

THE *Anchor* NEWS

FREE! | AUGUST 2022 VOLUME 20, NUMBER 1

TWO LEGAL EAGLES RISE FROM WACO TO SOAR



TREVION FREEMAN

BY DR. PEACHES HENRY

Waco boasts not one but two Wacoans who recently joined the legal profession. Trevion Freeman, son of Alfred and Keli Freeman, and Fred Corey Roberts, son of Dr. Peaches Henry, have become attorneys since both graduated from Waco High School, Corey in 2013 and Trevion in 2015. While Trevion spent the entirety of his K-12 years in Waco ISD, Corey entered Waco ISD in fourth grade after being educated in various parts of the country and Great Britain. Both young men earned undergraduate degrees from the University of Texas at Austin. Each went directly from the University of Texas to law school, graduated, and is currently practicing law.

As high school students Trevion and Corey were involved in numerous extracurricular activities on and off-campus. Trevion was on the Waco High School varsity football team, was historian of the National Honor Society, was an Academic Achiever, and was a Waco City Youth Council Ambassador. Corey was a National History Fair Finalist and five-time State History Fair winner, a Nation-

al Honor Society member, an Academic Achiever, and an Eagle Scout.

Each graduated from Waco High in the top 5% of his class and headed to the University of Texas—Corey in 2013 and Trevion in 2015. In 2015, both won Waco NAACP scholarships—Trevion won the Rev. Robert Gilbert Scholarship and Corey won the Dr. Mae Jackson Scholarship for Continuing Students. At UT, Corey received a bachelor's in political science while Trevion received a bachelor's in government and a minor in religious studies. During his time at UT, Trevion was a cheerleader on the University of Texas co-ed cheer squad. Trevion also studied abroad at the University of Cape Town in South Africa.

Both young men left Texas to pursue their law degrees. After graduating from UT in 2017, Corey traveled to New York to begin his legal studies at St. John's University School of Law. Graduating in 2019, Trevion headed to Oklahoma to attend the University of Tulsa College of Law. During Corey's final year and Trevion's first, both had to contend with the COVID-19 pandemic. Most law school classes were virtual and students' mental health suffered. Law students struggled to stay focused and learn complex legal issues without physical interaction with professors or their peers. Undeterred by the pandemic, Corey and Trevion finished their respective law degrees.

While at St. John's Law, Corey had judicial internships with U. S. District Court Judge Margo K. Brodie and New York Supreme Court Judge Michele Rodney. As a student intern for the Consumer Justice for the Elderly Clinic, he represented low-income, elderly Queens residents in cases in-



FRED COREY ROBERTS

volving consumer protection, home improvement, contractor fraud, debt collection, and public benefits. Corey graduated from St. John's Law in fall, 2020. He has been a staff attorney at the JASA Legal Services for Elder Justice since March, 2021. He works in the foreclosure and housing units protecting the elderly from eviction and landlord abuse. In February, 2022, he passed the New York State Bar Exam with a score high enough to transfer to all 36 states that accept the Uniform Bar Exam.

While at TU Law, Trevion had internships at the United States Attorney's Office for the Northern District of Oklahoma and a clerkship with United States Magistrate Judge Jodi Jayne. In the 2020-2021 academic year, he earned a position on the American Association for Justice Trial Team. In spring 2021, Trevion was elected Student Bar Association President of TU Law. He was also asked to joined the school's flagship journal, the Tulsa Law Review. In spring 2022, his law article on the Creek Freedmen, the descendants of enslaved Black peo-

SEE **EAGLES**, PG. 2

J. H. HINES TO BEGIN SCHOOL YEAR WITH A NEW PRINCIPAL

BY DR. PEACHES HENRY

When school resumes in August, J. H. Hines students and parents will be met by a new principal, Dr. Cynthia Wise who took over the running of the elementary school in July. Dr. Wise hails from Longview where she was chief executive officer of East Texas Advance Academy (ETAA), an in-district non-profit organization. Similar to the Transformation Waco Zone, ETAA is dedicated to managing multiple in-district charter schools in the Longview ISD.

Dr. Wise was CEO of ETAA for four years after years in the classroom and as a principal. For twelve years, she taught high school history. Realizing that she would be in a position to affect many more students as a principal than as a classroom teacher, she decided to become a principal. After earning her masters, doctorate, and principal's certification, she became an assistant principal at Desoto ISD. In 2007, she became principal at a struggling magnet school, Jodie McClure Magnet School in Longview, taking the campus from a Texas Education Agency (TEA) "Needs Improvement" to a "Recognized Campus."

Dr. Wise was the first principal at the new Ned E. Williams Elementary. Under her leadership, the school became an "A" school and the highest performing African American school in Tex-



CYNTHIA WISE

as. TEA Commissioner Mike Morath sent Deputy Education Commissioner Martin Winchester to check out the academic success of school's students. While serving as principal at Williams, Dr. Wise was simultaneously principal at Bramlett Elementary. She moved to yet another struggling school, Forest Park Middle School, while continuing as principal at the two schools for a year. Under her tutelage, Forest Park went from earning 1 STAR Distinction to 5 STAR Distinction.

The success of schools under Dr. Wise's leadership drew the attention of Bellwether Education Partners, a "national non-profit focused on dramatically changing education and life outcomes for underserved children." After explaining her methods to Bellwether Education Partners, she detailed her methods in the Culture Conscious Cam-

SEE **HINES**, PG. 8

**J.L. & 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.

MIDWAY INNOVATION AND LEARNING RECOGNIZED FOR OUTSTANDING PROFESSIONAL DEVELOPMENT

**BY KATY DURHAM,
MULTIMEDIA SPECIALIST,
MIDWAY ISD**

The Midway ISD Innovation and Learning Department was recently named a winner of the 2022 Outstanding Professional Learning Award presented by Learning Forward Texas.

This annual award recognizes exemplary districts, teams, or campuses that utilize high-quality, results-driven professional learning designed to impact student achievement. Midway ISD is one of just two school districts in Texas to be recognized by Learning Forward Texas for their efforts to support teachers through dynamic professional learning programs.

Midway ISD is one of only two Texas school districts to win the 2022 Outstanding Professional Learning Award for professional development.

"Our current situation has caused districts to continue

reinventing their professional learning plans." Executive Director of Learning Forward Texas Lisa Ham said. "The teams from both [districts] have solved this year's challenges with uniquely innovative solutions to meet the ever-changing needs of their teachers and students."

Dr. Becky Odajima, former Director of Innovation and Learning and now Assistant Superintendent for Administrative Services at Midway, said the work of the Innovation and Learning department is focused on providing teachers with knowledge, opportunities and support so they have the tools and technology they need to improve student learning.

