jim was born August 19, 1951 in Goliad, Texas to Seth E. and Cletis (Clinton) Dulin. The family moved to Refugio, Texas when Jim was four years-old. Jim lived in Refugio until he graduated from high school in 1969 and joined the Army. A Vietnam War veteran, Jim returned home to attend Texas State Technical College, where he earned an Associate's Degree in Applied Science, automotive technology, and a certificate in auto body repair.

For thirty years, Jim worked at the Texas Army National Guard Mobilization and Training Equipment Site (M.A.T.E.S.), located on North Fort Hood. Working as federal technician during the week, Jim also had Guard obligations to fulfill, serving concurrently in the Texas Army National Guard. After retiring from federal service, Jim took great pride in working part-time in transportation at Midway Independent School District. He loved the people with whom he worked and the children whose lives he touched.

Jim met Linda Dodson while she was a student at Baylor University. They married in 1978 and raised two children, Kari Lynn and Adam Lee. Jim was preceded in death by his parents, Seth Emmitt Dulin and Cletis Clinton Dulin; his daughter, Kari Dulin Baker; and a granddaughter, Cassidy Baker.

He is survived by his wife Linda Dodson Dulin, his son Adam, two granddaughters Kensi and Grace Baker, two



JAMES E. DULIN
8/19/1951 - 11/21/2014

sisters Linda Sue Ragle and Elizabeth D. Lamson and husband Whit, a father-in-law, three sisters-in-law and their husbands, a brother-in-law, eight nieces, five nephews, eight great nieces, and seven great nephews.

The real James Dulin isn't told in the information above. This was a man who loved his Lord with his entire being. He had read the entire Bible 17 times. He didn't care about impressing anyone. He was on this earth to be the

hands and feet of Christ. To know Jim Dulin was to see a giant man with the heart of a saint. He taught his family how to serve and love through humility. There was nothing pretentious about him. During his last few months of life, he never once complained. He said God was using this time to transform him.

Jim Dulin may have been transformed but he also touched and changed so many lives. This world is a better place because Jim Dulin was in it.

"I have fought the good fight, I have finished the race, I have kept the faith." 2 Timothy 4:7. In lieu of flowers, memorials may be made to the Kari Dulin Baker Scholarship Fund through the McLennan Community College Foundation, 1400 College Drive, Waco Texas, 76708 or you may also donate electronically by going to [www.mclennan.edu/foundation/Sign the Guest Book](http://www.mclennan.edu/foundation/Sign%20the%20Guest%20Book) at www.wacotrib.com.

DREAM

Continued from page one

Burnell-Smith loves her job, explaining that everyone at NeighborWorks wears many different hats, and everyone's role is important in making the organization work for the people who are served. One of Burnell-Smith's chief roles is to work with families and counsel with them.

"I work closely building relationships among local lenders and mortgage companies and also in establishing good relationships with realtors. In addition, we collaborate with other non-profit organizations to learn what type of programs and services they offer, if they can tie into our programs and services and to see if our customers can benefit from what they have to offer."

Burnell-Smith also assists with writing grants for the organization, which helps NeighborWorks ob-

tain more funding to enhance the communities. Additionally, she keeps the organization up-to-date on all of the new regulations that tie into lending.

"One of the most important things about the role of the organization is educating families," says Burnell-Smith. "You never can get enough education. It builds a lot of different stepping-stones for families, and of course, acquiring the American dream of homeownership is most folks' desire. Being educated throughout the whole home-buying process is crucial; it makes families less likely to default on their home, and it gives them all the necessary tools they need to be successful in homeownership."

For more information on becoming a homeowner, contact Delisa Burnell-Smith at 254-752-1647.

The purpose of 254UNITED is to support the local churches and student ministries across the 254 area.
254UNITED strives to cross cultural, denominational, traditional, and religious lines to better represent the body of Christ in our Community.

254United Service
Sept. 21st 2014
Church on the Rock
Groesbeck, Texas

Giant Killers
Nov. 7 & 8th 2014
Freedom of God Church
Speegleville, Texas



Health & Wealth
Feb. 25 - 27th 2015
Waco Convention Center

End Of School Bash
May 17th 2015
West Pool
West, Texas

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A Night to Remember, Part 2

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L&M Productions

Avoid strokes by switching to a Mediterranean diet

(NewsUSA) - Donna Mendes, M.D., a senior vascular surgeon at St. Luke's-Roosevelt Hospitals in New York, N.Y., and member of the Society for Vascular Surgery, says approximately 795,000 strokes occur per year in the United States. You can improve your health -- and chances of avoiding a stroke, impairment and possibly death -- by simply switching to a Mediterranean diet. This can lower low-density lipoprotein (LDL) cholesterol, which is the "bad" cholesterol that's more likely to build up fatty deposits in your arteries. The Mediterranean diet contains:

- Olive or canola oil as a healthy replacement for butter or margarine. Use it in cooking, for dipping or even as a spread on bread.
- Seven to 10 servings of vegetables and fruits daily. When possible, choose fresh and seasonal produce. If you like to snack, cut them up in pieces, and store them in your refrigerator.
- Whole-grain bread and

cereal. Begin to eat more whole-grain rice and pasta products. Choose organic dips for bread.

* Healthy nuts. Include unsalted almonds, cashews, pistachios and walnuts limited to a handful per day. Choose natural peanut butter, without hydrogenated fat added.

- No salt. For seasoning use herbs and spices instead.

- Fresh fish and poultry one to two times a week. Try less fatty fish, like tuna, salmon, trout, mackerel and herring. Grilling, rather than frying, is the best way to prepare fish. Avoid skin on poultry.

- Red meat, but only a few times per week. One portion should be the size of a deck of cards. Avoid salty and high-fat meats.

- Low-fat dairy products like skim milk, fat-free yogurt and low-fat cheese.

- If your physician permits it, you may have a glass of wine at dinner. To learn more about your vascular health, visit the Society for Vascular Surgery's website at www.VascularWeb.org.

