

SERVING *the* CENTRAL TEXAS COMMUNITY for 20 YEARS!

THE *Anchor* NEWS

FREE! | DECEMBER 2022 VOLUME 20, NUMBER 5

IBJJF WACO INTERNATIONAL OPEN DECEMBER 3RD AND 4TH

BY CHRIS GONZALES

If you noticed the packed BASE facility at the Extraco Event Center the weekend of December 3rd and 4th, it was because of the International Brazilian Jiu Jitsu Federation's first tournament in Waco. Over 500 athletes and their friends and family gathered for this event. The IBJJF was invited by The Greater Waco Sports Commission.

Brazilian Jiu Jitsu is a self-defense martial art that is gaining popularity in America and around the world. It was first introduced by the Gracie brothers Carlos, Helio, Gastao, Oswaldo and George Gracie in Brazil in 1926. BJJ focuses on the skill of taking the opponent to the ground and gaining a dominant position to utilize several grappling techniques to force them into submission. BJJ is the fastest growing martial art in the world. Many practitioners enter tournaments to test their skills and compete. This event was divided into



CHRIS GONZALES & FAMILY

three separate tournaments, Adult Gi, which uses a Japanese-style kimono, Adult, No Gi, in which athletes compete in shorts and a rash guard, and Kids Gi.

Two Waco Jiu Jitsu Academies entered the Tournament with a total of twenty-four Jiu Jitsu Athletes. Together they won a total of twenty-seven medals. Ralph Gracie Waco won fifteen medals and Select Jiu Jitsu won twelve medals.

Ralph Gracie Waco placed 10th out of 86 teams overall in the No Gi tournament.

Three Waco blackbelts, Chris Gonzales, owner of Ralph Gracie Jiu Jitsu Waco, Lance Yager, owner of Select Jiu Jitsu, and Matt Cordon, Professor of Law at Baylor University, brought in a total of 6 medals.

This article is to highlight the Waco Athletes that spent weeks and hours training and preparing for this International Tournament. They worked hard and took time out of their normal activities and routines to represent our community.

Here are the results:

RALPH GRACIE WACO:

Chris Gonzales, owner of Ralph Gracie Jiu Jitsu Waco: Black Belt - Masters 4 Heavy Weight- Gi - Gold; Black Belt - Masters 1 Heavy Weight- No Gi - Bronze.

Sarah Moran, Clinic Manager, ABC Clinic of Waco: White Belt - Heavy Weight Fe-

SEE **IBJJF** PG. 11

ANDREA J. BAREFIELD ELECTED TO NATIONAL BOARD OF DIRECTORS

WACO, TEXAS – District I Councilwomen Andrea J. Barefield was elected to the National League of Cities (NLC) Board of Directors by NLC's membership at the organization's 2022 City Summit in Kansas City, MO. Councilwoman Barefield was elected to a two-year term and will provide strategic direction and guidance for NLC's federal advocacy, governance and membership activities. NLC is the largest and most representative organization for cities, their elected leaders, and municipal staff, and advocates for city priorities in Wash-



ANDREA J. BAREFIELD

ington by building strong federal-local partnerships.

"The makeup of this body (NLC Board of Directors) allows us to connect our individual strengths, experiences, and distinctive schools of thought with the bandwidth and resources of the NLC to advocate for and advance our municipalities in a monumental yet sustainable way. I'm excited to lend my commitment to Truth, Vision, and Voice while representing the City of Waco."

SEE **BAREFIELD** PG. 13

KASBA DEGRATE—A LEGACY OF COMMUNITY ENGAGEMENT

BY W.B. GUNTER

In most communities, there's more to be done and ideas are endless. Individuals who fulfill much-needed services deserve recognition and credit. Within the heart of dedicated community engineers is the belief that it's the right thing to do, and whatever affects one person in and around the community, affects all. When one is the change, he or she may rarely be seen. When that person moves about confidently, very few people know about the setbacks, unfriendly encounters, obstacles, or joy that goes into making things happen. Service to the community is one of the toughest and most rewarding gifts to humanity.

Kasba Degrate is an individual who is a game-changer when it comes to getting things done. Between Killeen, Temple, Waco, and beyond, she has mastered the art of logistics and does so with enthusiasm, patience, and an overall sense of calm. Seeing her in action, one discovers that it's hard to detect that she's doing as much as she is.

Her grandfather is her motivation. Degrate is the granddaughter of Mr. Alvin Dawson, a man who provided opportunities to work with him in roofing. Whatever their circumstances, for people who were willing to put in the labor, endure the training, and show up, Mr. Dawson hired them. That level of investment in humanity added value to



KASBA DEGRATE

lives. It gave members of the community a sense of purpose and a reason to go on another day. Degrate stated, "My grandfather was a roofer who gave everyone a chance. He helped open doors and the work he and his crew did was of good quality. To this day, people who remember him speak honorably about him. My grandfather was a family man. Sometimes he'd take on sites. The work wasn't easy because use tar was hot and so sticky. It stuck on everything it came in contact with."