"Learning forward is a national organization that's dedicated to the professional development and growth of educators," Odajima said, "and they look at professional development as an opportunity to grow teachers that eventually leads to better student outcomes."

The Outstanding Professional Learning Award is selected annually by the Learning Forward Texas Board of Directors. Applicants must complete an online application with a ten-slide presentation that consists of a project description, implementation plan, impact evidence, and next steps.

"This year, the Learning Forward Texas Board wanted to focus this award on districts that have solved the current challenges in professional learning in a unique and innovative way," Ham said during the award presentation at Midway's January

**MIDWAY ISD INNOVATION AND LEARNING TEAM.**

school board meeting. "The board was very impressed with Midway's Innovation and Learning Network. Becky Odajima and her team are definitely innovating to connect, inspire and empower teachers and staff, and we want to recognize them for making a difference in Midway ISD."

The following Midway ISD Innovation and Learning team members were also recognized during the board meeting for using innovation, flexibility and creativity

to continue to lead professional learning during a time of evolving needs: Sarah Collins, Jessica Fasani, Amy Platt, Tori Schoenfeld, Chris Woods, Jacki Friedholm, Rachel Lieber, Carolyn Yose, Lauren Phipps, Toni Donaghy, Adam Miller and Cheryl Roberts.

"It's an honor to be recognized by a state organization for the work that we do," Odajima said. "It really shows the quality of people that we have in this work at Midway."

A NOTE FROM THE EDITOR...

ANCHOR NEWS CELEBRATES 20 YEARS

(AUGUST 5, 2002)

Happy Birthday to Miss Ann. August is *The Anchor News*' traditional anniversary and education issue. Celebrating 20 years in the community, this Back to School issue spotlights

all things "education." Of course, you'll hear from our regular columnists too.

I hope you enjoy this issue, and thanks for keeping us around for 20 awesome years.

EAGLES

CONTINUED FROM PAGE 1

ple owned by Native Americans, was published in the Tulsa Law Review's winter issue. Trevion graduated from TU Law School in spring, 2022, earning highest honors. He has accepted a position with Johnson | Cephas Law in Tulsa where he plans to prac-

tice in the areas of criminal defense, personal injury, and federal Indian law. He is currently studying for the Oklahoma Bar Exam which he will take in late July.

Waco can be proud of its two legal eagles as they soar into their legal careers.



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

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Subscriptions are \$39 a year (12 issues) and can be paid by check or money order. Send all correspondences to The Anchor News, P.O. Box 23534, Waco, Texas 76702-3534 or email to theanchornews@aol.com.

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STASHA AUSTIN MALONE
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WANDA B. GUNTER
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SCOTT KNAPEK NEFF
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FROM THE DESK OF AN EDUCATOR: MILDRED WATKINS

I am an educator with forty-two years of experience. I graduated from A. J. Moore Jr. - Sr. High School in 1971. All of my 12 years of education were in Waco. I went on to Paul Quinn College where I earned two bachelor's degrees, received a special education endorsement from Baylor University and an M. ED degree from Prairie View A & M. My success is due to my parents' desire for all of their children to receive the education each one desired. Teachers in Waco ISD pushed that theory also.

I retired in 2020 from the education field. This year, 2022, I am coming out of retirement and returning to the classroom. As a 25-year school board member for La Vega ISD and a Texas Association of School Boards Director, I know the need for teachers. As a community member, I am compelled to do what we ask of others, help out in this time of need. I believe that we must carry the load also. As a community member, I must do my part to help our youth become successful.

I have been a teacher for one year in Teague, Texas, a teacher and administrator in Waco ISD for 28 years, and I was a teacher and administrator for the Texas Juvenile Justice Department for 14 years. I volunteered for Waco Police Department in the Victims'



AUGUST M. WATKINS

Service Unit. All of my service is to support the community and our youth. Our children matter.

In my family we value education. My husband is a retired Industrial Arts teacher and administrator, my daughter is a principal in Lake Dallas, Texas, my son is an administrator in the Cypress- Fairbank district and he is married to a second-grade teacher, and my oldest son's wife is the library assistant for La Vega ISD.

Education is one of the greatest institutions in society today. Our children today have many avenues to travel and make their own pathways. The youth today can take the four-year, two-year, technical, or military path. Others can go to work and learn a trade

from on-the-job experience. Whichever, select one.

Youth learn in different ways and need to be encouraged to explore their educational path. Parents can start asking children early in life before going to school, "What do you want to be when you grow up?" Their thought process begins. Parents can read to their children at home from many different materials. This gives them ideas.

Youth today can graduate from high school with college hours, an associate degree, or certifications. Our youth can gain access to college while in high school.

Many of us learned about careers and education at home, in our communities, and in churches. We were encouraged to go to school and get a good education. We were encouraged to work hard, keep our grades up, and gained recognition through surrounding adults and family members. I can remember reading a book on careers in the third grade. I can remember reading about a social worker and a teacher. I knew then after returning that book to the school library that I wanted to be a teacher and a social worker. My teacher, Mrs. C. R., Cotton encouraged me to keep working and noted that I could be successful.

Now I have 42 years as a teacher and administrator. Because of my supervising teacher, assigned mentors, and caring co-workers, I am returning to give support and assistance in this much-needed time. To be an educator is a joy for me as the challenges arise from generation to generation. Our youth of today need that same encourage-

ment, belief, and role models that many of us had.

Education is the key to a better life, career path, and

success. The path taken is a personal choice and must fit one's needs and desires. God guide my path this school year.

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EQUITY

Consider the animal kingdom, where no distinction is observed between male and female.

**They are equal in powers and privileges;
They dwell together in complete unity
and mutual recognition of rights.**

Shall we not enjoy the same equality?

'Abdu'l-Bahá, from the Baha'i writings



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ARON WILLIAMS: EDUCATOR, PHOTOGRAPHER, LOVER OF LIFE

BY PASTOR
MATTHEW REED

Aron DeShon Williams is a

freelance photographer who studied photography at the Art Institute of Fort Worth. Williams views life the way God

did when He created everything: good and beautiful. With Williams' God-given talents, he enjoys seizing the moment in making his customers memories last for forever.

This son of a news cameraman and a home interior saleswoman comes to you from Waco, Texas. When Williams was a little boy, he fell in love with the art of photography, using the polaroid instant camera on his grandfather's farm in East Texas. Creative thinkers, such as Williams, see beauty in all aspects of life. As he grew, the continued promise of capturing and enhancing the beauty of the world around him only piqued his interest in photography even more. His photography career has allowed him to flex his creative abilities and share his perspective of the world and people around him.