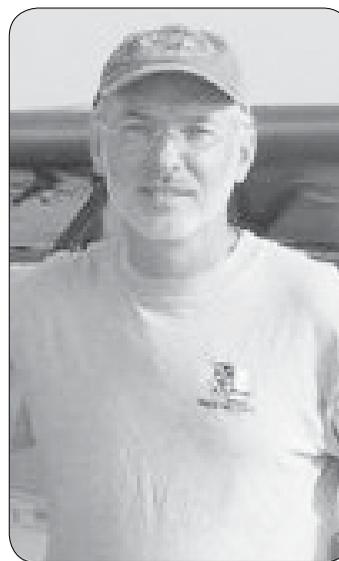
Julia Childs...marketing genius

BY KENNY GRISHAM

When I was a freshman in high school I got hooked on cooking shows. There was no Food Network, just a couple of shows on regular, non HD, plain ole antenna, TV. I watched the Galloping Gourmet and Julia Childs, writing down every piece of information about whatever they were cooking. Having my mother take me all over town looking for the ingredients for Roast Duck and Sour Cream is still an interesting story today.

In all of that cooking frenzy, one thing remained with me—the marketing genius of Julia Childs, not so much how she marketed herself but how she marketed or presented each dish she made. Her commandment was "Presentation is Everything." If it didn't look good there was no way it would taste good. And if it looked great people would think you took extra care in the preparation and instantly assume it would taste good.

So it is in business. Everything you do should have that commandment in mind-- when you answer the



KENNY GRISHAM

phone, when you go on an appointment, when your client comes to your establishment. This commandment is extremely important for any business, but especially for a new business.

Today, you can do business without ever having someone come to an office. If you present yourself correctly who's to know that you are only a one or two man show and you can barely afford to eat on a regular basis. Stand out like the big boys. Wear an embroidered shirt with your logo, easily

had for a few bucks. Have professionally printed cards available online for less than a restaurant meal.

You may notice a lot of big business have their vehicles wrapped with a company billboard. This may be the most economical advertising you can have. A wrapped vehicle, paid for over the months in use, can be less expensive than any other form of advertising. A billboard would cost thousands for a few months, the wrap keeps on going for years. And no one would ever know that this is not only your car or truck but also your office and a fleet of one.

Presentation is Everything. Present yourself well and see how great success can taste. If you need help with your presentation The Affordable Sign Guys are there to cook it up right. 254-300-1516

Kenny Grisham is the owner of The Affordable Sign Guys. He can put a sign on anything—a bucket, a car, a T-Shirt. You name it. He can help you EXPOSE YOURSELF. Contact him at 254-300-1516.

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
7:00 PM – 8:30 PM

Wednesday Prayer Worship
7:00 PM

Pastor Matthew Reed and Wife Helen



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TROCHIM

Continued from page one

at Waco High School, Trochim was named to the Super Centex and all-district teams twice. After graduating from Waco High in 1988, she played basketball at McLennan and twice nabbed NTJCAC All-Conference and All-Region V honors, in 1989 and 1990. The Houston Chronicle named her the No. 2 junior college prospect in the state in 1990.

After graduating from McLennan, Trochim moved on to Texas A&M University, where she played for two years and captured numerous other awards. She worked as a student coach at A&M for one year and received her bachelor's degree in recreation parks and tourism science in 1994. In 2001, she received her master's in education from Tarleton State University.

During her 10-year tenure as athletic director, McLennan teams have claimed nine conference

championships, 15 national titles and have featured 55 All-Americans.

Trochim began her McLennan coaching career in 1994 as a volunteer assistant coach for the women's basketball team. A year later, she was hired as a full-time assistant and held that position for nine years, including a one-year stint as both assistant coach and associate athletic director.

"I'm always proud of our employees when they earn awards and community recognition," says McKown. "Shawn is usually in the background taking care of business on-and off-the-courts, so it is nice to see that Waco ISD is recognizing her contributions to their school."

Trochim is married to Ed Trochim, a football and softball coach at Midway High School. The couple has two daughters: Rhein, 16, and Kady, 14.

(Used from <http://www.mclennanathletics.com/>)

JUSTICE

Continued from page two

challenged, methodically manipulated by Republican legislators, Governors and Supreme Justices to erase them from law. Elitism, privilege and supremacy still reign in the nation as the world watches.

President Barack Obama has been the catalyst to tear the sheets off America, spotlighting how its citizens feel about immigrants; one out of every 3 black men or boy will interact with a police; it is called profiling, and jails are being built faster than schools to imprison, not educate them. Such behavior has now become known as the new 'Jim Crow.'

Ferguson isn't an anomaly. Central Texas, including this enclave called Bell county, is rift with profiling, racist and hateful behavior. WAKE UP! Issac Newton's third law of motion in physics says, "For every action there is an equal and opposite reaction."

America is on fire; if

you're not helping put out the flames of injustice, you will be charred with it.

Patricia Muldrow-Roberts
Killeen, Texas

Thinking of Christmas Day

BY MONA DUNKIN

Are you ready for Christmas? Not the external activities of cleaning and decorating and shopping and cooking, but the internal preparation of the heart to receive the Christ-child anew? Not the chaos of the season but the calm of the soul? Calm that - even in the midst of activities - brings silent night, holy night?

Light the Advent candle one; now the waiting has begun.

We have started on our way; time to think of Christmas day.

Candle, candle burning bright; fill our hearts with Christmas light.

- Advent Song by Mary Lu Walker

Holiday activities, advertisements and movies focus on giving, decorating, Santa, parties, children participating in plays, finding love, traveling home and family reconciliation. All too often the Christ child is hinted at but not mentioned.

Psychologists say that ninety percent of our thoughts lie below the level of consciousness. Light allows us to see what otherwise might be obscure. Light reveals, whether electricity, sunshine or



MONA DUNKIN

enlightenment. The light of Christmas cannot be dimmed. Although in the background, the holy music of Christmas shines through and touches our soul.

We find a universal commonality in the struggles and triumphs of Christmas. A pregnant teenage girl, her understanding husband and the whole lineage of David journeying to Bethlehem in obedience to governmental taxation. An announcement of global importance made to lowly shepherds. Rich educated magi searching for a dream that ends in a stable.

Thinking about Christmas leads to the mysteries of the incarnation. God is so powerful he spoke the

worlds into existence. The first man and woman were created fully grown and functioning. Why did Jesus come as a baby? What's with this intense inner drawing of home during the holidays?

Jesus, the Creator, manifested into time and space as the masterpiece of his creation - a tiny baby. He came as an infant needing the growing process to be an example for you and me. The inner longings we feel at Christmas are a yearning for God that was embodied in the gift of Baby Jesus.

