

THE Anchor News

Serving the Central Texas Community
Celebrating 19 Years!

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Free



3rd Annual Waco Family & Faith International Film Festival scheduled

BY: L.A.I. COMMUNICATIONS

WACO, Texas - Dec. 15, 2021 - PRLog -- The GB Lindsey Family Charitable Fund announces today the launch of its 3rd Annual Waco Family & Faith International Film Festival and its 2022 film slate. The film festival will take place in the Central Texas town on February 3-5, 2022 at the new Cinemark Movie Theater Complex. The event leverages the power of storytelling to inspire its community and is "dedicated to EMPOWERING the creative spirit, SERVING with heart, and CELEBRATING all!" The Official Selection films announced today on FilmFreeway.com for the 2022 Waco Family & Faith International Film Festival are a combination of feature length, short films, student



DR. TYRHA M. LINDSEY-WARREN

films and animation films. In 2020, the Waco Family & Faith International Film Festival received 1,688 film entries from 109 countries and across five continents and presented 72 films. In 2022, the film festival will present over 30 films from such countries as

Spain, France, Belgium, Korea, and the Canada, to name a few.

"The film festival team and I are both thrilled and grateful to have the opportunity to present the event in Waco for a third year. Storytelling and imagery through movies truly matter in our society," states Dr. Tyrha M. Lindsey-Warren, Founder and Lead Producer of the Waco Family & Faith International Film Festival. "Now more than ever, we need the power of storytelling to open hearts and minds, especially when it comes to positively changing how we all see each other as fellow human beings on this planet."

According to Variety.com, there are 200 million consumers within the family and faith-

See **FESTIVAL**, pg. 14

Bishop Lonnie and Co-Pastor Gail Garrett have music in their veins

In 1958, the Bible Way church of Marlin was founded by Major and Gertha Garrett, parents of Pastor Lonnie Garrett. The church just celebrated its 63rd anniversary in November 2021. Lonnie became the pastor in 1971, celebrating 50 years leadership in July, 2021.

Lonnie and Ouida (Gail) Johnson-Roberts were both born and educated in the Marlin, TX, Falls County. Attending Booker T Washington Schools in earlier years, as a result of integration, they graduated from the Marlin High School. Lonnie was recorded as the first black student to graduate from the Marlin High School in 1967.

Lonnie and Gail had a number of things in common but being preachers' kids trumped everything else. They both love singing and playing the piano. Mrs. Lucille Hampton, noted as Marlin's black Moses asked Gail and Lonnie to get a community choir started for various events and out of this, Lonnie became the president and Gail became the musician and director. This choir produced its first album "There's Only One Bridge." The album was a great success in Marlin and surrounding areas. Lonnie and Gail saw that God had more for them to do, including but not limited to the music ministry. They were married July 28, 1984 at the Upper Zion Baptist Church with a little less than 500 in attendance.

This union has produced several recordings and several different community



BISHOP LONNIE & OUIDA GAIL GARRETT

and church related services as well as independent entrepreneurs with various business opportunities. Pastor Lonnie was appointed bishop in 1994 and National Bishop of the All Nation Pentecostal Apostolic Churches in 2016 after the death of Bishop Floyd Williams; Gail was called to preach in 1999, and later appointed Co-Pastor with Bishop Garrett at Bible Way Church. There she works faithfully in music and church administrations.

Their immediate family consists of three children, who are also singers and musicians. The Garretts have 9 grandchildren.

During the last two years of national pandemic, they have implemented outdoor services, Zoom, and telephone conferences. They believe Bible Way is exceptionally blessed, even in this pandemic. Visitors are welcome to all services at Bible Way Church Family Worship Center at 804 Jackson Street, Marlin, Tx 76661. Call (254)722-1395 for more information.

26 years of education change lives of mom & daughter

BY MARIA AREVALO

Reprinted with Permission from Prosper Waco

In April 1995, at age 18, Maria Arevalo's mother welcomed her into the world. She was a few weeks out from her graduation from University High School and nervous about what the future had in store for her and her new baby.

Prosper Waco's Maria Arevalo recently earned her master's degree from Angelo State University. Her sister, Sophia, joined in the family celebration, which has its roots in their mother receiving the first MAC grant for education



MARIA AREVALO

27 years ago.

Maria's mom, Siomara Arevalo, is a first-generation Mexican American. Siomara's parents immigrated to the United States in October 1974 and worked hard to provide a good

life for their children. Their biggest dream was for their children to go to college and accomplish whatever their hearts desired. They instilled the importance of education in all of their children, especially Siomara.

Some told Siomara it would be impossible. How can a first-generation student, now a new mother, attend college and succeed? Especially since she was one of the few in her family who spoke English, and that family was low-income and sometimes had only bread and beans for dinner.

See **AREVALO**, pg. 16



Photo by Any Given Day Photography

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 Senior Manager. 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.

From the Crawfords...

Life has changed as we know it. We are yet faced with COVID and so many other issues. A few of this month's articles are dedicated to 2021, remembering progress made and those we lost. Of course, only a few are included here. The community remembers many more. They may not be mentioned here, but we remember. Enjoy the first issue of 2022.



W.B. GUNTER

During the spring of 2020, a global pandemic halted everything except healing. It was during this event that a resurgence of art in every form evolved and reinvented itself on an unimaginable scale. Social media became the primary method for sharing innovative artistic expressions. Visual artists expressed appreciation for front line health care workers, humanity was depicted in murals, and it was the visual artists who exposed and became the voices of the masses. The responsibilities of art delved deeper into the spirit of humanity and politics.

By autumn of 2021, the economy was returning, but there were operational shifts in the way business was conducted. Visual artist who depended on person to person interactions found new ways to focus and manage. New doors were opening to the challenges ahead. Cash exchanges are practically obsolete, and art, though plentiful found that authenticity was

The artistry of Samra Thompson

in demand more than mass reproductions.

Samra Thompson, an artist who enjoys creating, was generous enough to take time out of a very busy schedule to share her thoughts about art. In her artist statement, she describes herself and some of the art endeavors she enjoys. She states, "As a person with a lot of interests and a modest amount of talent, I've developed a love for many artistic endeavors. Many of my art pieces start as experiments with different types of materials. I've dabbled in so many things:

Mosaic Art: My biggest love is making mosaics. There's something oddly satisfying about taking broken bits and turning them into a cohesive image. Even more satisfying is the act of breaking up perfectly good glass or tile or other tesserae and re-piecing it into something



SAMRA THOMPSON

completely different. descriptions of Samra Thompson's art experiences. Join us next month for more

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THE Anchor News



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PURPOSE

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

POLICY

Anchored on the principles of scripture, *Anchor News* will at

no time publish information that is potentially libelous material or intentionally malicious, derogatory or irrelevant.

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

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The comments and opinions of our readers are welcomed. Letters

and articles should be e-mailed. Letters should be no longer than 200 words and must include a name and phone number. Article submissions should be no longer than 450 words and should include an original head shot (in jpeg format) along with your name, address and phone number. We reserve the right to edit for grammar, space, potentially libelous material and copyright infringement. We also reserve the right to refuse derogatory, irrelevant and malicious submissions.

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REMEMBERING 2021 | THOSE WE LOST

It's so hard to say good-bye to Lester McDowell

Reprinted from January 2021.

A bouncing baby boy entered this world on August 15, 1951, to Mr. Andrew Jackson "A.J." and Mrs. Opal Lee Scott McDowell. He was the seventh of eight children.