Becoming a freelance photographer in 2009, Williams worked 10 years as a restaurant manager, customer service agent, and salesman. His journey in photography has led him down many different paths over the years to include JCPenney Studios, Texas Ranger Fans Photos, One Voice Media, Texas Music Café, high school and college graduate portrait sessions, restaurants, social and civic clubs, community and religious services, fitness trainers, politicians, clergy, real estate agents, make-up artists, musicians, authors, and CEO's. Williams adores location scouting or building a set for creative conceptual photography shoots, and with his fantastic sense of style and spirit, he enthusiastically leverages his expertise to help his clients capture moments to be remembered.

After a successful career gaining real world experience, he refocused. In 2011, Aron made a career change into education. He is molding and



ARON WILLIAMS

motivating young lives to fulfill their dreams. He facilitates restorative justice infused with social emotional learning with future aspirations of being an art teacher and then principal. Williams, with his vibrant and adventurous ways, uses his charming and enigmatic personality to help captivate and inspire his students, colleagues, as well as clientele for a better life, often through photography. In his free time, Williams enjoys traveling to explore new territory, listening to music, gathering odd objects, searching for unique faces, deep conversations, collecting books, giving and receiving good advice.

In a decorated professional career, expanding well over a decade, Williams has accumulated in-depth experience and expertise in different types of photography. As a photographer, his creative process is not simple. His work does not stop when the party ends like other professionals. He takes pride in personally editing every project. With a sharp instinct and a keen eye for detail, he combines his artistic skills and photography knowledge to capture moments that tell a story to exude a rare bloom of originality. Those close to Williams know he is happiest when shooting life through his lens, finding inspiration in a song, or sharing his knowledge and experiences. Williams has documented hundreds of weddings and captured precious moments at countless family gatherings. When a portrait customer praises him for how good they look, he reminds them that "the camera is only a mirror." It is safe to say that Williams loves life and what he does in it.

Aron Williams is available for all of your photographic needs. To view a sample of Arons, view visit <https://aron204.wixsite.com/aronwilliamsphotog>. You can reach Aron at: (254)498-0230 or aronwilliams-photog@gmail.com.

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**WANDA B.
GUNTER**

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

BACKYARD LIGHTING IDEAS

**SUBMITTED BY
LINDA MCDONALD**

The right lighting in your backyard can truly set the mood for some fun outdoor evenings. You may want to have a combination of lighting styles throughout your yard, and there's an assortment of options for you to choose from.

SECURITY LIGHTING. Security lighting will probably be the brightest source of light in your backyard. It's meant to illuminate the entire area, keeping your home safer at night. It is typically placed in raised areas, like on the top of a garage.

LANTERNS. Lanterns offer soft, low-level lighting and can be a beautiful addition to the architecture and decor of your home. If you don't want to attach a lantern to your home's exterior, you can find battery-powered tabletop options.

LANDSCAPE LIGHTING. Landscape lighting beams a narrow light upward, varying from low to high intensity, and can be used to illuminate and showcase beautiful plants or lawn ornaments. If you're illuminating something tall like a tree, it's best to use bullet-



LINDA MCDONALD

shaped lights that have an adjustable head.

SOLAR LIGHTS. Solar lights are great green solution for lighting your back yard space. They come in a wide array of sizes and varying lumen levels.

STRING LIGHTING. Great for entertaining, string lights will provide warm, low-level accent lighting. You'll want to opt for a waterproof option that's rechargeable or battery-operated to avoid the need for unsightly extension cords. They can be hung from just about anywhere.

PATH LIGHTING. If you're looking for soft lighting that will safely illuminate the walkways in your backyard, path lighting is the way to go. You

can install it along step ping stones, both sides of any walk way or even along the curves of flower beds and gardens.

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WOODGATE STUDENTS QUALIFY FOR FAIR

Midway ISD was represented by three Woodgate Intermediate students at this year's Texas Science and Engineering Fair. State finalists Jayla Stewart, Autumn McA-doo and Katelyn Burrows entered their team project in the Central Texas Science and Engineering Fair in February and qualified to move on to the state competition out of students from 13 other regional fairs held across the state.

Participation in science fairs like these promotes interest in science and engineering and encourages all students to explore and investigate the world around them through hands-on research.

Making it to the state level in any activity is certainly no easy task, and this group of students not only earned



TEXAS SCIENCE AND ENGINEERING FAIR STATE FINALISTS (FROM LEFT TO RIGHT) JAYLA STEWART, AUTUMN MCA-DOO AND KATELYN BURROWS.

recognition as state finalists, but they achieved this goal with their first-ever science fair project. Having these students' work showcased as some of the best in the state exemplifies Midway's dedication to fostering creativity and

creating opportunities for students of all ages to pursue their interests.

A special thank you goes out to the Midway Education Foundation and Howmet for providing financial support to make this possible.

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OLIVIA OCHOA GRADUATES AT THE TOP OF HER CLASS

I am Olivia Ochoa, daughter, granddaughter, sister, aunt, friend, and entrepreneur. All of the people who gave me those titles made me the person I am today. In 2009 I put all my faith in God and only applied to one college, the illustrious Spelman College.

I was accepted and placed on the early admissions list. I had never been to Atlanta until the day I was dropped off for freshmen orientation but it was the best choice I've ever made! During my junior year, I was in a terrible car accident and lost a close relative to domestic violence. I could not take any more pain while being away from my family so I decided to move home.

When I arrived in Waco at the end of 2012, I had no idea which direction to go but I always kept a job and knew that eventually I would find my passion. Over the next few years I mainly worked as a waitress and bartender. One of my favorite bartending jobs was at T.P. Waco because I started as a waitress, then bartender and train-



OLIVIA OCHOA

er, met some of the greatest people, and made great money. Working there helped build my confidence personally and professionally. Unfortunately, all of that happiness was short lived due to the tragic events I experienced at work on May 17, 2015.

It took a couple days to process but that day, the Twin Peaks tragedy changed my view of life forever. I was traumatized and isolated myself from everyone except my close family. It took a while

for me to go anywhere simple like the store or a restaurant without living in fear, but with love and support from my family and close friends, plus counseling, I was able to overcome my fears.

I enrolled in a local beauty school but I was not fulfilled so I went back to working full time. Eventually I decided to return and enrolled in the esthetician program at Ogle Arlington. I sacrificed everything to follow my passion because it gave me the same feeling as the day I arrived at Spelman.