"We are like birds driven by an instinct; we only faintly understand - the hunger to be with our own."

-Marjorie Holmes

November 30 started the Advent season of a four-week countdown to the birth of Jesus, a daily focus on the varied aspects of the true meaning of the season. Since heaven knows no limitations of time and space, the time to think about Christmas is always current and always beneficial.

Mona Dunkin is a Motivational Speaker and Trainer. Contact her at (254) 749-6594 or mona@monadunkin.blogspot.com.

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Wanda B. Gunter

Author, Artist,
Contributing Writer for
The Anchor News

Reducing the likeliness of back surgery with chiropractic care

(NewsUSA) - Who wouldn't want to avoid back surgery if there was a real alternative?

Countless back pain sufferers could finally do just that as evidence continues to mount supporting the growing movement toward chiropractic care as the "first option" for relief over costly and invasive procedures like spinal surgery. One job-related statistic alone says it all regarding how big a deal that represents: Back pain injuries outnumber all other occupational injuries in the U.S.

To that point, the latest study to show that seeing a doctor of chiropractic first reduced the odds of having to undergo surgery was conducted by a collaboration of prestigious institutions that included Dartmouth College's Geisel School of Medicine and the University of Washington School of Public Health. Their published results ("Early Predictors of Lumbar Spine Surgery After Occupational



DR. SHAMONICA TRUNELL-MORGAN

Back Injury: Results from a Prospective Study of Workers in Washington State") found that while close to half -- or 42.7 percent -- of that state's workers who visited a surgeon wound up going under

the knife, only a scant 1.5 percent of those who consulted a chiropractor first shared the same extreme fate. The outcomes reflect conditions of similar severity.

Prior studies have also focused on chiropractic patients' consistently better health outcomes, less use of opioid medications, and considerably lower medical expenses.

"As more data continues to surface, I expect that patients and practitioners will move toward considering chiropractic care first, medicine second, and surgery last," said the not-for-profit Foundation for Chiropractic Progress' Gerard Clum, D.C., in noting that health providers like the University of Pittsburgh have already adopted just such an approach.

To schedule an appointment with Dr. Shamonica Trunell, please call 254-754-4000. Please see the Hillcrest Chiropractic ad in this issue.

Tips for healthy, youthful skin

(NewsUSA) - With such a cluttered skin care market, it's pretty tough to figure out what would work best to keep your skin healthy and looking youthful. When it comes to skin, you really are as unique as a snowflake. No two people produce the same amount of oil, respond to heat in the same way or age identically

But some advice applies to everyone. Here are some skincare tips to keep you glowing, no matter your age or skin type:

- Stay hydrated. Scientists debunked the old recommendation to drink eight glass of water a day, but that doesn't mean you shouldn't hydrate. Water aids every bodily system. It moisturizes your skin from the inside out, helping to flush away toxins and maintain a youthful appearance.

Try switching out alcoholic drinks, coffee and soda for water. If you find water hard to drink, take yours warm



KATHY WASHINGTON

with lemon or lime juice. Green tea the kind you make from a tea bag is another good choice, because it hydrates skin while also providing antioxidants, compounds known to help prevent cell damage.

- Eat a healthy diet. A diet heavy on cooked and raw plant-based foods think beans, tofu, fruits and veg-

etables can help you manage your weight and enjoy clearer skin. Healthy oils, like those found in olive oil, seeds, nuts and avocados, can also help protect skin. But avoid full-fat dairy products and excess meat consumption, which can cause wrinkles, according to the Mayo Clinic.

- Adopt a healthy skincare routine. Wash your face twice daily, and be sure to moisturize. Look for products that can help your skin repair itself.

- Exercise. Walking around your neighborhood might not give you washboard abs, but exercise can benefit your skin. Walking, running, yoga, sports whatever your activity of choice, it can help improve circulation to your skin, boosting elasticity and skin tone.

For more information, see the BeautiControl advertisement in this issue or call Kathy Washington, 254-498-6966.

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Midway High principal named state finalist for Texas Principal of the Year

Texas Association of Secondary School Principals (TASSP) has named Midway High School Principal Jeff Gasaway as a State Finalist for Texas' 2014-2015 Outstanding Principal Award for his exemplary performance and outstanding leadership in secondary education.

The Texas Association of Secondary School Principals recognizes outstanding principals and assistant principals from the twenty regional education service centers in the state each year. School administrators are nominated and chosen by their peers within their regions and then applications from these recipients are reviewed by the TASSP Principal Image Committee who selects the finalists.

Jeff Gasaway is well-known for making his mark at Midway High School by bringing together the people component of education. He focuses on keeping a close pulse on the culture of the campus by building relationships and listening carefully to all constituents. The PTA, Campus Advisory Committee, and students alike all have unrestricted access to Gasaway through

meetings, regular correspondence, social media, and an open door policy.

"After I gave him my name, he never failed to say hi to me in the hallway by name for the next four years," said senior class president Rachel Dunnam. "Along with calling students by name and making a point to know each student at Midway personally - which is a challenge with over 2300 students - Mr. Gasaway truly does his job for the students; they are his singular priority."

Midway ISD Superintendent Dr. George Kazanas said, "Mr. Gasaway exhibits a positive attitude, possesses a great deal of empathy for his students, and coaches his staff to go the extra mile for students. The students, staff, and parents of Midway High School are very fortunate to have someone with his passion serving in a leadership role. In addition, he has implemented meaningful and impactful professional learning communities so that staff members have the opportunity to collaborate and design initiatives to improve student outcomes.

As Superintendent, I am fortunate to have someone



JEFF GASAWAY

with Mr. Gasaway's initiative, intelligence, and resourcefulness serving in a campus leadership role. Without question,

he consistently demonstrates a strong work ethic coupled with outstanding administrative skills. Mr. Gasaway sets the tone and vision for his campus while remaining approachable, supportive, and encouraging."

In addition to opening lines of communication between staff, students, parents and the community, Gasaway led the transition of Midway High School from seven classes daily to eight in order to offer more intervention time with struggling learners and concurrently offer more extracurricular opportunities for all students. Most recently, he has been instrumental in the development of individualized graduation plans for incoming freshman students due to the

passage of House Bill 5.