At a young age, Lester joined Wesley United Methodist Church. He later converted to the Catholic religion and united with St. John The Baptist Catholic Church where he was a faithful member and servant of God. Lester was educated in the Waco Independent School District. He attended J. H. Hines Elementary School, R.L. Smith Elementary School, and G. L. Wiley Middle School. He graduated from A. J. Moore High School in May of 1970. While in high school, he was a member of the A. J. Kirk Choir, National Honor Society, Who's Who Among American High School Students, and Science Club. He learned the importance of a good work career early and began his work journey by purchasing a lawnmower in order to cut yards and earn money. Lester also worked at Plantation Foods, Boykins Anderson Funeral Home, and Safeway Grocery Chain.

Lester went to Paul Quinn College in Waco and earned his Bachelor of Science degree in elementary education on December 13, 1974. While at Paul Quinn College, he was initiated into Alpha Phi Alpha Fraternity, Iota Kappa Chapter in 1974 as a Charter Member. He married his high school sweetheart, Lois Jacqueline Cotton, and to this union, two daughters were born, Madelyn Opal McDowell, named after her maternal and paternal grandmothers, Madelyn Cotton and Opal McDowell, and Andrea Jaquay McDowell whose initials are A.J.M. after her paternal grandfather.

Lester began his teaching career in the Waco Independent School District in 1976. His first teaching position was at Brook Avenue Elementary School. He moved up to the middle school level and worked at his middle school alma mater, G. L. Wiley, and G. W. Carver Middle Schools for the next thirteen years. During this time, Lester continued his education at Prairie View A & M University and earned his master's degree in administration on May 7, 1978. While at Carver, he was a science teacher. Principal Faye Weaver val-

ued his educational contributions and often said of his adventures and experiments, "Enter the science lab at your own risk." Lester advanced and became assistant principal at G. W. Carver under Principal Weaver's leadership and guidance. He returned to the elementary level as the principal at Lake Waco and Provident Heights Elementary Schools. In 1999, he served as principal at G. L. Wiley Middle School until his retirement in 2003. After retirement, Lester attended Dallas Institute of Funeral Service and received his Associate of Applied Science Degree in Funeral Service on November 16, 2007. His love for education and the students led him out of retirement to become a temporary preferred administrator from 2014 to 2020 at eight WISD campuses. His last assignment in 2020 was at Alta Vista Elementary School.

Lester had a dream to own a funeral home and accomplished that dream with the ownership of McDowell Funeral Home. There are currently two locations-- in Hillsboro, Texas and Waco respectively. He will watch over his second location in Waco from Heaven as it is being constructed from the ground up. His daughter, Andrea, has worked closely with him to see his dream reach fruition as she co-labored with him daily in preparation to continue his legacy. He was blessed to have both of his daughters as trained funeral directors to continue his legacy.

On Thursday, January 7, 2021, the Lord called him home to receive his wings. He was 69 years old. His legacy will continue on through the survivors of his life: his dedicated wife for 48 years, Mrs. Lois Jacqueline McDowell; his loyal and dutiful daughters, Madelyn Opal McDowell-Butler (Steven) and



LESTER McDOWELL

August 15, 1951 - January 7, 2021

Andrea Jaquay McDowell; his beloved grandsons, Paw Paw's Baby, Cedarian Emil Lester McDowell, Sterling Bryson Butler, Sullivan Blake Butler, Brenton Jaylon Thomas and Ayden Jaquay Thomas; his sisters, Doris Ann Bell, Delores (Wille Earl) Foster, and Diane McDowell; his brothers, Charles Ray McDowell, James Earl (Linda) McDowell, and Ruben (Charlene) McDowell; his father and mother-in-law, Edwin H. Sr. and Mad-

elyn C. Cotton; his sisters-in-law and brothers-in-law, LaNell (Wilbert) Curtis and Charlayne (Timothy Sr.) Foster; and five godsons; two god-daughters, nieces, nephews, and cousins and a myriad of special and devoted friends, colleagues, students, and acquaintances.

Dr. Marcus Nelson

BY DR. PEACHES HENRY

Reprinted from June 2021.

When Dr. Marcus Nelson came to Waco ISD as the new superintendent, his love for and dedication to his "crew" was evident to all. His life was cut short on

"He was someone who believed in mobilizing the community to save our children. He had a vision, and he knew how to make people believe in that vision," commented Justin Rice, Manager of Grants and Impact at the United Way. "Dr. Nelson was a man of character who truly loved the students and staff of Waco ISD," said Elijah Barefield. "What I will always remember about Dr. Nelson is that his approach to everyone, in every arena, was to lift up each person in the room by praising them and everything they did," noted Jo Welter of the Community Race Relations Coalition. "Whether with small children, students, youth, adults or professionals, Dr. Nelson always motivated and inspired others with his attitude, his demeanor and



DR. MARCUS NELSON

March 25, 1972 - May 15, 2021

with his words." Rice put it this way, "His charisma and story were unique."

"Hard work pays off! Every day!" That was Dr. Nelson's mantra. "Everybody—teachers, students, staff, the community—rallied to this affirmation," said Dr. Hazel Rowe, former acting Waco ISD superintendent. With hard work and dedication, he "believed that together we could make a difference in the lives of students,"

See **NELSON**, pg. 4

You are Invited

Waco Convention Center

50th Anniversary Celebration

Wednesday, January 26, 2022

Come-and-go reception from 3pm-6pm
Remarks and a special presentation will take place at 4pm

Please RSVP at wacoconvention.eventbrite.com



Waco Convention Center
100 Washington Ave., Waco, TX
Brazos Ballroom

REMEMBERING 2021 | THOSE WE LOST

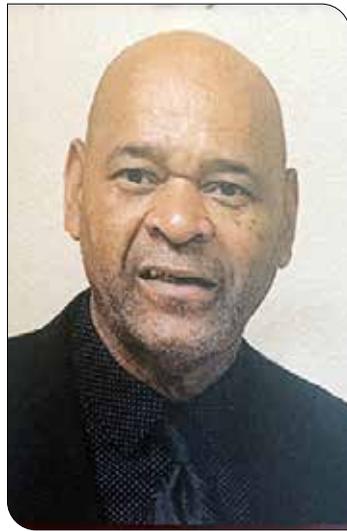
Pastor Mitchell Lee Davis

BY COMMISSIONER
PATRICIA MILLER

Reprinted from June 2021.

For those of you who knew Pastor Mitchell Lee Davis, you know he was a tower of a man with a still, quiet voice. I met Pastor Davis during a visit to The Corner Stop, a convenience store located at 25th & Colonial. The store has been owned and operated by Mitch and Joyce the Davis Family since 1990, thus, earning the affectionate nickname, Mitch's.

For thirty-one years, six days a week, Mitch Davis opened the doors of The Corner Stop. The store and the man became a true beacon of light in a community also starving for encouragement and inspiration. The life of Pastor Davis was more than that of a store owner. Galatians 5:13, says, "For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another." Pastor Mitchell Lee Davis led a life in constant service to those who patronized his store. But, also, for years, the self-made, successful entrepreneur assisted young men and women reintegrating back into the neighborhood. He



PASTOR MITCHELL LEE DAVIS
July 25, 1956 - March 6, 2021

channeled his energies into assisting them in gaining employment and housing.

Pastor Mitchell Davis may not have realized the magnitude of his influence on those around him. Davis saw himself as a business owner making an investment in a neighborhood that he loved. However, he changed the lives of so many who will forever be grateful to him. In addition to the hours, he spent at Mitch's Corner Stop and the hours he spent mentoring and volunteering, Pastor Mitchell Davis served on many local community and church

boards and commissions. He is recognized for his work with Shepard's Heart Food Pantry Ministries and also his regular visits to our local nursing homes. When you talk to those who knew him, they say, Mr. Mitch was, "a stand-up guy. He was straight forward when he talked to you and he stood behind his words." In preparing a county proclamation for The Corner Stop's Annual Block Party this year and in finalizing this article, I spoke with Rev. Anthony Betters. I was awestruck by not only what Rev. Betters said, but how he spoke so poignantly about his friend of thirty-five years – with reverence, respect, admiration, and love. "Bro. Mitch had a 'spirit of compassion.' He loved people, it didn't matter what color they were, rich or poor, no shirt-no shoes, or suit and tie. He looked at the heart and he saw the person." Mitch took the time to make sure anyone who came into his store felt respected. "He saw them" for the person God created them to be.