Despite the daily struggles and getting Covid-19, I graduated early at the top of my class and passed both state board tests on the first try. I am now proudly a licensed esthetician. I was honored to be invited to return to Ogle as a Clinic Coordinator. While in this position I am also actively building my brand Vivvi O. Aesthetics in Arlington and Waco offering facials, waxing, brow shaping and tint, as well as beard grooming. Services are offered for the entire family.

I graduated y'all!

ESPORTS TEAM EARNS TOP-TWO FINISH AT STATE



MIDWAY HIGH SCHOOL ROCKET LEAGUE ESPORTS TEAM MEMBERS GABRIEL RODRIGUEZ, EDWYNN TORRES AND CHARLIE CASTILLO.

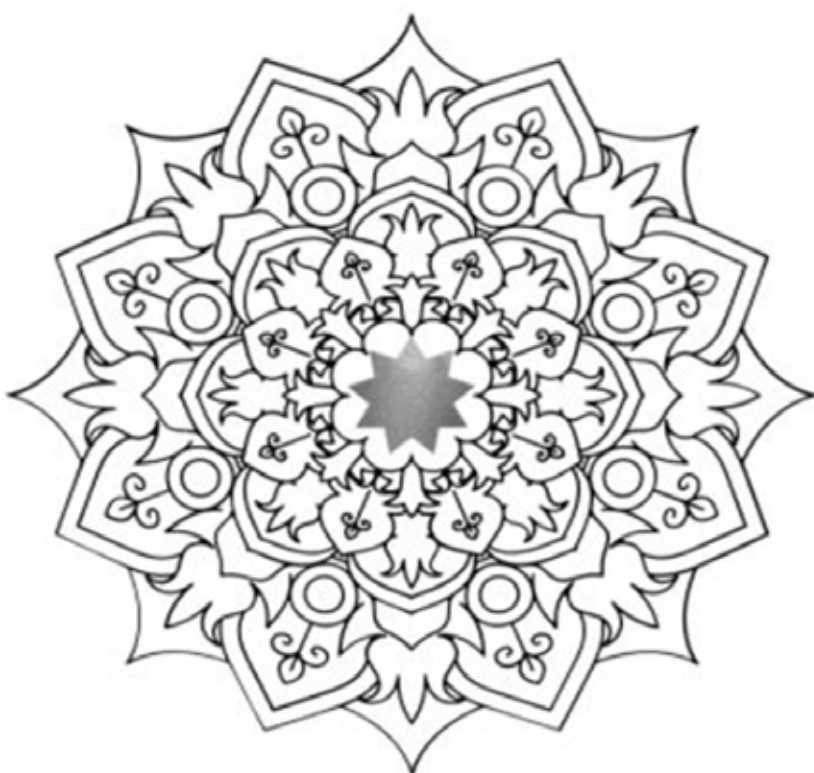
Midway High School's Rocket League esports team advanced through five rounds of competition to earn an impressive second place in the Texas State Championship. Congratulations to senior Gabriel Rodriguez who diligently advocated for esports at MHS for the last four years, junior Edwynn Torres and sophomore Charlie Castillo on being one of the top two teams in the state!

Nintey-seven school districts initially entered the competition this year and Midway earned a spot as one of the final two teams competing at

the top level in the state.

Midway High School hosted a live public viewing of the state game, and several spectators were in attendance to support and cheer on Midway's esports athletes as they competed for the state championship.

Rocket League is a virtual game of soccer played with rocket-powered cars in which players work with their team to advance the ball down the field and score goals in their opponents' net. Midway esports teams are coached by Midway High School CTE teacher BJ Williams.



*"Service to Humanity
is service to God."*

Thank you, Linda and J. L. Crawford, for
TWENTY YEARS
of selfless service to our community!

— The Bahá'ís of Waco —

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jo@welterfamily.org

WHY YOU MAY NEED MORE THAN JUST ORIGINAL MEDICARE

BY MARGARET IVORY

In 2005, I had Medicare booths at three Wal-Mart locations: on Franklin Avenue, in Hewitt and in Temple. People used to call me "Miss Wal-Mart" because they would see me at the various locations where I knew the staff and the customers of all of the locations.

I was always confused about which location I was supposed to be and was continuously whipping up and down Interstate 35 to meet my clients who were already at the correct location.

One day, an older lady sat down in a chair at my Franklin booth and wept. I got up and put my arm around her, gave her tissues and let her cry it out. When she composed herself, she told me that she had just declared bankruptcy earlier that day.

She had Original Medicare Parts A and B. She had a pension from her retirement. She had a monthly Social Security check. She had about \$50,000 in the bank. In 2004, she was in the hospital four times.

Here she was at my booth physically healthy but financially sick. Since she only had Medicare Parts A and B, she was subject to a Part A deductible and Part B 20% coinsurance. In 2004,



MARGARET IVORY

the Part A deductible was \$876. The Part A deductible has to be paid each time a person is out of the hospital more than 60 days between admissions if all that they have is Original Medicare (Part A + Part B). Worse of all, is that there isn't any stop loss or maximum out of pocket. You can keep paying until the cows come home.

In her case, she was in the hospital each season with more than 60 days elapsing between admissions. Paying the \$876 four times was bad enough but what destroyed her funds in the bank was the 20% Part B coinsurance. Her

worse bill was \$65,000 so she had to pay \$13,000 + \$876 (\$13,876) for that one bill but remember she had four bills, \$13,876 x 4 equals more than \$52,000.

All of her precious hard earned savings was sucked up in one swoop and there she was at my booth financially bankrupt. I taught her about Part C Medicare Advantage Plans plus Part D Prescription Drug Plans. I was able to sign her up that day for a great plan that had a maximum out of pocket which was about \$3000.

If she had a Part C plan in 2004, she would not have had to file for bankruptcy. She could have paid the maximum out of pocket and perhaps did a little part time job to reimburse her savings account or save that amount up from her pension and social security check.

When she left my booth, she was very calm and composed. She knew that she would never have to be in that position ever again, the horrible possibility of losing all of her savings due to medical bills.

I recommend that you receive a Medicare Analysis to see if a Part C plan with a Part D plan attached would be good for you.

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. All appointments are remotely done.

Praying this is a great day for you. Stay Safe! God Bless!

Margaret Ivory 254-523-8978.

DR. VIVienne MALONE-MAYES SCHOLARSHIP (2-YEAR) RECIPIENT

The 2022 recipient of the Dr. Vivienne Malone-Mayes Scholarship for a student attending a two-year college is Miss Saniyah Taylor.

Saniyah is a 2022 graduate of Waco High School. At Waco High, she was a three-year Academic Achiever, a four-year member of the National Honor Society, Secretary of the Senior Class, and a two-year athletic trainer. Saniyah also accumulated numerous volunteer hours through work she performed in her church and school activities.