For the times they did not go with him to work, didn't go, he finished a job, he'd bring us a candy bag. "What my grandfather did was invest in people. He provided a steady income to anyone willing to get up and meet him."

In addition to hiring workers, Mr. Dawson tapped into the potential he saw in others and en-

SEE **DEGRATE** PG. 14

**J.L. & LINDA CRAWFORD**

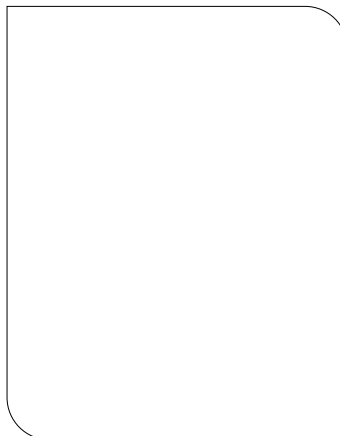
A co-owner of The Anchor News, J.L. Crawford is the director of operations for the paper. He is also an instructor at McLennan Community College, a Bible teacher, and a LegalShield Senior Manager. Linda Crawford is co-owner and editor of The Anchor News. She is an instructor at McLennan Community College,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

MEET WACO'S YOUNG AUTHOR, ZION ESTELLE

Zion published his first book entitled *Snowman & Reindeer: Christmas Talk* when he was 6 years old. In his book, Snowman and Reindeer are having a conversation about the true meaning behind Christmas. Snowman seems to have an idea what the holiday is about, and Reindeer wants to know too. This book is a powerful teaching moment between two characters that children admire.

Publishing a book at six years old is the greatest accomplishment for any child that age. His success was celebrated at the age of seven in Waco, Texas inside Richland Mall for his first book signing on December 3rd, 2022. He sold over 60 books in less than 2 hours! Parents were so touched by seeing such a young author that they purchased copies of his books to inspire their children.

What sparked the interest

**ZION ESTELLE**

to motivate this young boy to write?

During the early stages of the pandemic, Zion saw

his mom write her book. He watched her sit at her computer typing words and designing her book cover. When she published and ordered copies of her book, he was amazed at how the book on the computer screen became a physical copy in her hand.

Zion has loved writing since he was 3 years old because he would take whatever paper he could find around his mom's apartment and write a story that only he could understand. He would draw pictures that illustrate what he was writing about. At such a young age he figured out the concept of developing a story. Due to his rich imagination, he is a great storyteller because he uses descriptive words so his listeners can

visualize his story. He has had the opportunity to be a part of the Heart of Texas Storytelling Guild, an affiliate of Texas Storytelling Association in the children's storytelling program.

Zion is a determined young boy with a bright future ahead of him. He wants to turn his Christmas book into a movie and TV series. The sky is limit when it comes to Zion's imagination. He is now working on his next book to release before the Easter holiday. Zion loves bible stories and by writing books he is able to tell other children the good news about Jesus using characters like Snowman, Reindeer and even the Easter Bunny to share the message.

Keep on writing Zion!

FROM THE CRAWFORDS

It's that time of the year -- time to say good-bye to 2022 and hello to 2023. We have so much for which to be thankful as we give praise to our Father for sending his Son. Because of His sacrifice, we can have a close relationship with the Lord, resulting in a

healthy, prosperous, joyful life here on earth.

It is awesome that we serve such a Mighty God, one who gives us the opportunity to serve others and to lead others to Him. Merry Christmas Happy, Joyful People! It's all about HIM!

ADVERTISE *here!* Call Linda @ 715-8943 today!

WACO NAACP SEEKING INFO ON THE PRAIRIE VIEW INTERSCHOLASTIC LEAGUE (PVIL)

BY DR. PEACHES HENRY, PRESIDENT, WACO NAACP

The Waco NAACP is seeking information on the Prairie View Interscholastic League (PVIL). The PVIL was the segregated "organization that governed academic and athletic competitions between African-American high schools in Texas" from 1920 to 1970. If you participated in the PVIL in any capacity—such as football, extemporaneous speaking, declamation, music, etc.—contact the Waco NAACP. If you were a participating student, teacher, coach, principal, counselor, etc., please contact us. If you

**DR. PEACHES HENRY**

are related to individuals who participated in the PVIL or you know someone who knows anything about the PVIL, contact the Waco NAACP.