Gasaway is in the process of earning his Doctorate degree from Baylor University. He has a Master's degree from Texas A&M - Commerce, and a Bachelor's degree from Texas Tech University. He is a member of TASSP, ATPE, Kappa Delta Pi, and ASCD, as well as First Baptist Church Woodway. Gasaway serves as a visiting professor at Baylor University, was selected as Region 12 Principal of the Year, and is a two-time Texas Life Membership recipient from the Texas Parent Teacher Association. He is also an active presenter at local, state and national conferences, and advocated at Senate Jurisprudence Hearing for S.B.393/1114.

CA, Inc. offers safety tips for online holiday shopping

J. L. CRAWFORD, LEGALSHIELD INDEPENDENT ASSOCIATE

(NewsUSA) - The allure of Internet deals and the pure convenience of "click and ship" continue to drive shoppers online this holiday season. An estimated \$44 billion will be spent online purchasing holiday gifts in 2008, up more than 12 percent over 2007.

Although more money will be spent online this holiday season, consumers are concerned about security risks when making purchases over the Internet. According to a CA-sponsored survey, 72 percent of consumers in North America think retailers do not spend enough on online security and privacy.

To help ease consumer worry, security experts at CA, Inc. offer the following tips to help consumers protect themselves online this holiday season.

- Secure, then shop. Before connecting to the Internet, be sure to install anti-virus, a firewall and anti-spyware programs.

- Update, Update, Update. The bad guys constantly update their techniques, so con-



J.L. CRAWFORD

sumers need to update their protection. Make sure your firewall, anti-virus, anti-spyware and operating software are up-to-date.

- Never shop on an open wireless network. Open networks are easy targets for hackers to break into your computer and capture financial information.

- Know who you're dealing with. Get the name and physical address of any online-retailer before submitting personal or financial information. When shopping online auctions, check the track record of the seller before bidding.

- Never e-mail your personal or financial information. E-

mail is not a secure method of sending information like your credit card, bank account or Social Security number.

- Look for secure payment processing. When a Web site processes your payment information, be sure the URL address changes from HTTP to SHTTP or HTTPS. This indicates that the purchase is encrypted or secured.

- Be alert and be suspicious. Identity thieves count on the holiday rush to catch consumers off guard with bogus e-mails that seem to be coming from a legitimate organization such as the bank, the IRS or UPS. These "phishing" scams can lure shoppers into divulging personal information. Be suspicious of anyone asking for additional personal information or asking you to click on links in an e-mail.

If you need assistance, call your LegalShield provider law firm and speak with an attorney. LegalShield can help you with your legal issues. 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 in this issue of The Anchor News. J.L. Crawford, Independent Associate.

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Will the real true Christian please stand up? Part 7

Continued from the November Issue of the Anchor News.

BY RUBY MCCRAY

As we continue this delicate series, I ask that you please not read it in a mean-spirited tone. If this is your first time reading this series, please visit: www.theanchornews.com, and click the archives for the previous ones.

I read a portion of an article stating that a gay man is raising money for the owners of a company in case they lose their business, and to help them with court cost (they were sued by gays). He said that since he's a "Christian," he wants to show how Christians are supposed to love instead of hate. Precious ones, he has it all wrong. Please read my July article about seeing a man's house on fire at midnight. The small blaze was spotted at the beginning, but the viewer didn't want to be labeled "a hater" by interrupting the family's peaceful sleep. Again, here is one who is calling good evil and evil good (Isaiah 5:20).

Homosexuals and lesbians are practicing sin; therefore, they are sinners. My prayer is that the devil's scales will fall from their eyes (2 Corinthians 4:4); then perhaps they will see how to escape his trap where they have been held captives for so long (2 Timothy 2:22-26).

When time permits, please get your Smart-Phone or Bible, and read about the true definition of a "Christian." He (mankind) is one who heard the gospel (Good News) that is still being preached (1 Corinthians 15:1-11). He recognized that he is a sinner according to the Bible's definition and has confessed those sins (1 John 1:8-10). He has confessed the Lord Jesus with his mouth and truly believes in his heart that God raised Him from the dead (Romans 10:9-10).

He is one who had godly sorrow enough to repent and turn from his wicked ways, and has been submerged in water which is baptism in the name of the Lord Jesus (Acts 2:37, 38; Romans 6: 1-11). He has joined and is in good standing with a Bible-Believing church which he attends regularly (Hebrews 10:25). He searches and studies the Scriptures daily (John 5:39; Acts 17:10-12) so that he will be able to give the correct answers to anyone who asks about his faith (1 Peter 3:15).

He is one who knows that only those who really love God will obey Him and keep His commandments (John 14:15, 21, 23, 24). He leads others to the Lord Jesus (Matthew 9:36-38). He is an example and an extension of the Lord Jesus in this ungodly world (1 John 4:15-17). He walks, talks and acts like Jesus (1 John 5: 1-5). Finally, he is one who loves people



EVANGELIST
RUBY MCCRAY

enough to tell them the "TRUTH" even though it is not popular (1 John 4:17-21).

Even some church-goers need to know this because Jesus said, "Not everyone who calls out to me, 'Lord, Lord!' will enter the Kingdom of Heaven. Only those who actually do the will of my Father in heaven will enter. On judgment day many will say to me, 'Lord! Lord! We prophesied in your name and cast out demons in your name and performed many miracles in your name.' But I will reply, 'I never knew you. Get away from me, you who break God's laws'" (Matthew 7:21-23).

LBGT, as long as you have breath, you have hope. Jesus said, "What sorrow awaits you, Korazin and Bethsaida! For if the miracles I did in you had been done in wicked

Tyre and Sidon, their people would have repented of their sins long ago, clothing themselves in burlap and throwing ashes on their heads to show their remorse. Yes, Tyre and Sidon will be better off on judgment day than you. And you people of Capernaum, will you be honored in heaven? No, you will go down to the place of the dead [hell]" (Luke 11:13-15).

Clergymen and women, "IF" you are not truly living the Christian life, it matters not how much sheep fleece you wear. You are wolves dressed in sheep clothing (Matthew 5:20; 7:15). God sees your canine teeth, pointed ears, roving eyes and treacherous claws. You are known by your actions and not by your fair speech (Matthew 7:16-20). You are leading people astray (Matthew 18:1-11), and God sees (Hebrews 4:12-13). You will be whipped with many stripes because you know

better (Luke 12:47, 48).