Rev. Mitchell Davis' The Corner Stop (Mitch's) is a draw for the neighborhood, the community, and for those who come from near and far. You can attribute it to those internationally renowned original battered fried ribs and the other tasty items or the conversation and words of wisdom from Pastor Mitch. But, one thing we all will agree on is that Pastor Mitchell Lee Davis was special.

Mason Yarbrough

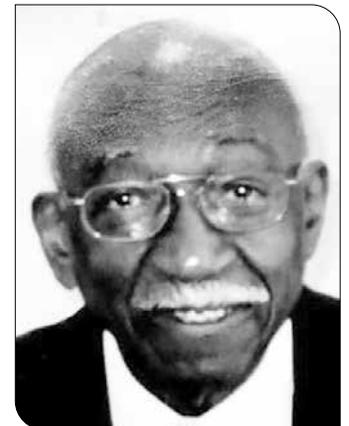
BY LINDA CRAWFORD

Reprinted from June 2021.

At some time during the first few years of starting the Anchor News, I met Mr. Mason Yarbrough. He was so kind, very soft-spoken, and very encouraging. He talked about how proud he was of the Anchor News and talked of how he looked forward to it every month, adding that it was meeting a need in the community. He said those encouraging words with such sincerity and such pride. I remember thinking, "Wow. Maybe it is making a difference."

Doing the paper was hard. When we made mistakes, people went out of their way to tell us. But Mr. Yarbrough... he did not. It's as if he didn't see the errors. He went out his way to tell me how much he enjoyed each monthly issue, and as always, he told me how it was meeting a need in the community. "I read every article," he told me, "and I see every ad. I know what's going on the community because of this newspaper," he said quietly, smiling and bubbling with a spirit of ownership. "I'm just proud."

Mr. Yarbrough always made me feel better about the paper, even with the errors or funny-sounding headlines. When we parted ways, I always had a boost and the assurance that the Anchor was a good thing. But the day he straightened out my thinking is a day I will never forget. For some reason, I could not sort out the correct number and issue assignment for the upcoming paper. I was confused, and I have yet to remember or understand why.



MASON YARBROUGH
April 25, 1932 - April 3, 2021

Of course, I ran into Mr. Yarbrough and shared my dilemma. "I was thinking it was Number 10 and Issue 3," I said. "I just can't seem to figure it out."

"Oh no!" he exclaimed. "It's Number 12, Issue 4. I've been reading the Anchor for 12 years now, and the upcoming one will be the 4th issue. I know that's right," he explained, "because I have every issue you ever published."

I stood there in awe. Every paper. Every paper for 12 years. I don't have every paper. And the confused numbers in my head? He knew the correct numbers immediately without even thinking about them. Who does that? You've heard of the Father of Education, or the Father of Medicine, or the Father of Technology? Well, I made a decision in that moment of calmness and clarity. For me, from that day forward, Mr. Yarbrough would

See **YARBROUGH**, pg. 5

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NELSON

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she continued. "Dr. Nelson was a genius at school policy. His passion for student success was impeccable," declared Ramona Curtis. Tatum concurred: "Although he was here for only a short time, he taught our kids that hard work pays off, and he inspired all of us to be better people and to make our community a better place to live."

Dr. Nelson passed on May 15. During the brief time that

he served the Waco community (2017-2019), he left an indelible mark on our hearts and minds. "Education has lost a great leader," commented Curtis. "We all have our dedicated time to leave this earth; however, it feels as if Dr. Nelson left way too soon. We will miss him as an optimist, a voice of encouragement, and a premier educator," declared Commissioner Miller. "He's gone but

his memory will live on forever in all of us," said former fire chief Tatum. "He will be forever remembered as a friend and mentor. He is truly missed," stated his Omega Psi Phi Fraternity brother Barefield. Rice, another Omega Psi Phi brother, captures our broken hearts with these sentiments: "Dr. Nelson was a brother, a friend. His loss hurts me; hurts us." God speed, Marcus.

REMEMBERING 2021 | THOSE WE LOST

Vera P. McCoy: 100 years well-lived

BY CURTIS MCCOY

Reprinted from May 2021.

Vera McCoy has always done things her way. Born to Frank and Ethel Person in Corsicana, Texas on June 6, 1921, she is still going strong at the tender age of 99. A strong-willed and determined woman with a heart of gold, she has always known who she was and whose she was. An early introduction to the church has ordered her steps as she walks in faith and the belief that she is a child of God. McCoy was blessed to have been raised in love by both parents and a devoted paternal grandmother, Lizzie Person.

Growing up in the south in the 20s and 30s was challenging for her. From the harsh economic turns of the Great Depression to the ever-present reminders of what being black truly meant, her world was fraught with peril every single day. But through it all, she never learned to hate or see herself as being less than anyone else. Smart, McCoy loved to read and she took the opportunity to read whenever she could. Being a voracious reader had a profound impact on her ability to learn and to speak with poise and eloquence.

A few years after graduating from high school, she met and married Odie L. McCoy. He was in the Army and they were stationed at Ft. Leonard Wood, Missouri. After his discharge from the Army, they moved to Ft. Worth, Texas where their first two sons, Odie, Jr., and James were born. They remained in Ft. Worth for several years before moving back to Corsicana. Later, they made the decision to move to Waco, some 50 miles east of Corsicana.

McCoy bade farewell to her parents and to her four siblings, John, Lavern, Frank Jr., and Orville and headed to Waco. Waco meant opportunity for both her and her husband. She wanted to put herself on some type of professional career path, and he wanted to attend Paul Quinn College, the historically Black college located in Waco. While they were in Waco, their third son, Curtis was born.

Life in Waco was basically routine. They were church



VERA P. MCCOY

June 6, 1921 - September 22, 2021

goers and so were their sons. They both had beautiful singing voices and so did their sons, so everyone was in one of the church choirs. The McCoy's were civic minded and believed in the power of the ballot. Even the indignity of having to pay the illegal Poll Tax did not deter them from exercising their right to vote. Lessons were not lost on their sons. They voted in the 1960 presidential election and were very pleased to have helped elect John F. Kennedy to become the 35th president of the United States.

Over the years, McCoy has been a stalwart of dedication and conviction to a number of causes, first and foremost, to her family. She was a leader of the PTA in Waco schools for several years. She encouraged all three boys be active in both church and school. Then she insisted. All three boys were in the marching band at their respective schools. When the school had an out-of-town trip planned, students were often asked to be ready to leave at 4 or 5 A.M. Unfazed by the early departure, McCoy was always up early enough to cook a hot and tasty breakfast. She never failed to send her children off with full stomachs and the best lunch on the bus, every time.

She is a member of Toliver Chapel Missionary Baptist Church. Over the course of her years as a member, she has held a number of leadership positions. She was church secretary, Sunday School teacher, BTU teacher, Senior Choir member, and church clerk. McCoy was a multi-time a week attendee at church and rarely missed a meeting, rehearsal, program, Sunday

morning or evening service. When she gave her word that she would be there, people could count on it.

And not much has changed over the years. She is still showing up when and where she says she will. And if Odie, Jr. and James are singing, nothing nor anyone is going to keep her from being there.