Saniyah plans to attend Richard Bland College in Prince George County, Virginia to pursue a major in Nursing in the fall. She has completed twenty-



SANIYAH TAYLOR

four (24) college hours at McLennan Community College and has earned her Certified Nursing Assistant certificate.



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DR. MAE JACKSON CONTINUING STUDENT SCHOLARSHIP RECIPIENT

Mr. Jaden Johnson is the recipient of the Dr. Mae Jackson Continuing Student Scholarship, which is awarded to a McLennan County high school graduate who is currently enrolled in a two-year or four-year college or university. Jaden is a student at the University of North Texas.

Jaden, a 2021 Midway High School graduate, was very active academically and athletically in high school and received accolades and honors as an outstanding student. He served as a member



JADEN JOHNSON

of the National Honor Society, the Spirit of Midway representative, and a member of the Panther football and track teams.

He is classified as a sophomore at the University of North Texas in Denton, where he is majoring in Mechanical and Energy Engineering. Jaden is diligent in his studies and has maintained a place on the UNT's Dean List since his enrollment.

After graduation, Jaden would like to work with renewable energy sources such as Solar or Hydroelectric Energy.

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HINES | CONTINUED FROM PAGE 1

pus (CCC), a comprehensive model, to ensure widespread student success. "It is my belief that we have a moral and legal obligation to bring out of our children what already exists within them. A student's zip code should not determine the quality of education they receive," declared Wise. She intends to apply these

successful methods at J. H. Hines Elementary. She wants to ensure that "students regardless of their background, receive a world-class education."

Born in Virginia, Dr. Wise was raised mostly in New York City. She attended the HBCU Saint Paul's College in Lawrenceville, Virginia where

she earned a Bachelor of Science. After earning a master's of public administration from The Ohio State University, she got a master's of education from Southeastern Oklahoma University and her doctorate in education from Walden

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RETIRED EDUCATOR, Y'VONNE WILLIAMS JOHNSON, CONTINUES HER SERVICES IN THE COMMUNITY

Y'vonne DeCarlas Williams Johnson was born in Little Rock, Arkansas and raised in Saint Louis, MO. She was educated in the Saint Louis Public School; received her Bachelor of Arts degree in Sociology from Philander Smith College (Little Rock, AK); and later received her Master's degree in Clinical Psychology with a Specialty in Minority Mental Health from Washington University in Saint Louis, MO. Although Yvonne has worked in the field of education, mental health, substance abuse and criminal justice, she maintains a passion for writing and developing young African Americans. Under the tutelage of her father, the late Dr. Robert L. Williams, renowned Black psychologist, author of the Black Intelligence Cultural Homogeneity Test, BITCH, who coined and developed the concept of Ebonics, she worked with young children and adults in the family practice, Robert L. Wil-

liams & Associates, Inc. She also worked alongside her mother, the late Ava L. Williams at another family business, Educational and Psychological Services, Inc. EPDC provided services to young school-age children that were experiencing problems in school.

Y'vonne moved to Texas and worked at Huston-Tillotson College for 1979-1984 as an Instructor and Counselor. Alongside her colleague, friend and First Lady, Dr. Pamela Hunter, they started the College's first Counseling Center. After returning to Saint Louis in 1984, she worked alongside her father at Lindell Hospital, providing both substance abuse education and mental health education and awareness to those seeking services. After securing a contract with the Saint Louis Public Schools, Y'vonne began the hospital's Employee Assistance Program.

In 1988, Y'vonne returned to



Y'VONNE WILLIAMS JOHNSON

Austin, Texas and continued her professional career in the field of mental health and substance abuse at Austin-Travis County Mental Health and Mental Retardation, ATCMHMR. Later, she contracted with the Federal Bureau of Prisons, BOP working at the McCabe Center. These services were for persons released from federal prisons and afforded an opportunity to transition into the community through transitional facilities or halfway house. Both her work with the drug court and BOP, came at a time when many African Americans particularly males were being incarcerated for the use, distribution, and possession of drugs. Her knowledge and training in working with African Americans led to

a low recidivism rate among African Americans in Travis County. In other words, the rate of African Americans returning to the prison after leaving the program was reportedly lowered.

In 2002, Y'vonne was considering moving back to Saint Louis and received a call from her good friend and colleague, Dr. Pamela Hunter, regarding a position at Texas State Texas College, TSTC Waco. Y'vonne returned to her beginnings in education and worked at TSTC from 2002 until retirement in 2017.

Y'vonne is working on her first book, *Another Chance: A Girl Like Me*. In her book, she encourages young people 'to con-

sider the path God has chosen for you; for God did the choosing and He chose a Girl Like Me! She contends that God gave her Another Chance; a change to encourage women and girls alike to do better, be better and go further with the gifts that God has given them.'

Y'vonne is married to Reverend Robert R. Johnson, Jr. and resides in Waco. She has one son David (Sarah) and is the proud grandmother of Elise Mae. She has retired from Texas State Technical College but continues the work that God has for her through her church, Toliver Chapel, and through her individual ministry.

HINES

CONTINUED FROM PAGE 8

University. Though her mother was a Delta, she is a proud soror of Sigma Gamma Rho Sorority, Inc.

Dr. Wise moved to Waco in late June and has already begun to become a part of the community. She says that parts of the East Waco and downtown area give her a certain New Orleans vibe of warmth and culture. She looks forward to having the community participate in a Saturday morning tutoring

program at Hines. She wants to take the first six weeks of the year to get acclimated before she throws the doors of Hines open to community volunteers.

In the meantime, she requests that the community donate college and university banners or pennants that will be placed along the hallways of the school before students return. Banners or pennants may be dropped off at the school.

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THE REV. ROBERT AND MRS. ELWAYNE GILBERT SCHOLARSHIP RECIPIENT

The second recipient of the Rev. Robert and Mrs. Elwayne Gilbert Scholarship for a student attending Baylor University is Mr. Kerry Burkley, Jr. Preference is given to applicants who embrace Rev. and Mrs. Gilbert's threefold passions: ministry, public education, or civic activism. Kerry is a Spring 2021 Baylor University graduate with a Bachelor of Arts in Journalism New Media and is currently a candidate for a Master of Arts in Journalism Advertising.

While at Baylor, Kerry has served in several capacities,

including:

- Vice President of the National Association of Black Journalists, Baylor Chapter
- Baylor Department of Journalism, Public Relations, and New Media Ambassador
- Community Leader at Brooks Residential College
- Church Musician at Greater Ebenezer Baptist Church of Waco
- Staff Writer for Baylor RoundUp Yearbook, Guest Reporter for Baylor's Focus Magazine, the Baylor Lariat, and The Bundle Magazine
- Publicist for Erika Monique Photography



KERRY BURKLEY, JR.