Homosexual, if you can't receive a seed and carry a baby, you are a male. Lesbian, if you can't give a seed to make a baby, you are a female. Just as sheep fleece won't convert a wolf to a sheep, neither will clothes, makeup nor hairdos constitute a sex change. REPENT!

Just know that Jesus' return is sooner than any of us thinks. The Feast of Trumpets is the next feast on the agenda (1 Corinthians 15:50-55; 1Thessalonians 4:13-18; Revelation 20:4-6). In the meantime, let us real true Christians stand up and occupy until that trumpet sound. 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 e-mail rubbyacorm@yahoo.com or write to A City of Refuge Ministries, P. O. Box 2025, Waco, Texas 76703.

MCC offers fun classes for senior adults

McLennan Community Programs is delighted to offer a range of personal enrichment courses in the coming spring semester for senior adults. Meet new friends while discussing the book of the month in Book Talk with Gail Woodward, McLennan librarian.

Discuss international current events in Great Decisions with Dr. Gayle Avant, Baylor political science professor. Learn the basics of social media like Facebook in Social Media 101 with Lisa Wilhelmi, McLennan's Director of Marketing. Discuss a common-sense approach to security at home and in public in Safety & Awareness for Seniors with Frank Walker, private investigator, body guard and security consultant.

Learn to drive more efficiently and safely in AARP Driver Safety Course with Rose Moyer, Mature Driver Program Coordinator for Baylor Scott & White Hos-

pital. Ring in the New Year by meeting new friends, acquiring a new skill or discussing fascinating topics in McLennan's Community Programs. For more information or to register, call McLennan Continuing Education at (254) 299-8888.

Book Talk meets from 11 a.m. to 12 p.m. on Tuesdays from January 20 to May 19. Cost is free.

Great Decisions meets from 3:30 to 5:30 p.m. on Tuesdays from January 20 to March 3. Cost is \$20.

Social Media 101 meets on Saturdays (April 11 and 18) from 9 a.m. to 12 p.m. Cost is \$59.

AARP Driver Safety Course meets on Friday, March 20, from 9 a.m. to 1 p.m. Cost is \$15 for AARP members and \$20 for non-members.

Safety and Security Awareness for Seniors meets on Mondays (February 9 and April 13) from 3 to 4:30 p.m. Cost is \$10.

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Reducing holiday stress

BY JENNIFER SNYDER

Let's face it. The Most Wonderful Time of the Year is also the most hectic and stressful. With so many things to do, shopping, wrapping, baking, remembering to move the elf, and limited time to get everything done, we soon feel overwhelmed. If you're one of those people feeling more frazzled than festive, taking the time to use a few time management strategies can reduce stress over the holidays; you'll feel as if you're in control, rather than feeling like you're being driven like one of Santa's reindeer.

Make a list. If it works for Santa, it will work for you. Divide a page into two columns and write the things you MUST do (move the elf) on one side and the things you WANT to do (make the no-sew ruffle tree skirt on Pinterest) on the other. This will give you a healthy dose of perspective right off the bat.

Carefully choose holiday activities. Many of us do what we do during the holiday season just because we always have, turning the entire month



JENNIFER SNYDER

of December into a mad whirl of non-stop Christmas preparations and activities. Do you really need to spend hours writing and sending Christmas cards or making hundreds of chocolate balls? If you enjoy these activities, then by all means continue, but if you don't, free up some of that time for something more meaningful.

Start early. Get as much done as early as possible, this year and every year. By the time you read this you may be thinking it is too late but it is never too late! If you typically buy and wrap all gifts on Christmas Eve, December

23rd is still an improvement. Food for the holiday season can be bought in advance, and Christmas gifts can be bought any time of year. Stretching out your Christmas activities over a longer period of time can really help reduce stress.

Get help! Who says you personally have to wrap all the Christmas gifts, do all the baking, and do all the holiday season decorating? This year, give yourself the gift of holiday stress relief by patronizing a local bakery, hiring a cleaning service to clean your home, or even having your holiday season party or festive dinner catered. Think about how much your time (and sanity) is worth, and contract out accordingly.

Hopefully a few small changes will have a big impact on your holiday season. Remember to take time for yourself. A \$5 cup of coffee after a day of shopping can make all the difference in the world.

Wishing you a Neat holiday!

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

Spice up your wardrobe for the holidays

(NewsUSA) - Sure, the little black dress is a staple of holiday parties this time of year. It can be dressed up or down, and it is the epitome of understated elegance. But it's not the only option for fashionable women.

"This is the time of year that women can put some fun in their wardrobe," says Elliot Staples, whose fashion designs are featured at The Limited stores and the-limited.com. "It's as much a celebration of decorating yourself as well as celebrating the holidays."

It's also the time of year that many women need an outfit to play double duty by going from the office to a party.

Here's the fashion forecast for the upcoming holiday season.

- **Fancy That.** Focus on black and white trousers and pieces worn in sharp contrast to one another. A soft blouse tones down



MARILYN BANKS

what could be a too-severe look. This style works well for a dinner party, work event, or an upscale occasion.

- **Going Baroque.** Wear jewel tones in luscious greens and cobalt blues and jet black. This trend reflects a softer, more youthful look for going out -- be

it with the girls, a party, or a more casual event. This style is as easy as a special top with black jeans. Gold is a key accent color in printing, buttons, and accessories. To round out the look, pair with a clutch adorned with fabric or touches of sequins.

- **Skyles the Limit.** Sweaters and yarns take on a slightly rustic and darker mood and color this season. Pair them with simple skinny jeans, furry accents, and fringe inspired boho necklaces.

- **Grande Classique.** Pair lush fabrics and textures. Use grey prominently with shades of dark red or deep wine, along with cobalt blue and purple accents.

For that Grande Classique shopping experience, please visit Marilyn's Gift Gallery at 818 Elm Street in Waco.

Please see the advertisement in this issue.

A life in Christ – Jesus, shelter for our souls

BY PAM TURNER

In 2010, an earthquake measuring 7.0 on the rector scale hit the small island of Haiti causing widespread devastation and loss of lives totaling over 220,000, leaving an estimated 1.3 million people displaced. In the capital city of Port-Au-Prince there were over 188,383 homes damaged or destroyed. Haiti is one of the poorest countries in the world with a population of over 10 million souls.