Now that she is a grandmother, great grandmother and great-great grandmother, she feels very grateful to have lived long enough to be a relevant part of her family's lives. She is the family matriarch and wears that crown with dignity and grace. She is quick to offer words of wisdom, encouragement, prayers of a friendly jab if she thinks that it will help the recipient. She is beloved and revered by not only her family but by the hundreds of young people she has mentored over the years.

Come June 6th, McCoy will have been on this earth 100 years! There are many things to be said about someone who has lived this long. She is a woman filled with love. And that love goes out from her and comes back to her from those who know and love her.

YARBROUGH

Continued from page 4

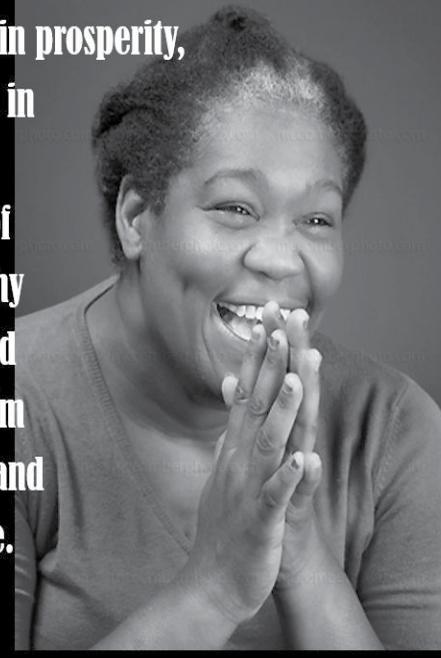
be called the "Father of the Anchor News."

Mason and Erma were blessed to share one son,

Mason Adrian, and 64 wonderful years together until God called His faithful servant home.

**Be generous in prosperity,
and thankful in
adversity.
Be worthy of
the trust of thy
neighbor and
look upon him
with a bright and
friendly face.**

— from the
Bahá'í writings



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The Anchor News

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1300 Richland Drive

REMEMBERING 2021 | NEWS THAT MADE HEADLINES

If confirmed, Waco to appoint Victorian as Police Chief

BY DR. PEACHES HENRY

Reprinted from May 2021.

Less than a month after the United States celebrated the inauguration of the first African-American and East-Asian woman, Kamala Harris, as vice president, Wacoans celebrated the hiring of the first African-American woman as police chief, Dr. Sheryl Victorian. With extensive experience in law enforcement and administration, significant educational credentials, a proven track record in engaging the community, and innovative approaches to youth engagement, Victorian comes to the Waco Police Department from the Houston Police Department. "I am humbled to have been selected as Waco's first African-American female chief. It is my hope that my accomplishment inspires women and people of color to dream BIG and walk in their destiny!" Dr. Victorian said about her appointment.

The Waco community wholeheartedly welcomed Victorian's appointment. "The selection of our new Waco Police Chief, Dr. Sheryl Victorian, is a great celebration for Black History Month



DR. SHERYL VICTORIAN

2021," proclaimed National Sorority of Phi Delta Kappa, Gamma Upsilon, chapter president Jocelyn Pierce. "I'm very excited to hear about the selection of Sheryl Victorian as final candidate for Waco Police Chief," stated Amber Bernard, local attorney and chairwoman of the Waco NAACP's Criminal Justice Committee. The board of the Community Race Relations Coalition said, "We are thrilled to welcome Dr. Sheryl Victorian as our new police chief, whose superior education, outstanding experience and exceptional character and manner will

serve our Waco community very well." Cuevas Peacock, Assistant Director of Community Relations-Cultural Wealth in Baylor University's External Affairs Office, declared that "Dr. Victorian is that rare example of a candidate who checks all your boxes. I am so proud to call her my next police chief!" Rosemarie Tatum, wife of former Fire Chief Bobby Tatum, hailed "Chief Victorian" as a "trailblazer and a positive role model for all women and girls of color to follow."

A 27-year veteran of the Houston PD, Victorian worked her way up through

the ranks of the Houston PD from patrol officer to sergeant, lieutenant, captain, and assistant chief. Victorian worked in significant areas of the Houston PD, serving as an undercover investigator in the Major Offenders Division, in the Murder Division, and in the Child Sexual Abuse Unit. Having worked in the Internal Affairs Division in both administrative and criminal investigations, Victorian has experience in the difficult area of holding officers accountable.

"When we began our search for the next police chief, we knew the candidate had to be dynamic and in our

first search, we didn't find it. City Manager Ford agreed, and we cast out again. This time, we not only found a candidate with a wealth of knowledge, proven track record, and an understanding of where and how we want to see the department grow, but we got to shatter another glass ceiling by hiring a Black Woman, a first for the City of Waco. I am incredibly proud of us," said City Councilwoman Andrea Barefield. Ultimately, by hiring this highly qualified woman of color as the next Waco Police Chief, the City of Waco has made a powerful statement about racial equity.

Milestones in the history of Black America



BRENDA LEE

BY BRENDA LEE

Reprinted from February 2021.

Milestones are major accomplishments. For Black Americans such milestones began with the election of our first African-American President, Barack Obama, the 44th president of the

United States of America. President Obama's election opened up a new chapter in the history of America as it did for his wife, Michelle, who became our first African-American First Lady.

From the election of President Obama in 2009 to the swearing-in of our now Vice-President, Kamala Harris in 2021, we have witnessed major positive changes. But despite all of their academic accomplishments and those of many others, some people still see African Americans as more than slow, lazy, unteachable individuals. Nevertheless, the late Dr. Martin Luther King Jr.'s dream is slowly but surely being recognized.

We are finally becoming one nation that is learning to live together, no matter what our backgrounds are. The for-



mer President Barack Obama and our newly elected Vice-President, Kamala Harris, fit the bill as milestones. They are positive steps forward in America's history.

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REMEMBERING 2021 | NEWS THAT MADE HEADLINES

Pamela Hytche-Hunter conferred doctoral degree

Reprinted from May 2021.

Pamela Hytche-Hunter holds many titles and fills many roles. For 43 years, she has been a wife to Dr. Jimmy D. Hunter, Pastor of Tolver Chapel Missionary Baptist Church, which makes the First Lady one of her titles. In addition, one of her roles is as an active partner in ministry with her husband. She holds the title of being a mom and a grandmother as the Hunters are the proud parents of two children and four grandchildren.

And now, she holds the title of Doctor of Philosophy. At the Spring Commencement on Friday, May 14th at the University of Maryland Eastern Shore in Princess Anne, Maryland, Dr. Pamela Hytche-Hunter will be conferred a Ph.D in Organizational Leadership.

While Hunter is a woman of many talents and many interests, some things are

most dear to her heart. Her family, for example, is number two, coming only after God. Education is in her DNA because of her rearing and she views anyone she encounters as having that same DNA and thus, pushes them toward excellence regardless of their age. Her children were no exception. Neither of them had an option when it came to their education. Her daughter and son graduated from the University of Maryland Eastern Shore with bachelor's degrees. J'Naudia Hunter-Phillips has her masters in rehabilitation counseling, is working on her doctorate and currently serves as Director of Disabilities and Support Center at the University of Houston Clearlake. Hunter's son, Dr. Jamison Hunter, graduated with his Master of Divinity from Howard University, Doctor of Ministry from



PAMELIA HYTCHE-HUNTER

United Theological Seminary in Dayton, Ohio and currently serves as the pastor of Mt. Jezreel Baptist Church in Silver Spring, Maryland.

She has always had her students at heart and has pushed each of them to excellence. At both churches where her husband has pastored, she has been a great encourager to the youth, encouraging them to con-

tinue their education, especially on into higher education. For those students who didn't want to go that route, she challenged them to find a meaningful trade.