• And Guest Graduate lecturer and student Aide for the Baylor Department of Journalism, Public Relations, and News Media

Outside of his academic ventures, Kerry is a competitive runner and competes in street races, collegiate cross

country and track meets in Texas. He enjoys reading, freelancing for publications, watching Netflix, shopping for athletic wear, exercising, and spending quality time with friends and family. Kerry is also an aspiring publicist and advertising consultant.

DR. VIVIENNE MALONE-MAYES SCHOLARSHIP (4-YEAR) RECIPIENT

The 2022 recipient of the Dr. Vivienne Malone-Mayes Scholarship for a student attending a four-year college or university is Miss Grace Morales.

Grace is a 2022 honor graduate of Waco High School and received his Associate of Arts degree this month from McLennan Community College.

In high school, Grace was a cheerleader, a member of the National Honor Society, and a member of the Student Council. In the community, she performed community service with Toys for TOTS and Food for Families. She also volunteers as a Sunday School teacher at University Baptist Church in Waco, as an after-school assistant at J. H. Hines Elementary School, with the Grassroots Community Development, at the Dewey Park Recreation Center, as a cheer coach for chil-



GRACE MORALES

dren, and in Special Education classes at Waco High School. Grace's love for cooking inspired her to become an entrepreneur business owner of Grace's Sweets and Treats in July 2020, and she continues to share her culinary talents in the community.

Grace plans to attend the University of Texas in Austin in the fall to major in Special Education.



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KEEPING KIDS HEALTHY DURING SCHOOL WORKOUTS

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'm a little worried about my kids starting sports in this heat. Even though I've been trying to push them to workout during the summer, they don't. I know their coaches will be expecting them to perform. As they start their school workouts, what's something I can do to help them stay healthy and recover while their bodies adjust? Thanks, Sabrina

ANSWER: Hi Sabrina, I can honestly say I have personal experience with this. The summer between my freshman and sophomore year, I didn't workout and gained too much weight. When cross country practice started, I was woefully out of shape.

The number one thing you can do is make them drink water. They aren't accustomed to the heat and won't realize how dehydrated they are until it's too late. Especially with long practices twice a day for many fall sports.

It's not unheard of for an



JERRY SNIDER

athlete to lose 5 lbs or more of water weight in a single workout in high temperatures. Once they get behind the curve on hydration, it's really hard to catch up without simply stopping the workouts. Obviously, we don't want to have them lose time with the team. So they must be over hydrating to prepare their bodies for what's coming. Get them in the practice of drinking water 3+ hours before practice. It takes that long to fully hydrate, especially during two-a-day workouts.

To help you identify any issues, make sure you know

some of the signs of dehydration starting. In no particular order, symptoms include headaches, hunger, dizziness, no need to urinate, dark yellow to red urine, muscle cramps (especially during sleep), and fatigue.

I experienced dizziness, headaches, and painful red urine. I can vouch they don't want to experience dehydration to the point of red urine... especially boys. It hurts.

As far as other things you can do, hydration is far and above the most important. It helps with all the symptoms above but also is a key factor in injury prevention. I'm sure you've seen football games on TV where players go down with calf cramps. That's 100% related to improper hydration.

Once they go through this experience this year, remind them of it in years to come. I know that summer was the only summer I took off from my workouts and hydration.

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.

MHS BASKETBALL PLAYER NAMED TO ALL-AMERICAN TEAM



MIDWAY HIGH SCHOOL ALL-AMERICAN BASKETBALL PLAYER CHRISTEEN IWUALA WAS RECOGNIZED AT THE MAY SCHOOL BOARD MEETING.

Midway High School class of 2022 graduate Christeen Iwuala was selected as an All-American basketball player for the 2021-2022 season

and played in the All-American game. She plans to attend UCLA in the fall where she has committed to play women's basketball.

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LET'S NOT GIVE THE DEVIL LEGAL RIGHTS, PART 8

**BY EVANGELIST
RUBY MCCRAY**

Continued from the July edition of The Anchor News. To review the previous article, please go to www.the-anchornews.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 ate 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

Eli was a priest who assured Hannah that her prayer to have a son would be answered. She promised that when it happened, she would give him back to the LORD for as long as he lived. 1 Samuel 1:8-28

Eli had two wicked sons whom he allowed to minister in the office of the priesthood. He confronted them about the sins that they were committing, but he allowed them to continue to minister. God didn't allow them to receive the correction, because he had become tired of their wickedness and decided to

kill them. I'll record the prophecy:

"Now Eli was very old; and he heard everything his son's did to all ISRAEL, and how they lay with the women who assembled at the door of the tabernacle of meeting. So, he said to them, why do you do such things? For I hear of your evil dealings from all of the people. No, my son's! For it is not a good report that I hear. You make the LORD'S people transgress. If one man sins against another, God will judge him. But if a man sins against the LORD, who will intercede for him?' Nevertheless, they did not heed the voice of their father, because the Lord desired to kill them." 1 Samuel 2:22-25

"Then a man of God came to Eli and said to him, 'Thus says the Lord: did I not clearly reveal Myself to the house of your father when you were in Egypt in Pharaoh's house? Did I not choose him out of all of the tribes of Israel to be My priest to offer up on My altar, to burn incense, and to wear an ephod before me? And did I not give to the house of your father all the offerings of the children of Israel made by fire? Why do you kick at



EVG. RUBY MCCRAY

My sacrifice and My offering which I have commanded in My dwelling place, and honor your sons more than Me, to make yourselves fat with the best of all of the offerings of Israel My people? Therefore, the Lord God of Israel says; 'I said indeed that your house and the house of your father would walk before e forever but now the Lord says; 'Far be it from Me; for those who honor Me I will honor; and those who despise me shall lightly be esteemed. Behold the days are coming that I will cut off your arm and arm of your fathers

house, so that there will not be an old man in your house. And you will see an enemy in My dwelling place, despite all the good which God does for Israel. And there should not be an old man in your house for ever. But any of your men whom I do not cut off from My altar shall consume your eyes and grieve your heart. And all of the descendants of your house shall die in the flower of their age. Now this shall be a sign to you that will come up on your two sons, on Hophni and Phinehas; in one day they shall die, both of them. Then I will rise up for Myself a faithful priest who shall do according to what is in My heart and in My mind. I will build him a sure house, and he shall walk before My anointed forever. And it shall come to pass that everyone who is left in your house will come and bow down to him for a piece of silver and a morsel of bread, and say, 'Please, put me in one of the priestly positions, that I may eat a piece of bread.'" 1 Samuel 1:27-36

Not only did Eli's two sons die in one day, Ila also died on that day. 1 Samuel 4:12-18

Years later, king Saul had Doeg to kill eighty-five priest

at one time. In Nob, the city of the priest, he killed both men and women, children and even nursing infants, oxen, donkeys and sheep. 1 Samuel 22:9-19

What had those people done? Nothing—especially the children and the nursing babies. The devil comes to steal, kill and to destroy, John 10:10, that's why we shouldn't give him any legal rights.