Poverty and disease have been an issue for this country for decades. It's estimated that unemployment is at nearly 80% with an average income of \$2.00 per day. In the United States unemployment runs about 6 to 8% on average. We spend more on pet food in a day than what these poor souls try to live on. There's no doubt that Americans are a very blessed people.

When I hear of this kind of

news, I always have to stop and thank God for his many blessings. I take a moment and ask myself what could be worse than living in a country where your shelter is mainly made of cardboard and plastic tarps. I often think about being homeless, of having no place to call my own or a warm bed to crawl in at night or no place to gather and enjoy my family for birthdays and holidays. I don't worry about it and I am not fearful, but I do think about it.

I thank Jesus each day for the sacrifice He made for all of us at Calvary, all of us including the poor destitute people of Haiti. I also want to thank Him for his three years of ministry, a time when He had no place to call His own. In Matt. 8:19-20 we read how a teacher of the law came to Jesus and pledged he would follow Him where ever He went. In verse 20 Jesus replies, "Foxes have holes and birds



PAM TURNER

of the air have nest, but the Son of Man has no place to lay his head." In the word of God, when Jesus refers to himself as the Son of Man, this is the name that links him to the earth and to his mission. He loved to refer to himself as the Son of Man, and He gladly gave up the comforts of life to fulfill his mission—to heal the sick, open the eyes of the blind and set the captive free, to

bring the good news of salvation to mankind.

You see, Jesus didn't put a lot of emphasis on possessions. The soul of a man and making a way for mankind to live in eternity with Him was to Him worth the sacrifice of His life. So when I have a fear of losing a man-made shelter, I have to stop and remind myself that by believing in Jesus Christ and believing on the blood He shed at Calvary to cover my sins, I always have a shelter for my soul.

Do you have a longing for more in your life, that possessions and "stuff" doesn't seem to fill? It's as if you are searching and you don't know what you're looking for! Let me encourage you to seek Jesus Christ, who we now call King of Kings and Lord of lords. He's our Lord and the SHELTER OF OUR SOUL! Allow Him to be your SHELTER.

Pam Turner is a freelance devotional writer. She is a member of High Point Church in Waco.

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Waco Civic Theater plans auditions for Dec. 15, 16

Waco Civic Theatre is seeking actors and actresses to audition for the upcoming performance, *Crowns*. Producers are holding auditions to fill the parts of one African American man, and six African American women. Auditions are planned for Monday, December 15 and Tuesday, December 16 at 7:00 p.m. at the Waco Civic Theater, located at 1517 Lake Air Drive, Waco, Texas 76710.

Crowns is a moving and celebratory musical play in which hats become a springboard for an exploration of black history and identity as seen through the eyes of a young black woman who comes down South to stay with her aunt after her brother is killed in Brooklyn. The young woman, whose personality as a young black Brooklyn woman has been so at odds with the more traditional and older Southern blacks in her extended family, em-

braces hats and their cultural significance as a part of her own fiercely independent identity.

The roots of the Waco Civic Theatre date back to the 1920's when the work of many enlightened citizens combined to form the Waco Little Theatre (WLT).

Today, WCT produces six Main Stage Productions, ranging from works by William Shakespeare to Tracy Letts to Ken Ludwig. Additionally, aspiring local artists, theatre professionals, educators, and youth work in partnership to produce children's theatre workshops and productions and outreach programs.

Those wishing to audition should come prepared to read a monologue from the script and sing a gospel song of their choice. *CROWNS* performs January 30 – February 8. FOR MORE INFORMATION: call 254-776-1591 or www.wacocivictheatre.org.

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Recipes to bring home for the holidays

(NewsUSA) - Coming home for the holidays gives busy adults an excuse to celebrate with their families and show their national pride. National pride signifies something different for everyone. Some might take the time to send holiday care packages to U.S. troops overseas, some may volunteer in homeless shelters, while others may simply whisper a prayer of thanks.

However you express your national appreciation, holidays and patriotism go hand-in-hand. So, what better way to share tidings of liberty and peace than by serving American-grown food during the holidays?

Delight family and friends with these two delicious holiday recipes using American-grown RiceSelect rice as you give thanks this season.

Texmati Pecan Rice Stuffing

- 3 cups cooked Texmati White or Brown rice
- 1/4 cup margarine
- 3/4 cup chopped onion
- 3/4 cup chopped celery
- 1/2 cup chopped pecans, toasted
- 1/4 cup chopped parsley
- 1/2 teaspoon salt (or to taste)
- 1/4 teaspoon pepper
- 1 teaspoon poultry seasoning (or to taste)

In large skillet, sauté onions and celery in margarine until tender. Stir in remaining ingredients, mixing well. Spoon into casserole; cover tightly and bake at 375 degrees for 15-20 minutes.

Cranberry Pecan Rice Pilaf

- 2 tablespoons butter or margarine
- 1 cup uncooked Texmati White Rice
- 1 3/4 cups chicken broth
- 1 cup grated Parmesan cheese
- 1/2 cup dried cranberries
- 1/2 cup chopped pecans, toasted
- 1/4 cup sliced green onions
- Salt and ground black pepper, to taste

Melt butter in 2-quart saucepan over medium heat. Add rice; cook and stir 2 to 3 minutes. Add broth and heat to boiling; stir once or twice. Reduce heat; cover and simmer 20 minutes or until liquid is absorbed. Remove from heat. Stir in cheese, cranberries, pecans and onions. Season to taste with salt and pepper.

By using Texmati White and Brown rice, you're supporting their "Born in the USA" campaign. Learn more at www.Facebook.com/RiceSelect or by visiting www.riceselect.com.



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Honoring World Aids Day

BY CONGRESSWOMAN
EDDIE BERNICE JOHNSON

Monday, December 1st marked the 26th annual observance of World AIDS Day across the globe. Over the years, countless lives both foreign and domestic have been claimed by this disease. AIDS is a global epidemic affecting a vast number of countries and individuals but here in the United States, the African American community is disproportionately affected.