"She loves people," said her husband, "and no one is too low in statue for her to touch with her life."

Hunter has a BA in psychology with a minor in human services and Master of Arts in psychology with a specialty in Minority Mental Health, and she is also a licensed master social worker.

The daughter of Deloris Cole-Hytche and the Late Dr. William P. Hytche, Hunt-

er has numerous honors, including being commissioned by the State of Texas in 2014 as a "Yellow Rose of Texas," an honorary commission conferred by the Governor of Texas to women for their exceptional community service.

She is a member of Alpha Kappa Alpha Sorority, Inc. and the Waco Chapter of Links, Inc. Hunter loves working with these organizations and spending time with her family. She especially loves being with her grandchildren--Kaitlyn Phillips, Jamie DeAnn, Janae DiAnn, and Jamison Douglas Hytche Hunter, II.

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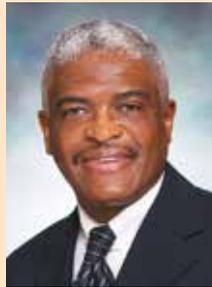
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Rey

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Dr. Mia Moody-Ramirez



REMEMBERING 2021 | NEWS THAT MADE HEADLINES

Linda McDonald celebrates 19 years in real estate

Reprinted from March 2021.

After working for AT&T for over 28 years, Linda McDonald embarked upon her long time aspiration of becoming a realtor. She has been a realtor in Waco since 2002, and is blessed to have the opportunity to do what she is passionate about...serving her clients real estate needs.

During her career as a full-time realtor, McDonald has established many lasting relationships near and far. Known as "The Real Estate Lady," she has built these relationships on service and trust. These are reflected by her continued success as clients return to her and also refer other friends and family. Her clients often praise her patience, thoughtfulness and



LINDA McDONALD

ability to listen. Though McDonald serves Waco and surrounding

areas, she is also able to connect globally with real estate professionals who have the same passion and professionalism.

With her commitment and passion for stellar customer service, McDonald searches for the best properties for her buyers and guides the buyers step by step through the entire process of purchasing a home. For sellers she offers comprehensive market data, and recommendations to get the best return for their investment. She has often been trusted to handle not only selling a property for out of town sellers, but also of taking care of all the preparation to make sure the home is ready to market.

McDonald continuously edu-

cates herself with certifications and utilizes cutting edge technology to best serve her clients. She prides herself not only on being honest and trustworthy with her clients, but also among her peers. In 2016 she was recognized as Realtor of the Year. She has served as President of the Waco Association and since 2009, has been a Certified Residential Specialist (CRS). Only 3 percent of realtors in the

U.S. hold this designation. A Certified Residential Specialist has more experience and training than the average realtor.

McDonald is dedicated to improving the real estate industry for homebuyers and sellers. She gives back to her community by volunteering with Meals on Wheels and teaching home buyer education classes at Neighborworks. Contact her by calling 254-855-1717.

Sam Torres shares art for the soul

BY MAS SERROT

Reprinted from April 2021.

If you traveled on 11th and Elm in the month of March, you may have seen Sam Torres and his wife, Kim, in their paint splattered clothes reviving a mural they created in 2005. That same month Sam was closing a nearly year-long three man show at The International Dallas Latino Cultural Center. Art is not his main gig but his life-long passion. He has worked as a graphic designer for over 30 years. The past 14 years have been as a Visual Information Specialist at the Doris Miller Veterans Medical Center in Waco.

He was born in Lakin, Kansas in 1963. His mother and father lived in west Texas and were migrant farmworkers of Hispanic and Native American descent. They eventually moved to Waco for steady work in 1967. Sam's love for art came from his older brother, Ector, who died last year. All his siblings, Amado, Rachel, Isabel, and Diane became artists because of Ector. At age six, Sam made a conscience decision to become an artist.



KIM AND SAM TORRES AT THEIR MURAL, "IT TAKES A VILLAGE TO RAISE A CHILD," ON 11TH AND ELM STREET.

PHOTO BY DOREEN RAVENSCROFT

Sam attended school in north and east Waco, and graduated from Waco High in 1981 where he excelled in art. After high school, he honorably served in the US Army and after received a degree in Commercial Arts and Advertising from TSTC. In 1988, he moved to Dallas where he worked at Methodist Hospitals of Dallas. In his free time, he had over

60 group and individual art shows and helped form the groundbreaking Dallas Latino art group A.R.T.E. After a personal tragedy in 1997, he moved to San Diego, California where he continued work as a designer and exhibiting his art.

In 2000, Sam returned to Waco and with his siblings started U Monthly magazine, a multicultural publication serving the Black and Hispanic Community. In 2003, Sam, Doreen Ravenscroft, and Henry Wright created the Waco Cultural Arts Festival. He and his wife later began publishing, Big Blue magazine, in Robinson, TX where they received the Business of the Year 2007 award. Sam has received awards from the NAACP, Amnesty International, and CRRP for his work in promoting racial unity.

Sam is married to Kim Torres and they have two daughters, Tiffany, and Kelsey, sons-in-law, Matt and Jose, and grandchildren, Victor Eli, and Manu. After years of working in the Dallas and Waco community, Sam continues to use graphic design as sustenance for him and his family, and art to feed his soul.

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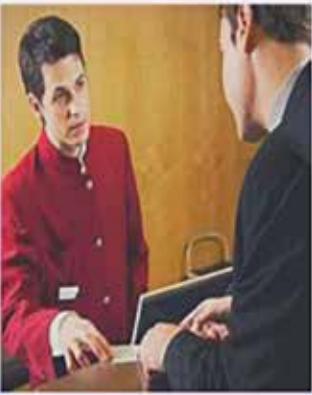
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Every day is a new beginning

BY MONA DUNKIN

One of the beautiful things about life is that we are always in the now. Whether remembering past joys or sorrows, whether anticipating or dreading an upcoming event, our total behavior can only be active in the now. Right here. Today. This minute. Whether each today is painful or pleasurable, depends a great deal on choices.

Nothing stands alone. We live in a world of spectrums and dimensions, where a tiny amount can have gigantic responses. Think health, wealth, and be-

ing relatable vs unhealthy, hardship, and disconnect. No matter our age, there is a continuity to our lifestyle, whether its development or decline.

Development could be defined as 'making good choices', options that help you as well as does not harm others or the Universe.

Decline would be 'not so good choices', those that not only harm the one making the not-so-good choice, but also has a hindering aspect on others and the Universe. Straws awash in the oceans damage and kill marine life.



MONA DUNKIN

I speak often of our Basic

Needs. 'Basic' - as in essential or critical - and 'Needs', meaning necessary, imperative, much more than just wants. Dr. William Glasser, Founder of Reality Therapy and Choice Theory, isolated mankind's basic needs as being Survival, Love/Belonging, Fun, Freedom, and Power.

From birth on, our total behavior actively pursues the fulfillment of each of these five internal motivators, whether we are aware of it or not.

Let's take something as seemingly elementary as survival and the need for food. When there is a gnawing in the belly, action is taken to pacify pain. Knowing is a good thing. Knowing allows for planning and advanced preparation before starvation. Yes, knowing is a good thing... until it becomes artificial intelligence (As in, mechanically designed astuteness, or our thinking we know more than we do, or taking things for granted without checking for more information.)

In a text to my cousin, I acknowledged that I deliberately misspelled another's name as I was determined not to let a know-it-all smart phone reduce Mariam to Marco.

Of course, that could also be seen as a power need struggle. Our needs surface whether we can name them or not.

I think back to my childhood, how the farm animals and land were always there, yet Mother and Daddy cared about survival. They knew harvest fields needed to rest occasionally. In my unawareness of supply, demand, and regeneration, I did not have the full scope.