Only one of the priest, Abiathar, escaped to David. 1 Samuel 22:20-23 Abiathar lived many years and was a priest to King David, but David's son, King Solomon exiled him. God's Word was fulfilled. 1 Kings 2:26-27

Please join me in September as we continue this series. All 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 rubyacorm@yahoo.com or write to A City of Refuge Ministries, P. O. Box 2025, Waco, Texas 76703.

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ALL THAT SHE CARRIED: THE JOURNEY OF ASHLEY'S SACK, A BLACK FAMILY KEEPSAKE BY TIYA MILES

BY JIM MCKEOWN

"In 1850s South Carolina, an enslaved woman named Rose faced a crisis: imminent sale of her daughter Ashley. Thinking quickly, she packed a cotton bag for her with a few items, and, soon after, the nine-year-old girl was separated from her mother and sold. Decades later, Ashley's grandmother Ruth embroidered a family history on the sack in spare, haunting language."

"Historian Tiya Miles carefully traces these women's faint presence in archival records, and, where archives fall short, she turns to objects, art, and the environment to write a singular history of slavery, and the uncertain freedom afterward, in the United States. All that She Carried is a poignant story of resilience and love passed down against steep odds. It honors the creativity and resourcefulness of people who preserved family ties when official systems refused to do so, and it serves as a visionary illustration of how to reconstruct and recount their stories today."

PROLOGUE: EMERGENCY PACKS.

I think we should make emergency packs—grab and run packs—in case we need

to get out of here in a hurry. — Octavia E. Butler, *Parable of a Slave*, 1993

"Rose was in existential distress that fateful winter when her wood-be earthly master, Robert Martin, passes away. The place: coastal South Carolina; the year: 1852. We do not know Rose's family name, or place of her birth, or the year of her death. Such is the case with the vast majority of African and Indigenous American women who were brought, sold, and exploited by the hundreds of thousands. But we can be sure that Rose faced the deep kind of trouble that no one in our present time knows and only an enslaved woman has seen. Rose knew that she or her little girl, Ashley, could be next on the auction block, the cold device enslavers turned to when their finances faltered. Ripping families apart was a common practice in a society structured by—and, indeed, depended on—the legalized captivity of people deemed inferior." (xiii)

"The kind of fix Rose was in—life threatened and soul-stealing—was that Black women like her had continually encountered over more than two centuries of life in America. It was a fixed articulated by the few enslaved women



JIM MCKEOWN

who managed to escape and tell their stories in the nineteenth century and, later by Black women thinkers and artists who drew sustenance from the writings of these cultural ancestors in the generations that followed, including out own. How does a person treated like chattel express and enact a human ethic? What does an individual who is deeply devalued insist upon as her set of values? How does a woman demeaned and cowed face the abyss and still give love? Rose's actions, outline in a single and unusual text and barely preserved for history, give us a sense. When the auction block loomed on her little family's horizon,

Rose gathered all of her resources—material, emotional, and spiritual—and packed an emergency kit for the future. She gave that bag to her daughter, Ashley, who carried it and passed it down across


the generations." (xiv).

(To be continued in the September issue.)

Jim McKeown is an MCC retired English Professor. He is also a husband, dad, and very proud grandfather.

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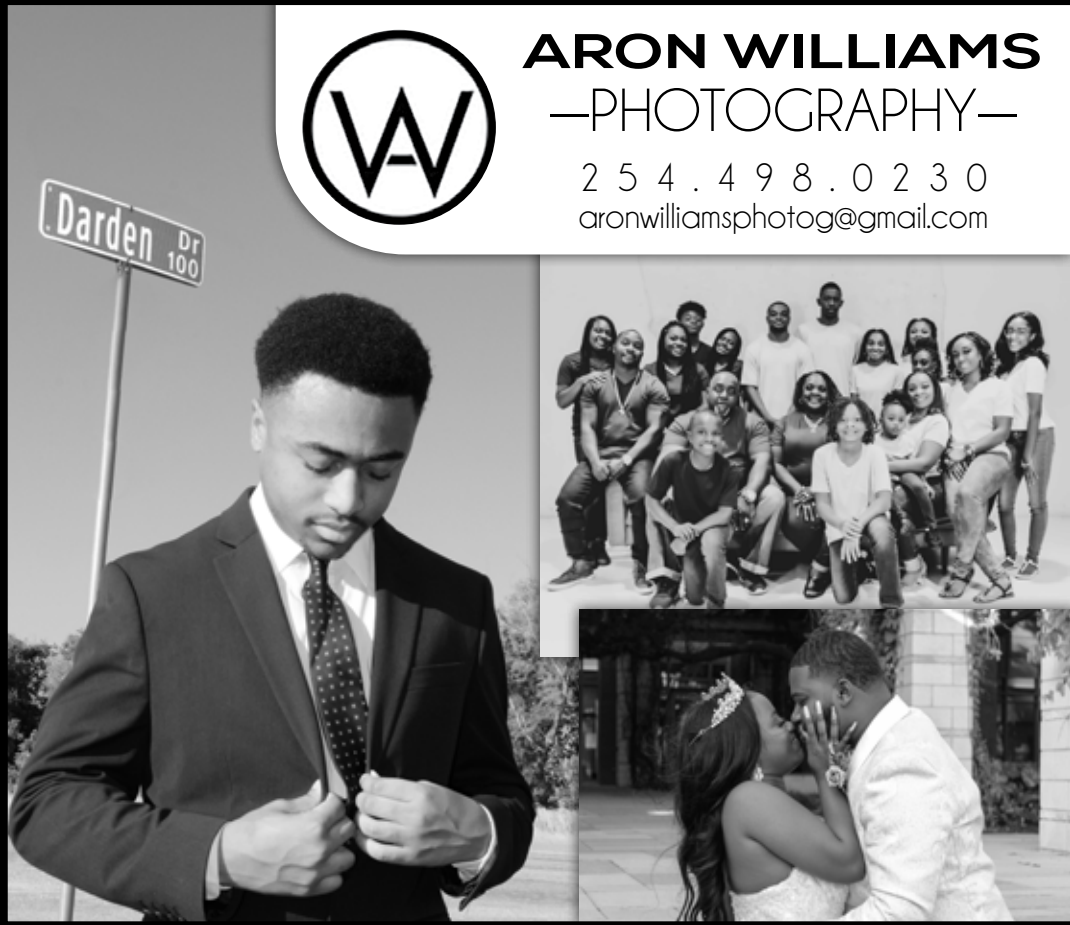


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LOVING BOUNDARIES

BY MONA DUNKIN

Please read the following Title and Statement aloud.