According to the Centers for Disease Control and Prevention (CDC), our communities account for a higher proportion of new HIV infections, including those living with HIV and the number of people ever diagnosed with AIDS. From these statistics, it is clear that the African American community faces the heaviest burden, but this does not mean that we must become victims of cir-

cumstance. HIV/AIDS is most certainly an epidemic, but it is one that I believe we can beat.

This year's World AIDS Day theme is "Focus, Partner, Achieve: An AIDS-free Generation." The underlying message behind this title is clear; work to ensure better lives and access to care and treatment among those affected. In honor of the countless lives lost to HIV and AIDS, we must reflect and acknowledge the ongoing work that is required to combat this epidemic across the globe by first achieving these goals at home in our own communities.

In order to successfully achieve our goals, we must be proactive by mobilizing our community to take the necessary steps required to eradicate this epidemic. First, we must focus on the issue at hand and recognize the level of effort required for communities, organizations,



CONGRESSWOMAN
EDDIE BERNICE JOHNSON

and governments. We must follow the HIV/AIDS Care Continuum Initiative, which provides an action plan for federal agencies, by partnering together as a community, reaching out to leaders, local organizations, and local health officials. If we are able to mobilize our community in this manner, achieving an AIDS-free generation is not

far on the horizon.

As a member of Congress and registered nurse committed to the advancement of modern medicine and better access to healthcare despite origin or income level, I believe this can be achieved through increased access to the full range of health care services, robust support for domestic and global health programs – including those that focus on HIV/AIDS, family planning, and reproductive health care, greater investment in sex education in the U.S. and around the world, protection of the Affordable Care Act, and advancing the health and human rights of all people.

The AIDS-free world we want is within reach and I will continue to make these issues a priority during my time in Congress. I encourage my colleagues and each of our communities to stand in support of an AIDS-free world."

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Marilyn's Gift Gallery, located at 818 Elm Avenue in Waco, Texas, offers you elegance at its best. Owner, Marilyn Banks, calls her store a one-stop boutique. "If you can imagine it in fashions and accessories, we can provide it for you."

Those accessories of which Banks speaks include designer suits, limited formal wear, African American art, cosmetics, music, books, designer perfume oils, casual wear, jewelry, hats, and much more. Additionally, customers can find religious items, such as cards, afrocentric items and Greek items. For more information, call Banks at 254-755-8218 or for that personal touch in customer service, visit the store today!



MARILYN BANKS

JW "New" Hats - Just in time for Christmas

BY LINDA CRAWFORD

He's your mobile hat store. He will deliver to your door.

"No head is too big. No head is too small. I can fit 'em all," says Johnny Watkins, owner of JW Hats.

There are mobile glass repair companies, mobile car detailers, mobile computer repairmen, and even mobile tax preparers, explained Watkins. "But how many mobile hat companies do you know? How many hat companies promise to find what you want and bring it to you?"

Watkins likes wearing hats himself, and when he lost a great deal of money in his 401K, he decided to invest in his own business. Watkins remembers traveling to Corsicana to get his favorite style of hats. "And I figured I wasn't the only one having to travel," he said.

His hat wearing days originated years ago. The adults in the family taught him and oth-



JOHNNY WATKINS

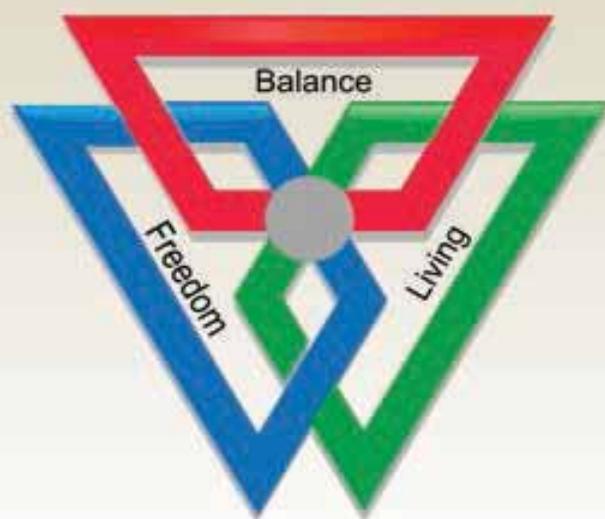
er children that they were not completed dressed for church without a hat. Whether they embraced this little piece of advice or not, Watkins' infatuation with hats began when he was a child.

"My mother used to say, 'When you go outside, put a

hat on.'" JW Hats has been official since December, 2010. Watkins is glad to celebrate 4 years in the business.

Some people want more than just the common Texas cowboy or cowgirl hat, explained Watkins, and if a manufacturing company makes, he said, "I can get it."

Western hats are common, especially in the Lone Star state, but Watkins carries a number of hard to find men and women styles in his store—Kangol, Dobbs, Stacy Adams, Steve Harvey Collection, Stetson, Fordoras, Indiana Jones, Julia Roberts, Old School tams and derbies, blue jean ivy, Charlie 1 Horse, Resistol, Larry Mahan and many more. He even carries trendy women's church hats and purses. Prices range from \$10 to \$175.00. Call Watkins at 254-752-5800. Experience that "at your service" kind of feeling, and remember: "No head is too big. No head is too small. [He] can fit 'em all."



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Hats on to Rochelle Murphy: Local hat designer has bigger vision

Habakkuk 2:2 admonishes us to write our vision down and see it come to fruition. One Waco entrepreneur has gone way beyond that stage.

When other young girls were playing with Barbies and baby dolls, begging and pleading with their mommies to buy them more doll clothes and accessories, Rochelle Murphy was content to make do with what she had.

She possessed the creative knack early on that many only dream will be their acquired taste. Murphy had vision for fashion, specifically for hats. Today, she has started her own line of designer hats called Rochelle's Originals.

Murphy has already garnered much success in a her fashion pursuits. Back in the day, Goldstein Miguel was one of her major buyers, as were other local stores, but today, she is already a household name for women in Waco, particularly many influential women in the Christian community.

While many look upon Murphy's creativity with amazement and approval, Murphy remembers one incident where such sentiment was definitely not the case. When she was 8 years old, favor was not upon her. As a matter of fact, her mother, Corine McClain, was furious when she realized her good sheets and pillowcases had been cut into a little doll's clothing line.

Murphy destroyed her mother's nice sheets and pillowcases, making them into



ROCHELLE MURPHY

masterpieces to ensure the adornment of her dolls—complete with originally designed hats.