Same thing years later when consciousness became the talk of the town. As a teen, my stance was "What? Of course, I am conscious! I'm awake. I know what is going on." Yet, I was so unaware of the Universal connectiveness of life, and how all human beings have purpose, and everything has meaning.

Today I have more awareness of life and its many aspects. How that everything has a mix of good and not so good. That everything has beauty, and blessing, and burdens. Consciousness - awakening to all that is, seen and unseen. Consciousness - an internal and external knowing of right from wrong with a compulsion to do the right thing.

Development is progressive as we intentionally learn more and deliberately make better choices. Today, I see most of

our errs as stemming from innocence or ignorance. Both of those can be corrected through self-reflection and honesty.

Needs satisfaction is in a constant flux. Think food. You can have a bellyful now, yet four hours later are rummaging for 'something' else. Our genetic DNA instructions automatically strive to fill a void.

Needs satisfaction is made through healthy choices. One of my choices is to speak truth to the power I have now. This morning my husband picked up newspapers from the table and headed toward the recycle bin. He held out the ads section and asked, "Have you looked at these?"

My answer was "Yes". When he came back into the room, I said, "FYI, I did not look at those ads, but I don't know of anything I want, and have no need to look just to see." No big deal. Speaking truth to power for a healthy body, soul, and relationship.

Sometimes life brings interruptions. Think Covid. I suggest it is always - over time - for the betterment of the whole. Knowledge gained from all choices - good and not so good - provides useful and healing information. The development of self-reflection allows us to move from the unconscious flux of trying one thing and then another searching for fulfillment.

Words, demeanor, and attitudes have a way of defining us whether we like it or not. Just as being 'happy' or 'content' comes across as a self-fulfilled life, so to 'misery' and 'frustration' comes across as a non-fulfilling lifestyle. Self-reflection is a way of "making life meaningful."

Our body does not lie. Often, we 'know' something before we can language it.

Here are some thought to journal:

- What is your body telling you?
- Name three things good about you.
- How can you keep you encouraged?
- How can you encourage others?

May 2022 be your best year yet.

Mona Dunkin is a Motivational Speaker, Corporate Trainer and Personal Success Coach. Read past articles at www.monadunkin.blogspot.com. Contact her at monadunkin@gmail.com or 254-749-6594.



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Start the new year off with health

BY JERRY SNIDER

As a health coach, I'm excited to offer a Health Q&A column for the readers of the Anchor News.

QUESTION: Hi Jerry,

I visited with my family during the Thanksgiving holiday and several mentioned that my posture has become much worse than ever before. I know exercise will help (which I don't do much of). I want to start 2022 with a focus to improve my posture through exercise. Where do I start? Most of the stuff I see online just intimidates me. Thanks, Bryson

ANSWER: Well Bryson, exercise can be very beneficial to your posture. You have the correct idea. What a lot of people don't understand is that a plan to focus on posture can be very simple. It's more about compounding day after day than it is creating this elaborate program with dozens of ex-

ercises.

Before I get into the specifics of where to start, something to consider is your weight. The more overweight you are, the harder it is to hold good posture simply because of gravity. It's pulling against your muscles and the more weight there is to pull, the harder it is to hold up. So make sure you are addressing any potential extra weight you may have as you go through this year.

For specifics on what exercises to do and how many, the main focus from a posture perspective is the muscles that make up your core. I'm sure you've heard of your core area. Most people think of their abs when someone mentions a core workout. It's more than that though. Think of your abs and back muscles, from the middle of your chest all the way to your hips. All of these muscles make up your core region. If your core is strong, you will be much



JERRY SNIDER

more likely to have good posture.

So how do you build a strong core? You work those muscles to build their strength. Exercises such as: Leg lifts, Crunches (there are a ton of variety for these), Russian twists (with or without a ball), Push ups, Pull ups, Dips, and Planks.

Starting a brand new exercise routine from scratch should include all of these core exercises. What most people do wrong when they

start is exercising past the point of fatigue. Just because your workout may say 30 reps of something, if you are fully fatigued at 28 you should stop. Going past fatigue not only harms your muscles but could lead to a structural injury in your joints. Start with 5 or 10 reps for several days and then either increase reps or decrease the time of rest between exercises.

The great thing about exercising your core muscles is you can do these exercises every day. You don't have to take a day off (although you of course can). But you also don't have to do thousands of repetitions. For most people who aren't striving to be competitive athletes, 30-50

reps a day of each exercise is sufficient. Getting to that point and you'll see tremendous improvement in your posture. Next Thanksgiving, your family will wonder what miracle thing you did.

Have a question for Jerry? Send it to jerry@allinhealthandwellness.com.

Jerry Snider is an exercise physiologist, health coach, and owner of All In Health and Wellness. He has authored two books available on Amazon: No More Sugar Coating and Confidence Through Health, and is the host of the podcast Confidence Through Health. Visit www.allinhealthandwellness.com to learn more about Jerry Snider.

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Let's not give the devil legal rights, Part 1

BY EVANGELIST
RUBY MCCRAY

Continued from the December edition of The Anchor News. To review the previous article, please go to www.theanchornews.com, click "Archives," then the year and finally, the month.

"Therefore, putting away lying, 'Let each one of you speak truth with his neighbor,' for we are members of one another. 'Be angry, and do not sin': do not let the sun go down on your wrath, nor give place to the devil." Ephesians 4:25-27 How else can we give the devil legal rights?

"Let him who stole steal no longer, but rather let him labor, working with his hands what is good, that he may have something to give him who has need. Let no corrupt word [profanity] proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers. And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God

in Christ forgave you." Ephesians 4:28-32

Because the devil is who he is, he will never play fairly. He comes to steal, kill and to destroy. John 10:10, but if you know that you are walking uprightly and living holy before God, you have the authority in the Name of the Lord Jesus Christ to kick him as well as his demons out of your life, the lives of your relatives and even off of your assets. How can we do this?

"Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore, take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.

"Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, and having shod your feet with the preparation of the gospel of peace; above all, taking the shield of faith with which



EVANGELIST
RUBY MCCRAY

you will be able to quench all the fiery darts of the wicked one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God; praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints." Ephesians 6:10-18 Here is another way to keep the devil from having legal rights.

"Therefore, humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you.

"Be sober, be vigilant; because your adversary the dev-

il walks about like a roaring lion, seeking whom he may devour. Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world." 1 Peter 5:6-9

Should you accidentally sin, as soon as it occurs to you that you have, confess it quickly, (1 John 1:9), and turn away from it. That's what repent means. Acts 2:37-39 Once you've believed on the Lord Jesus Christ, accepted Him as your Savior and Lord, been water baptized and filled with His Precious Holy Spirit, you're no longer doing the living, (John 14:23, 24; Galatians 2:20), He's living His life through you. You are now dead, (Romans 6:1-23), and Jesus can't sin. If you're still sinning, it only means that you're not crucified your old sinful nature, and Jesus Christ is not living His life through you.

John told us that the Bible is written so that we will not sin. 1 John 2:1, 2 He further said that just in case we sin, we have an Advocate with the Father, Jesus Christ the Righteous. That let's us know that the Saints of God can live free from sin. Whenever you're confronted with sin, there will always be a door of escape. If you go through the

sin door, it's your choice. If you go through the escape door, it's your choice. 1 Corinthians 10:13

The devil can never have power over you if you don't give it to him. Jesus said that the Greater One, He, lives inside of His Children. 1 John 4:4

The devil and his demons always trembled in their boots when Jesus came on the scene. The Amplified Version of the Bible records Jesus saying, "I will not talk with you much more, for the prince (evil genius, ruler) of the world is coming. And he has no claim on Me. [He has nothing in common with Me; there is nothing in Me that belongs to him, and he has no power over Me.]" John 14:30

The devil will treat us like Rag Dolls if he can find any magnetic substance in us that will connect us to himself.