We are interested in gathering as much information as we can from individuals who know anything about Wacoans' connections to the PVIL. We would like to interview folks with information about the PVIL. We will be happy to talk to any and all comers who can help us with the connections of people in Waco to the PVIL.

Email Dr. Peaches Henry directly at waconaacp@gmail.com. Call or text her at 254-733-5261.



The Anchor News is a free, monthly publication of Crawford Publishing, E-T-C, located in Waco, Texas, (254) 715-8943. All rights reserved.

PURPOSE

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

POLICY

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

EDITORIAL POLICY

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

reflect the opinions of the editor.

LETTERS & ARTICLES POLICY

The comments and opinions of our readers are welcomed. Letters and articles should be e-mailed. Letters should be no longer than 200 words and must include a name and phone number. Article submissions should be no longer than 450 words and should include an original head shot (in jpeg

format) along with your name, address and phone number. We reserve the right to edit for grammar, space, potentially libelous material and copyright infringement. We also reserve the right to refuse derogatory, irrelevant and malicious submissions.

SUBSCRIPTIONS

Subscriptions are \$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.

ADVERTISING RATES

To request advertising rates, contact the office at (254) 715-8943 or visit theanchornews.org.

A
N
C
H
O
R
S
T
A
F
F

LINDA CRAWFORD
Editor/Owner

STASHA AUSTIN MALONE
Associate Editor

J.L. CRAWFORD
Director of Operations/Owner

RAY AUSTIN
Website Designer

GALE EDWARDS
Advisor

WANDA B. GUNTER
Contributing Writer

SCOTT KNAPEK NEFF
Design/Layout

MIDWAY REACHES RECORD NATIONAL MERIT NUMBERS WITH 17 HONOREES

Year after year, Midway High School students continue to uphold their legacy of outstanding performance in standardized testing. This year's group of National Merit and College Board honorees undoubtedly carries on this tradition of excellence with the highest number of recognitions—17 in total—since 2016.

This record number includes four Semifinalists and five Commended Scholars in addition to three students receiving recognition through more than one program as both National Indigenous and National Hispanic Scholars.

With a variety of interests ranging from robotics to linguistics, Midway's National Merit students are already on the path to becoming world changers. This year's group of honorees includes multiple symphony orchestra concertmasters, soccer and debate team captains, a NASA intern and a powerlifter, and is full of aspiring engineers, school teachers and doctors. In addition to earning academic recognition, they have founded clubs to address food insecurity and been awarded for countless hours spent giving back to their community through volunteer service.

Out of the 1.5 million students who took the 2021 Preliminary SAT/National Merit Scholarship Qualifying Test, only the top 3.33% with the highest scores qualify for recognition in the 2023 National Merit Program. Five Midway students are among approximately two-thirds of these high scorers who receive

recognition as Commended Scholars, and the remaining one-third are named Semifinalists.

Midway's four Semifinalists, who represent some of the highest scores on the PSAT/NMSQT in the state of Texas, are among the top 1% of U.S. high school seniors qualified to earn this prestigious honor. Semifinalists advancing to the finalist level will be announced in February 2023.

College Board's National Recognition Programs also identified an impressive nine Midway students as National Scholars who scored among the top 10% of students in Texas on the PSAT/NMSQT.

Congratulations to the following Midway High School students on their achievements:

Semifinalists:

Tristan Newman

Hunter Shi

Samuel Thaller

Thomas Warkentine

Commended Scholars:

Sadie Hynan

Kailea Kuecker

Cara McMillan

Toby Meldrum

Josie Sim

National African American Scholars:

Megan Carroll

Ryann Evans

National Hispanic Scholars:

Alexa Barrera

Isabella Diaz

Andrea Mar

Savannah Ortiz

Hannah Padilla

Samuel Thaller

Abner Feliciano Toledo

National Indigenous Schol-



PHOTO OF MIDWAY HIGH SCHOOL NATIONAL MERIT HONOREES FROM LEFT TO RIGHT: TRISTAN NEWMAN, MEGAN CARROLL, HUNTER SHI, ISABELLA DIAZ, ANDREA MAR, KAILEA KUECKER, TOBY MELDRUM, ALEXA BARRERA, CARA MCMILLAN, JOSIE SIM, SADIE HYNAN, SAMUEL THALLER, THOMAS WARKENTINE, RYANN EVANS AND SAVANNAH ORTIZ. NOT PICTURED: HANNAH PADILLA.

ars:
Samuel Thaller

Savannah Ortiz
Alexa Barrera.