Those were some good days for Murphy, or maybe not. Smiling, Murphy reminisced. "I still remember what that spanking felt like, but my dolls sure did look cute."

It was during the early years of her life that she became fascinated with hats. "As near as I can remember, I always loved to watch the ladies at church who wore pretty hats. My mother was the one I most admired. She wore a different hat every Sunday, and she still does."

When Murphy was growing up, little girls were taught they were not fully dressed for church without a hat, gloves, and a handkerchief. She especially admired the different colored feathers, now an integral part of her own hat designs. Like other little girls, Murphy often imitated her mother by dress-

ing up in her mother's hats, heels and gowns when her mother wasn't looking.

"My mother always had a reputation for being a well-dressed woman. Her hats were very eye-catching," said Murphy.

Murphy first became serious about turning that dream into a reality about four years ago when she wanted to alter some of her own store-bought hats. She went to then distinctive hat-wearer, Mable Johnson, for help. Now deceased, Johnson showed her how to give old hats a new look. Upon completion, Murphy would return to Johnson for Johnson's approval. If Mable Johnson said she would wear one of the refurbished hats, Murphy knew she had done a good job.

Today, all of Murphy's hat are completely original, worn by many of Waco's women of distinction.

Not long ago, one of Murphy's hats turned heads at an annual conference in Ft. Worth. The conference colors were purple and white. One of the participants wore a purple, custom-designed Rochelle's Original.

"As the lady walked down the aisle, escorted by her husband," explained Murphy, "you could hear the people at the luncheon tables admiring her hat. I was so proud. When she passed my table and nodded her head in approval, tears came down my face, and I heard a voice say, 'Job well done.'"

Presently, Murphy sells her hats by word of mouth and through churches and conventions in Central Texas.

But for now, she is back to Habakkuk 2. Murphy has another vision: to become "well-known for designing beautiful and unusual, one-of-a-kind hats. I want the name, Rochelle's Originals, to be up there...with Don Anderson, Adolfe, Billie Miller, Jack McConnell, George Zimmerman, and Whitefall and Son."

For a Rochelle's Original hat, please call Murphy at 254-420-6409.

Sascee's - Soule of the Brazos, southern style food coming soon

BY LINDA CRAWFORD

Pretty sure you have eaten her food before, and if you have, you are still talking about it. Marsha Marsha Marsha Catering owned by Marcia Neal, has been the talk of the town for a number of years, and now, she's giving you something else to talk about. It's called Sascee's.

"I call it Soule of the Brazos, southern style food," said Neal. Located at 416 Franklin Avenue, a few blocks from the Convention Center, across from the water department, Sascee's will be open Wednesdays through Sunday and until 2:00 in the morning on weekends.

Licensed through the State of Texas, Neal is a certified health food handler, and with 20 years of restaurant experience, she touts her superb customer satisfaction and her ability to multi-task because "being super busy is the norm for me," she said.

"I love serving great food, and giving the customer the best service they ever experienced."

From banquets to weddings, she can be responsible for organizing the events from decorating the venue to seating guests, to serving and preparing the food, to cleaning up and then setting-up for the next event.

Whether a business meeting, a family reunion, an elegant wedding, a church or corporate luncheon, a birthday party, or a business anniversary celebration, Neal promises to make any occasion a memorable one, and now she can give her customers a place to have their event.

For two decades she has strived to provide added value to clients by maintaining



MARCIA NEAL

a high level of quality services. "I tailor my services and menus to accommodate the client's special wants and needs." According to Neal, she uses only the freshest ingredients in her dishes.

Neal credits TSTC's Dr. Frances Worthy as the person who pushed her and inspired her to believe in herself. "During my time in food service at TSTC, she kept telling me that my food was so good that I needed to step out into my own business."

No job is too small or too large for a catered event and Sascee's is just an added bonus for that southern food appetite. Neal hopes to attract everyone, the young, the old, Baylor students, MCC students, TSTC students, faculty, businesses, you name it, she says.

"After all, you can get pizza, sandwiches, and Mexican food just about anywhere, but for collard greens, meat loaf, fried chicken, mac and cheese, beans and cornbread, not to mention peach cobbler, butter pound cake, banana pudding, and Jazz, you will need to come downtown to Sascee's."

For more information on the January Grand Opening, please contact Marcia Neal at 254-652-1924.

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(NewsUSA) - When you hand car keys to your teenager for the first time, your heart races as you think of what could happen. The fact is that car accidents are the number-one cause of death among teens in the U.S., so it's important to communicate the gravity of this new-found responsibility.

That's why Trico Products (www.tricoproducts.com) has made a commitment to make teen driving safer and



RICHARD KRUGER

encourage parents to have a serious, sit-down conversation with their children before allowing them to get behind the wheel. To help make that conversation a little easier, Trico offers these helpful talking points:

- **Seatbelt** -- Teens buckle up far less frequently than adults, so be sure to reiterate that fastening your seatbelt should be the very first thing you do before keys are even in the ignition.

- **Texting** -- Cell phones, the radio and other passengers are all major distractions. Every second a teen takes their eyes off the road could be an opportunity for a terrible accident. Cite examples of recent car accidents from texting while driving to further establish this danger.

- **Drinking and driving** -- It's important to stress that no one under the age of 21 should be drinking. But, let them know to make the right decision and have a designated driver or call for a ride home.

- **Defensive driving** -- Teens need to be hypersensitive to all surroundings, since their brain is not fully developed. They must not only be aware of how they're driving but how others drive too so collisions are avoided.

- **Penalties** -- Talk about the fines associated with tickets, and let them know they will be responsible for any monetary repercussions and attending traffic court.

- **Roadside emergencies and maintenance** -- Go over what to do and whom to call in an emergency. Make certain they have roadside assistance and insurance information readily available. Also, teach them about basic maintenance to ensure they schedule regular oil changes, tire rotations and inspections and always check that they've changed the wiper blades. Having that first conversation is only the start, so go over these points with them regularly to make sure they make good decisions.

Visit tricoproducts.com for additional help on driver safety and regular car maintenance. **For your insurance needs, call your State Farm agent, Richard Kruger at 254-776-4593.**

The Word of Life Christian Church
www.thewordoflifewaco.com

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