0All Scripture is taken from the New King James Version of the Bible unless otherwise stated. You may not believe me...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.

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Critical information about divorce

SUBMITTED BY J.L. CRAWFORD, LEGALSHIELD, SENIOR MANAGER

Reasons for divorce differ widely and, while couples and their children may be better off after a divorce than before, the unfortunate fact is that all parties lose something. Divorce can be emotionally and financially devastating for everyone involved. It is vital that you understand some important legal issues that frequently arise during a divorce. If you are considering divorce or have any questions call your LegalShield provider law firm and speak with an attorney.

• **Early Intervention** – Starting divorce counseling early in the process may help couples, particularly those with children, create an atmosphere in the divorce that will minimize anger and enmity. Mediation and counseling also help improve communication between the couple and lead to more amicable and less costly divorce proceedings.

• **“No Fault” Divorce** – A “no fault” divorce means that neither party is considered at fault for the dissolution of the marriage. State or provincial requirements may vary. Some laws may require the parties to live separate and apart for a period of months before the divorce is granted. This period may be extended if there are

minor children of the marriage. Talk to your LegalShield provider about the laws where you live.

• **Uncontested Divorce** – In an uncontested divorce the parties agree on the distribution of property, terms of support and custody without court intervention. Just because spouses agree to a divorce does not mean the divorce is uncontested; they must also agree on all the divorce settlement terms. Uncontested divorces are less costly and may benefit both parties. It is important to speak with an attorney, even in cases of uncontested divorce, to understand the laws in the jurisdiction where the divorce will be filed and because circumstances may change if a dispute arises while negotiating the settlement.

• **Contested Divorce** – Contested divorces are those where there are disputes over spousal support, child support, property distribution, child custody or visitation. Most attorneys require minimum retainers of at least \$4,000 and sometimes up to \$10,000 to begin a contested divorce. Attorneys may also charge rates exceeding \$250 per hour. Early mediation can help reduce or eliminate the contested issues, significantly reducing the final cost of the divorce. More conflict in a divorce will result in a higher cost for everyone involved.

• **Discovery** – Contested di-



J.L. CRAWFORD

vorces in which spousal or child support or distribution of property is contested will often include extensive discovery of all the financial, insurance, retirement funds, investment funds, real estate, car titles and employment records of each party for several years prior to the filing of the divorce. The time and expense associated with discovery will drastically increase the cost of your divorce.

• **Punishment** – Divorce proceedings are intended only to dissolve the marriage, distribute property and provide for the best interests of the children. Courts will not use the proceeding to “punish” a spouse. Discuss your legal options with your attorney to make sure your decisions are based on legal merit rather than anger and frustration.

• **Unpredictable Outcomes** – Some states do not have a set formula for spousal support or property division in a contested divorce. This may make contested divorces in those state highly unpredictable and costly. Working out a settlement before going to court will help avoid surprises.

• **Attorney-Client Confidentiality** – Attorney-client confidentiality protects direct communication between you and your attorney. These communications, whether in person, by phone or online, cannot be used against you in court. A breach of attorney-client privilege can se-

riously harm your divorce case. Avoid discussing your case with anyone other than your attorney.

• **Social Media** – Social media posts and email communications are increasingly being used as evidence in divorce and child custody cases. These communications are not protected by attorney-client confidentiality. No matter what your intention when posting something online, consider how it could come back to haunt you in

See **DIVORCE**, pg. 16

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Temple of Christ Church

Matthew Reed Ministries, Inc.

Sunday School: 10 a.m.

Worship: 11:15 a.m.

Evening: 6:00 p.m.

Monday Bible Study: 7:00 p.m.

Wednesday Prayer Worship: 7:00 p.m.

609 N. 5th Street • Waco, Texas 76701
(254) 753-0772



Temple of Deliverance

Ministries

Sunday Worship

10:00 a.m.

Tuesday Bible Study

7:00 p.m.



Apostle Sadie L. Henderson
Overseer

1121 N. 18th St.
Waco, TX 76707

Church: (254) 754-2102
Mobile: (254) 498-1707

WHERE CAN I PICK UP AN ANCHOR?



—WACO—

- Many Area Churches
- Bebrick Collision
- Cen-Tex African American Chamber of Commerce
- Cen-Tex Hispanic Chamber of Commerce (LaSalle)
- CenTex Spine & Rehab - 7111 Bosque
- City of Waco
- Doris Miller Y
- Dorsey-Keatts Funeral Home
- Hillcrest Chiropractic and Wellness Center
- Kelly-Napier Justice Ctr. (Elm)
- Lula Jane's
- Luna's Juice Bar - 1516 Austin
- Marilyn's Gift Gallery
- Mitch's Corner Stop
- NeighborWorks
- Public Library (Elm)

- Public Library - South 18th Street
- Public Library - Austin Street
- Public Library in the Target Shopping Center
- Records Building
- RocMyStyle
- Sascee's
- Texas Star Properties (Pro-Life Office on Waco Drive)
- TFNB (Elm)
- Tony DeMaria's Bar-B-Que
- Tru Jamaica Restaurant (Taylor Street)

—HEWITT—

- IGA
- The Golden Shear

—KILLEEN/HARKER HEIGHTS—

- Fay's Gift City

- Geechies
- George's Auto
- Glendora's
- Harker Heights Driving School
- The Jewelry Lady
- Village Co-op
- 7-11 Convenient Stores on Clear Creek Rd and Fort Hood St.
- So Fresh So Clean Barbershop
- Mais Souffle Bistro
- Ruth's Chicken and Waffles
- Divine Radiance Healthy Hair Care Services
- Butler's BBQ
- Bobby B's Soulfood Restaurant

—WOODWAY—

- Allstate - 7213 New Sanger Ave.

How to change Medicare plans during the year

BY MARGARET IVORY

As we have discussed previously, there are three main enrollment periods: The Initial Enrollment Period when you are turning 65 years old; The Annual Election Period which allows everyone to change plans during October 15th – December 7th and The Medicare Advantage Open Enrollment Period which is January 1st – March 31st.

But what if you have a circumstance where you need to change plans but it happens outside of the aforementioned periods? Can you change plans and if so, how?

Listed below are several special situations that will allow you to change plans outside of the normal enrollment periods.

- You have moved or will be moving outside of your current plan's service area within the last two months.
- You have either lost or left group health coverage within the last two months or will be losing or leaving



MARGARET IVORY

group health coverage.

- You have both Medicare and Medicaid or Extra Help for prescription drug coverage.
- You have either just received Extra Help or lost Extra Help within the last three months.
- You have either just received Medicaid or lost Medicaid within the last three months.
- You were affected by an emergency disaster and therefore were unable to change plans during the other election periods.
- Your current Medicare

Advantage Plan is not renewing for the upcoming year.

You may have another special circumstance which is not listed above. Your Medicare insurance company will review and determine if an exception can be given. As a Medicare Plans broker, I will be able to help

you determine if you are able to use one of these Special Election Periods and help you make these changes.

Are you turning 65 years old soon? Are you retiring soon from your job? My goal is for all Medicare recipients to understand Medicare options and how to make

Medicare work best for them. I represent all plans in McLennan County but am totally concerned only for what is best for my clients. Call today to learn more. Praying this is a great day for you. Stay Safe! God Bless!