REALITY THERAPY SEMINAR WACO, TEXAS

During Covid, Classes are Conducted through Zoom

You will learn:

- Effective self-control
- Resolve conflict in self and with others
- Create optimal environment for change
- Tools for healthy relationships
- Instills hope
- Transfer skills into all aspect of life

Who will benefit:

- Counselors and Therapists
- Social Workers
- Educators and Administrators
- Criminal Justice
- Health Care Professionals
- Business Leaders
- Pastoral and Parents
- Individuals



Mona Dunkin
254-749-6594
monadunkin@gmail.com

Conducted under the auspices of
Glasser Institute for Choice Theory

L.A.I. COMMUNICATIONS

-NOTICE-

An application to sell and consume alcoholic beverages is proposed for this location.

TYPE OF LICENSE: Beer and Wine

NAME OF APPLICANT: L.A.I. Communications

ADDRESS OF APPLICANT: 316 S. 8th Street

For information concerning filing a protest, contact your local TABC at 254.776.7626.

Date Posted: 11.28.2022

Sections 11.39 & 61.381 **Texas Alcoholic Beverage Code**

ANCHOR'S ATHLETE OF THE MONTH

BY DR. CJ WALKER

December's Anchor Athlete of the Month goes to Rahlil English. He is a sophomore at Midway High School. The starting running back on the Junior Varsity football team, he loves working with the coaches and players to become the best that he can be. English's favorite subjects are geometry and chemistry. Outside of the football field, he enjoys playing the drums for his church. After graduating from high school, English plans to attend a top college and continue to serve GOD through a musical talents.



RAHLIL ENGLISH

GOAL-SETTING FOR A HEALTHIER YOU

BY JERRY SNIDER

As the owner of All In Health and Wellness, I'm excited to offer a health column for the readers of the Anchor News. As we close out another year on the calendar, many of us start to look at the new opportunities that a bright new year will bring. While there is a lot of hope for the future, not many of those opportunities will be realized if we don't take action. So how can we make the most of our health in the new year?

There are two main pieces of any goal-setting strategy that you need to identify be-

fore you can begin your journey. You must know what your starting point is and where you want to go. In the same way that Google Maps can't provide you with the fastest route if you don't tell it where you want to go, if you don't set a goal for your health you will be unlikely to achieve it. Once you know where you want to go, you also have to know where you are starting from. If you want to drive to New York, you'll have no idea how long it will take unless you also tell Google Maps where you are starting from. That route will be very different based on where you are when beginning



JERRY SNIDER

your journey. This is one of the most overlooked reasons why everyone's health journey is different.

You may have the same health goals as your friends,

but the journey to get there could look massively different. If you and a friend are meeting for a weekend trip in New York but you are traveling from Texas and they are coming from Florida, you can't take the same route. You each have to travel from where you are at the present moment. Take the opportunity now to evaluate your current health situation. Be honest with yourself about your starting point on your journey to a healthier you. Remember that your starting point is not friends.

Once you have your starting point and your goal destination, putting a plan to get there becomes easier. It's not always easy to implement and there will be changes to the plan along the way. Just like if you mapped a route from Texas to New York, that route will

change along the way because of accidents or construction. Google Maps will come up with alternate ways to get around the slowdowns and ultimately get you to New York, but it might not look the way you thought when you left. That's ok. The journey doesn't have to be perfect as long as we reach our destination.

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

Bluebonnet REALTORS®

Amber Raborn
Sales Agent
2012 Lake Air Drive., Suite D
Waco, Texas 76710

254.224.7485
www.bluebonnet.realtor



Temple of Christ
— C H U R C H —

MATTHEW REED MINISTRIES, INC.

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



Church
Services

SUNDAY SCHOOL
10:00 a.m.

MORNING WORSHIP
11:15 a.m.

SUNDAY EVENING
6:00 p.m.

MONDAY BIBLE STUDY
7:00 – 8:30 p.m.

WEDNESDAY
PRAYER WORSHIP
7:00 p.m.

Pastor Matthew Reed and wife, Helen



KESHIA MILLER

BY ROCKY AND
KESHIA MILLER

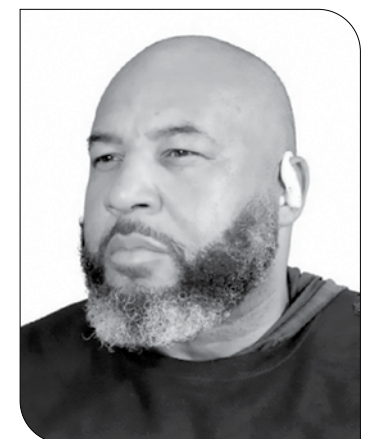
We hope to find you well and excited to prepare for the holiday season. First, we'd like to thank you for your limitless support of Feast in the East and are eager to invite your organization to this year's community celebration, Thursday, December 22, 2022. Event activities will be held again at the City of Waco Multi-Purpose Center on the historic Paul Quinn campus, from 2 pm – 6 pm.