Whta's Thsi? Aoccdnrig to rscheearch at Cmabrigde Ui-

nervtisy, it doens;t mtttaer in what odrer the ltters in a wrod are, the only iprmoetnt tginh is that seom of the ltters aer in ehtrghit pclae. Eht rset can be a ttoal mses and you can sitllgte the masesge.

Did you get the message? Even though it was somewhat scattered?

Do you receive messages from others that seem confusing? Yet with loving awareness can be understood?

PhD Meg Blackburn Losey defines disconnect as "a series of simplicities that have become entangled."

Think jewelry. Necklaces lying side by side that innocently becomes entangled and how difficult it can be to separate. To return to alignment. We live in a world filled with layer upon layer of spectrums. No wonder the entanglement and confusion.

Yet, separation is an equal part of our disconnect and confusion problem.

Example: A working wife is frustrated and needs downtime after a hectic workday, while child tending househusband fails to honor that need. His need for quiet time anticipates mom being mom for a while. And what about the children and their respective needs?

I think of the Special Olympics race and the little boy who was ahead of the group. He saw the others behind him, turned around and started running toward them, saying, "Let's all win together."

Need vs. need. Trouble ensues in any relationship when prevailing attitudes are "my need is more important than your need." We are needy individuals, and it is okay to have your needs met. With loving boundar-



MONA DUNKIN

ies, needs can be met and sustained in ways that are good for you and for the whole.

The value of appreciation. A gem well-tended goes up in value. A home well maintained goes up in value.

Anything that appreciates goes up in value. An authentic appreciation of another's role lends to understanding and a willingness to negotiate. Having an appreciation of your contribution to the situation gives you the confidence to firmly, yet kindly, set your boundaries of what you do need or do not need, what you will do or will not do. The message becomes clear, not garbled and disconnecting.

The value of reinforcement. Sometimes a person has good intentions yet fails to follow through. If your boundaries are not honored, speak up with a gentle reminder. Dialogue occurs easiest when there is negotiation rather than orders. Say

something like, "Have you forgotten our agreement for decompression space when I get home?" At times, it may be necessary that you kindly speak up again and again until they "get it". Graciously accept a slip and an apology.

Find an adequate alternative. On the way home, stop by your favorite coffee shop for quiet time. Don your headphones and jogging suit and go to the park.

Delay is not denial. Perhaps your need to be self-nurtured outweighs your need to interact. Perhaps his need for companionship outweighs his need to respect your space. Perhaps the kids need for attention outweighs another put off. What about a switch-a-roo? Give a little to get a little. Enter with a loving embrace for all, share a few moments of casual conversation with each – being genuinely concerned about each other's day – then slip away for solitude.

It is my consensus that the most mature one in the relationship will make the most concessions. But never do so at the expense of you. Stuffing your irritation and later exploding is unfair to all. Make relating more important than being right. When sacrifice is for the betterment of all, it transcends, and is no longer a sacrifice.

Mona Dunkin, owner of *Solution Principles*, is a professional speaker, trainer, and personal success coach. She can be reached at monadunkin@gmail.com. View training topics at www.monadunkin.com



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ENVY AND STRIFE PRODUCES CONFUSION

BY PASTOR
MATTHEW REED

James wrote that envy and strife produces confusion. James 3:16 For where envying and strife is, there is confusion and every evil work. Look at our government national, state, county or city and see the truth of God's word. The strife and evil works that James speaks of are displayed for every one to see.

This envy and strife has paralyzed one of the greatest nations on earth. James says this wisdom (action) does not come from above but is earthly, sensual, and devilish. If we are to be successful in this nation, we have to repent of these evil spirits and return unto the ways of our heavenly Father as taught by our Lord and Savior.

In verse 18 of this chapter, James declares the fruit of righteousness is sown in peace, not in strife. In the next chapter, James teach-



PASTOR MATTHEW
AND LADY HELEN REED

es that the wars we experience come from the lusts that are in us. Envy and strife will destroy a family, and it will destroy a church fellowship as it is destroying our country.

What is the solution? We as a nation must repent and return unto godly wisdom. Amen!

FROM THE DESK OF ATTORNEY E. SHANK (CANDIDATE FOR THE TEXAS HOUSE)

Hello Friends and Neighbors.

My name is Erin Shank and I am running to represent you in The Texas House of Representatives. House District 56 is a large district and in order to reach as many voters as I can before the November 8, 2022 election, I have decided to write a bi-monthly column introducing myself to our community and talking briefly about the issues.

In this first column, I want to briefly tell the readers a little about myself. I am a mother, the wife of a veteran, a lawyer, the owner of two small businesses, and a Christian. I believe that I am very qualified to represent our community in the Texas House because I have three college degrees, from three separate Texas universities, all with an emphasis in law and politics. I have a bachelor's degree from Trinity University in San Antonio with a double major in political science and journalism. I have a master's degree in public administration from Southern Methodist University in Dallas. Finally, I have a law degree from Texas Tech University School of Law in Lubbock, Texas. My opponent has a degree in veterinary science.

As a practicing attorney, I have represented over 6,000 Central Texans in federal court proceedings in Waco and in countless out-of-court settlements and mediations. I have represented individuals, families, and small businesses from all over McLennan County. Chances are, I have represented a friend, colleague, relative, or neighbor of yours



ERIN SHANK AND
HER DAUGHTER

over the past several decades. My opponent never represented anyone before he was elected to this seat. He was a practicing veterinarian. In fact, he was my puppy's vet-

erinarian! Veterinary science is a great profession, but I believe multiple years of university study in politics and law, along with years of actually representing individuals and small businesses in our community, make me the more qualified candidate to represent you in the Texas House of Representatives.

To learn more about my campaign, please visit our website at www.erinshankfortexashouse.com and on Facebook and Instagram at Erin4Tx. It would be my honor and privilege to represent you and our community in the Texas House of Representatives.

Remember to vote for Erin Shank for Texas House on November 8, 2022.

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