Margaret Ivory - Medicare Plans Broker - 254-523-8978

FESTIVAL

Continued from page one

based community in the U.S. This consumer market is valued at \$2.1 trillion. Moreover, since the beginning of this genre, faith-based movies have amassed over \$2 billion dollars. The Waco Family & Faith International Film Festival continues to contribute to this genre by showcasing the voices of cinematic storytellers from around the globe as well as positively impacting the economic development in the City of Waco and the Central Texas region. This year, the film festival's 2020 winners for Grand Jury Prize for Best Feature Film, Vision Vehicle Studios, have shot their first feature film in Waco and plans to shoot more in 2022. The filmmakers also hired local crew members and vendors to work on the film.

"It is important for film festivals to make a positive economic impact in the communities they serve. We thought we would see the impact of our film festival in year 5 or so. It is truly amazing to see our filmmak-

ers move to Waco and produce their films here, thus beginning to positively impact the local economy as well as the budding film and TV community," states Lindsey-Warren.

The 2022 Waco Family & Faith International Film Festival will also continue honoring individuals and organizations who are exemplars of innovation as well as "good" disruption in the film, entertainment industry, media, and the performing arts with its "Champions Award." The 2022 class of "Champions Awards" recipients will be veteran Waco Media Personality, Ann Harder; Owner of the upscale French clothing boutique, Noir et Blanc, in New York City, Deborah Koegnisberger; powerhouse producer and veteran music industry executive, Vivian Scott-Chew and her husband, Ray Chew, who is the Musical Director for Dancing with the Stars; Actor and Filmmaker, John Schneider, of the Dukes of Hazzard and the Haves and Have Nots.

The sponsors for the 2022

Waco Family & Faith International Film Festival include the festival's Founding Partner, TFNB Bank Your Bank for Life. The 2nd Annual Celebrity Golf Classic Sponsor is Greg May Honda. The Tennis Mixer Sponsor is the Waco Convention and Visitors Bureau. The Gold Sponsor is Creative Waco. The Silver Sponsor is Z's at the Curry. The Bronze Star sponsors are Extraco Banks, Brazos Masonry, Marie's, Pruitt Memorial Symposium at Baylor University, and Vision Vehicle Studios. The Community Sponsors are the Waco Central Texas Chapter of The Links, Inc. and Tru Jamaica. The Media Partners are KWTX-TV, The CW, and Telemundo as well as iHeart Radio.

The full festival schedule will be announced at the beginning of January. For additional information on how to get involved with the 2022 Waco Family & Faith International Film Festival as a sponsor, volunteer, and/or to purchase tickets, visit www.wacofilmfest.org.

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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

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Wanda B. Gunter

Author, Artist & Contributing writer for *The Anchor News*

God's Will, God's Way



PASTOR MATTHEW AND LADY HELEN REED

BY PASTOR MATTHEW REED

It was Jesus's profession that he came to do God's will (John 4:34 Jesus saith unto them, My meat is to do the will of him that sent me, and to finish his work). We the church are called to do God's will. To know God's will we must read the scriptures. Therein is God's will for all the church collectively and therein is God's will for each individually? The study of the scriptures will get us to our place collectively and individually. In reading the scriptures the Holy Ghost is able to guide and direct us in these things. John 14:26 (But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you).

Once we've learned God's will we must learn God's way. In all God's requirements, there is God's way.

The way to achieve God's righteousness is by faith; there is no other way. The means to enter into God's grace is by the name of Jesus; there is no other name. The way to experience the promises of God that the grace of God affords us is obedience.

Finally to enter into the

will of God, or the way of God there is gate and a way, (Matthew 7:14 This is a word of knowledge to the church. Matthew 7:14 says Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it. Let us do God's will, God's way. Amen!

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You may already know what foods are best for a healthy body, but your brain deserves the best too! Try incorporating these 'superfoods' into your diet for the best brain-boosting benefits. Fatty fish such as salmon, tuna, and sardines are rich with omega-3 fatty acids. Omega-3s can increase blood flow to the brain, enhance memory and thinking ability, and alleviate depression. Nuts and seeds are another great source for omega-3s. They're also high in vitamin E, which helps you maintain cognitive function as you age. Eating an ounce of nuts or seeds a day can help your brain in the long run. Coffee and tea are full of antioxidants and known to promote alertness, so it's no surprise most people drink it to

wake up in the morning. One study published by the U.S. National Institutes of Health's National Library of Medicine (NIH/NLM) suggests that caffeine may also increase the brain's ability to

See **THRIVE**, pg. 16



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DIVORCE | Continued from page thirteen

court. The best advice is to take a break from Facebook or other social media during a divorce or custody dispute.

There are many other issues that affect the emotional and financial cost of a divorce. If you are considering divorce, call your LegalShield provider law firm first. The caring attorneys at the firm will answer your

questions and do all they can to reduce the emotional and financial cost of divorce.

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, Senior Manager

THRIVE | Continued from page fifteen

process information. Leafy green vegetables are packed with nutrients and vitamins that benefit your brain. Find leafy greens too bitter for your taste? Make a fruit smoothie and throw in some spinach, kale, or Swiss chard. Your brain will be so enriched, so you'll think twice about skipping

your veggies in the future! Work with a REALTOR® who belongs in the top 3 percent in the nation. Contact a CRS today. Call Linda McDonald, ABR, CRS, GRI, PMN, SRS, TRLP, "The Real Estate Lady," for all of your real estate needs: Coldwell Banker/Apex Realtors, 254-855-1717.

AREVALO | Continued from page one

One of the things people tell Maria often, is that she doesn't know how to take no for an answer when it comes to people telling her what they think she can accomplish. "I can honestly say, I get that from my mother," said Maria.

Despite what some told her, Siomara found a path to college. She did her FAFSA, she applied to where she could, and she researched for scholarships. One day, she stumbled across an advertisement for the MAC Program. It was just implemented, and they were looking for applicants. Taking a chance, Siomara applied. Then, in 1995, she became one of the first recipients of the MAC grant.

Daughter (Maria) and Mom (Siomara) celebrate Baylor's Homecoming in 2020 in the midst of their 26-year education journey.

Beaming, Maria said, "I am proud to say, my mom became the first in our family to graduate from college. She attended Baylor University and graduated with her bachelor's degree in English and a minor in Political Science."

Some of Maria's memories are sitting in their bedroom and watching her mom do her homework. "She would take me on campus to see the

bears, and I attended the Baylor alumni bonfires. I went with her to Baylor games dressed as a cheerleader. My mother made college normal for me. She made me know that college was something I not only could achieve, but I belonged there. I never had to doubt myself."

"My mom gave me something she didn't have. She put higher education within my reach, and college was never some unknown scary land for me."

Maria became the second in her family to graduate from college. She received her bachelor's degree in communication, with a special concentration in rhetorical and cultural studies from St. Edward's University in 2017. Soon after, she came back to Waco with the intention to give back to the community she loves. "I'm here today because of those who helped create a path for me. I am now in a position to give back to my community because this community gave to me and my family. Waco is a strong and diverse place that I'm proud to call my home."

In August 2018, Maria was hired at the very place that gave her mom an opportunity to better her life and Maria's. Her very first job out of college

was as the MAC & scholarships coordinator for the MAC Program at Waco Foundation. She was able to talk with students who were in the same place as her mother was when she was scared and didn't know how to make a path to achieve her dreams.

While working with her community and getting inspired by seeing students achieve their dreams, Maria decided to take it one step further. "I'm extremely proud and thankful to say that in December of last year, I was the first in my family to receive a master's degree in education from Angelo State University, with a concentration in student development and leadership in higher education."

Maria knows the power education holds. Her grandparents took a leap of faith and moved to a different country where they didn't understand or speak the language. They took any job they could get to try and put food on the table every night. They taught their children all the value of hard work and dedication. "My mom taught me the value of believing in myself," said Maria, "and paying it forward."

Maria Arevalo is director of post-secondary education initiatives for Prosper Waco.

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