As we grow this event, we are excited to share that our needs are growing and we are modifying our efforts to best serve the greater Waco

community. Our team is asking for your continued volunteerism and increased level of participation as an official sponsor. This year, we are anticipating over 1,500 guests and would appreciate if you would support our programmatic efforts to ensure we can adequately support a crowd of that magnitude, by serving as an official event sponsor.

There are 3 sponsorship levels that we are seeking to meet the demand of our community: Bronze – \$1,000, Silver – \$5,000, or Gold – \$10,000

We would appreciate if you would consider donating and serving as an official sponsor at a level of your preference. The sponsorship levels will aid in adequate retention of community supplies for marginalized guests, meals, attendees, and the ability to procure supplies, rental equipment, and vendor fees to successfully facilitate the event. All sponsors will be added to digital and printed mediums and routinely featured during the Feast in the East event. As you know, The East Waco Empowerment Project is a growing local non-profit organization focused on civic engagement, economic prosperity,



ROCKY MILLER

business partnerships, and cultural awareness beginning in East Waco, and has since expanded to meet the needs of the greater community. We are excited about the work we've been able to do in the community and couldn't do it without your support!

This event changes the lives of many every year and has risen to feed over 1500+ guests and provide winter essentials, and extra gifts for children as donations permit. Your support will help us continue our work and is tax deductible.

Should you have any additional questions, please do not hesitate to call us at (254) 315-6233 or (254) 292-2423.

FEAST IN THE EAST PLANNED FOR DECEMBER 22: A LETTER OF HOPE

9 LEGAL TIPS TO HELP YOU PROTECT YOUR FAMILY

SUBMITTED BY J.L. CRAWFORD, LE-GALSHIELD, SENIOR MANAGER

It is never too early to prepare for your family's future, but waiting to make arrange-

ments could be disastrous. These tips are designed to explain legal and financial options that may help protect your family should something happen to you. If you need assistance call your LegalShield provider



J.L. CRAWFORD

the laws where you live and guide you towards the best decision for your family.

3. Special Needs Children – With a host of immediate issues such as day-to-day care and education, the parents of special needs children may find it difficult to plan for the future. Advance planning is particularly important for special needs children. Laws regarding trusts, insurance and education vary greatly. Call your LegalShield provider law firm and speak with an attorney about your options.

4. Life Insurance – Term life insurance may be more affordable, but you should examine all available options and consider the amount of coverage your family will need if something happens to you. It may be beneficial for women to purchase life insurance before becoming pregnant. Some health issues that may arise during or after pregnancy could increase the cost or affect the ability to purchase insurance.

5. Beneficiary Designations – Your will does not determine distribution of life insurance policies or any other accounts with a named "due on death" (DOD) beneficiary. Life insurance policies, retirement plans and investment accounts with a DOD designation are paid out to the beneficiaries who you selected. If you wish to change a beneficiary you must contact the insurance company or financial institution directly.

6. Short-term Disability Insurance – Even a brief absence from work may create a severe financial burden

on your family. Short-term disability insurance supplements wages lost during a short-term medical absence from work. Many plans require you to exhaust any leave paid for by your employer before benefits begin. Some plans reduce the coverage period for certain absences such as maternity leave. Before you sign up for coverage, review the policy terms, including the amount, duration of coverage and limitations.

7. Long-term Disability Insurance – Long-term disability insurance is every bit as vital as life insurance. An extended illness or disability can be financially devastating. Should you become disabled, it may take a significant amount of time for any government assistance to take effect. If you need help reviewing the terms of a policy, contact your LegalShield provider law firm.

8. Legal Documents – Keep your estate plan, insurance information and other important documents somewhere secure, such as a safe deposit box, and make sure your family knows where to find them if needed.

9. Talk to Your Family – Discuss your wishes, arrangements and insurance coverage with your spouse, anyone you appoint in your will and older children. It is important that your family knows how to proceed should anything happen to you.

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 7. J.L. Crawford, Senior Manager.

THE MIND, THE HEART, THE WILL

BY PASTOR MATTHEW REED

I actually want to discuss your will, but to be effective I must speak of two components of your will. The mind is where thoughts of the heart come from Matthew 9:4 says And Jesus knowing their thoughts said, Wherefore think ye evil in your hearts? Matthew 15:19 says these scriptures refer to your thinking which is done in the mind.

These next scriptures deal with the heart and its location (Matthew 22:37 and Mark 2:6). From these scriptures, one can deduce the heart is in the mind and one's soul is in the heart. The scripture in Romans 12:2 speaks of the renewing of one's mind. Philipians 4:8 says, "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." These scriptures manifest the dominance of the mind in our spiritual walk with our God.

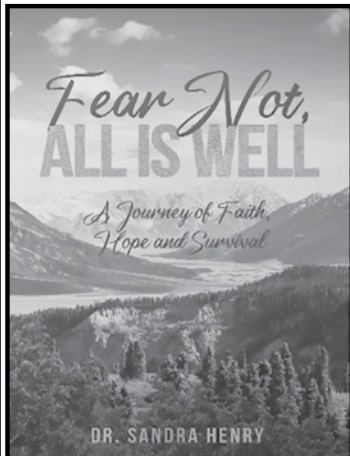
This brings me to Your (our will). Our will is found in our hearts. If we are going to serve as we ought, we have to will it. Remember the mind is the gate to the heart and the heart



PASTOR MATTHEW AND LADY HELEN REED

is where your will resides. To shape our will to serve and obey God, we must renew our minds with the scriptures. To stand firm to do the will of God, we must take heed of our thoughts.

This is the whole thing in a nutshell. We must guard what goes into our mind, watch what we look at, watch what we read, watch what we hear, and watch whom we listen to. If you hear you can't obey God, you are not going to develop a will to obey. Let your will be developed by the scriptures. Remember, whatever your will is, that's what you will do. AMEN!



BOOK RELEASE

To purchase a book or request a speaking engagement, contact Dr Sandra Henry at 2010shenry@gmail.com. Book also available Amazon.

BROKEN SILENCE



Books & Publications

WWW.BROKENSILENCEBOOKS.COM

PHONE: 254.458.9254

FACEBOOK: Wanda Gunter

E-MAIL: wbgunter@hotmail.com

P.O. Box 2873 • Harker Heights, Texas 76548

WANDA B. GUNTER

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

GOD, DESTINY AND A GLASS OF WINE, AN EASY READ AND PERFECT GIFT

The best Christmas gift sometimes comes in a small package. Such is the case with *God, Destiny and a Glass of Wine*. All chapters begin with one of Linda Crawford's own "true-story" personal narratives that she later connects to a point that is relevant to this journey called destiny. The book is an easy read. Several readers have told her that they couldn't put it down once they started. It is available on Amazon.com for \$15.99. You can also go to lindacrawford.org to order there. *God, Destiny*, and *a Glass of Wine* is sure to open your heart to receive healing, encouragement, and a different outlook on life.

Chapter 1: This Too Shall Pass, but When?

I was almost out of breath by the time I made it to the car. Though it was just a few feet away, it seemed like 100 miles. I had parked my car in the back yard to hide it from the bank. Let's face it. It was an old piece of stick-shift junk, but it was all I had, and I was behind on the payments. But tonight, in my panic to get out of the house, maybe the backyard wasn't so smart. Dressed in a gown, house shoes, and a thin jacket, I gripped the keys that were pinned inside my bra.

Oh yes, my bra. That was the safest place to keep my valuables, like my car keys and what little money I had. I had learned a lot in my 29 years. With lightning speed, I dashed out the backdoor, tripping over the threshold, but still holding my balance and determination. Thank God my boy was spending the night with a friend. It was pitch-black dark outside, as I had no time to flip on the outside lights. I just needed to get out. Once inside my car, I let out a sigh, unaware that I had been holding my breath. Quickly locking the car doors, I knew I was on my way. The car was run down and bent up, but it was my path to freedom tonight and my only means of transportation. I'll never forget it. It was a gray and black Toyota, well....a fading gray and a fading black, a hatchback, about 8 years old at the time, and a stick. Ha! A stick. That could be a holdup since I was still in the learning stage, but I could handle it. I tried to crank the old trap, but it just clicked. I tried again, combining my efforts with a plea. "Please God, I need my car!" Just as the motor turned over, I heard that dreadful sound, a swatch-type sound, like an old screen door dragging.



LINDA MASON CRAWFORD

My God! He knew I was going to try to get away. He knew, so he had unlocked the hatch back, ahead of time! He was in the back so fast; all I could do was bite my lip and jerk forward. "Stop the car, Lynn, and give me the money!" he yelled, as he swiftly crawled into the back seat. He lurched through the bucket seats so fast that my head literally seemed to spin, like the girl in the Exorcist. Grabbing the steering wheel, he yelled again, "Gimme the money, Lynn!" The Exorcist...I was sure that his voice changed. But tonight...no, not tonight. I kept driving, the car swerving across into the other the lane and back again as he, too, gripped the wheel. We

came within inches of hitting a minivan. I saw head lights of an 18 wheeler that we also barely missed as we sped into the on-coming traffic. Hands pinned to the wheel, I was driving to my pastor's house, and no one was stopping me. That was the life I lived for most of my 16 years of marriage to a crack addict, one that was much different from my single days of the quiet, country, church girl. I had never touched drugs in my life. I smoked only one cigarette that nearly killed me. And here I was, 29 years old, married to a drug addict. I had so many similar stories to contend with, jumping fences to get my car back from the drug dealers, standing toe-to-toe and nose-to-nose with dealers who threatened to kill me if I didn't leave them alone about getting my car back, knocks on the door in the middle of the night from thugs demanding money my husband owed them, stealing my own car back and driving backwards, trying to miss the flying bullets. You name it; I just about dealt with it. Many times over the years, I walked into my house to find that every piece of furniture and every appliance was gone—sold in exchange for drugs. I remember waking up one

Christmas Day to find that my babies' gifts were gone, sold for drugs. Once, I frantically searched the streets of Tampa because my husband put our 6-year-old out of the car since it was "too dangerous to take him to the crack house," he said. This was before the days of cell phones. I don't even remember how I found my baby boy. I could go on and on, but the only thing that matters is that one day, I accepted the truth that I had to forgive if I expected to move on with my life. I have since come to grips with the truth, that my now ex-husband was a good person, who loved people. When he was straight, he would give away his last. When he was not, he would take another person's last. I literally saw him take his shirt off and give it away. Once he pulled off his watch and gave it away, and then took my watch and gave it away, too. He had a heart of gold, but in addiction, he was the devil. Still, I had to find a way to forgive. I owed it to myself, my children, and my God.

To order *God, Destiny, and a Glass of Wine*, paste the following into your browser: <https://www.amazon.com/Destiny-Glass-Linda-Mason-Crawford/dp/069211761X>.

5.0 OUT OF 5 STARS | INSPIRING & ENCOURAGING | KINDLE CUSTOMER

(Reviewed in the United States on August 20, 2019)

"I absolutely love this book! I could not put it down and read it in two days. There is so much good stuff in this book that I am reading it again. It is inspiring, encouraging and will bless you."

5.0 OUT OF 5 STARS FIVE STARS | AMAZON CUSTOMER

(Reviewed in the United States on May 21, 2018)

"This is an amazing book. It is entertaining, compelling and convicting. A definite must-read for everyone!"

5.0 OUT OF 5 STARS | EASY READ AND APPLICABLE TO MY LIFE

(Reviewed in the United States on March 27, 2019)

"After *God, Destiny, and a Glass of Wine*, I felt like I could take the author's response to certain circumstances and apply to my own life. Each chapter is a life learning lesson of praising God through hard times, and walking into God's plan for my life. It may appear as an easy read, because I read it in one day my first time reading it. Then I had the opportunity to re-read and breakdown each chapter week by week."

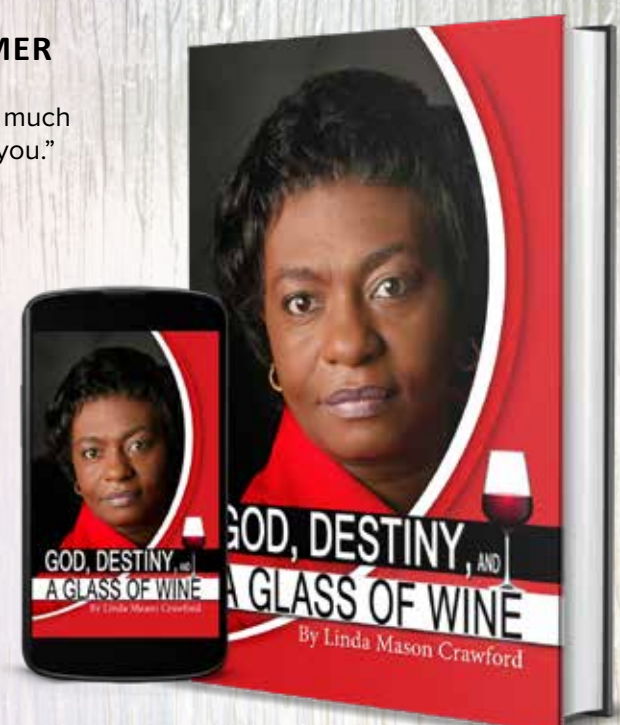
Rey

5.0 OUT OF 5 STARS | EXCELLENT BOOK

(Reviewed in the United States on June 13, 2020)

"This is an amazing book. I found it helpful in navigating my fear of not reaching my full potential. It helped me understand how I can have a positive God-ordained destiny. Excellent work!"

Dr. Mia Moody-Ramirez



**GOD, DESTINY, AND A GLASS OF WINE
AVAILABLE ON AMAZON**

LET'S NOT GIVE THE DEVIL LEGAL RIGHTS, PART 12

BY EVANGELIST
RUBY MCCRAY

Continued from the November issue of The Anchor News. To review the previous article, please go to www.theanchornews.org, 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

Let's close this series by giving an account of a man whose name was Haman. You will find this very interesting account in the Book of Esther. God's name isn't mentioned once in this book, but one can see His signature throughout it.

Haman hated the Jews because everybody would bow down to him as he rode his horse into their midst; everybody except for Mordecai, a Jew who bowed down only to the God of Abraham, Isaac, and Jacob (Israel).

King Ahasuerus was reigning at the time and had de-throned his wife, Queen Vashti. Chapter 1

After a season when he began to miss her, he couldn't go back on his edict to restore her, so his wise men recommended that they find all the very beautiful young virgins from which he could choose another queen. The idea pleased him, and the search began. Chapter 2

Among the beauties was a young woman named Hadasah who is called Esther, the daughter of Mordecai's uncle who had died. Mordecai reared her and told her not to divulge her identity; therefore, nobody knew that she was a Jew, or even related to Mordecai. Because of her beauty, mannerism, and the hand of God, she was chosen as the new queen. She was so well favored by the king that he told her on more than one occasion that he would grant her request, even up to half of the kingdom. Chapter 5

You will need to read this very short Book, or let your smart device read it to you. I marvel at how God's unfailing love is displayed. He honored the covenant that He made with Abraham way back in the beginning, Genesis, Chapter 12.

I'm in awe how God is playing this Chess game. "In those



EVG. RUBY MCCRAY

days, while Mordecai sat within the King's gate two of the king's eunuchs, Bigthan and Teresh, doorkeepers, became furious and sought to lay hands on King Ahasuerus. So, the matter became known to Mordecai who told Queen Esther and Esther informed the king in Mordecai's name. And when an inquiry was made into the matter, it was confirmed, and both were hanged on a gallows; and it was written in the book of the chronicles in the presence of the king. Chapter 2:1-23

Haman has such hatred for Mordecai, that in Chapter 3, he lies to the king telling him that

there is a certain group of people among them who do not honor the king's laws and is granted permission to kill them on a certain day. He was willing to kill all the Jews to kill one man.

In Chapter 4, Mordecai found out about the plot and got word to Esther to plead for their lives. He reminded her that she is a Jew, although the queen, she would not escape. Esther assured him that she and her maiden would fast for three days and asked him to do likewise; afterwards, she would seek to go to the king, because he had not called her in thirty days.

Nobody could have set up what happened on that third day in Chapter 5, but God. She asked permission to have two banquets only for the king and Haman. Haman was overjoyed as he told his family about the honor. They suggested that he build fifty cubits high gallows on which to hang Mordecai. Won't you just look at God as He sets up Chapter 6?!

The king couldn't sleep, so he commanded the book of records of the chronicles be brought to him. He read and asked what good deed had been done for Mordecai for

saving his life. His servant said, "Nothing." He asked who was in the courtyard? Nobody but Haman. The king asked him what should be done for someone in whom the king delights. Haman knew that it couldn't be anyone except himself, so he spared nothing! You'll have to read it. He ended up pulling the reigns of the king's horse through the city square while Mordecai rode.

Chapter 7 records the second banquet which didn't turn out well for Haman. When the king discovered his wicked plot, he ordered his servants to hang Haman on the gallows he had built for Mordecai. His ten sons also were killed because of his sins. Chapter 9:6-10

This is the conclusion of this series. Please join me in January '2023 for the new article, the Lord willing. 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.

You deserve

affordable legal and identity theft protection.

Unexpected legal questions and identity theft issues arise every day, and with LegalShield on your side, you will have access to experienced law firms and attorneys as well as licensed investigators skilled in identity theft monitoring and restoration. No matter how traumatic or trivial the issue, you'll have the power to get legal and identity theft advice and services when you need them, all so you can worry less and live more.

Join over 1.4 million members and protect yourself today with LegalShield.

J L Crawford
Senior Manager
254-717-4927
jlcford500@aol.com
www.legalshieldassociate.com/jlcrawford

This is a general overview of our legal plan and/or identity theft plan coverage for illustration purposes only. See a plan contract for your state of residence for complete terms, coverage, amounts, conditions and exclusions.

ADVERTISE *here!* Call Linda @ 715-8943 today!

CTAACC WELCOMES NEW TEAM MEMBER

The Cen-Tex African American Chamber welcomes our newest team member, Jocelyn Williams. Jocelyn recently joined the Chamber as our first Center of Business Excellence (CBE) Coordinator. As CBE Coordinator, Jocelyn will be facilitating CBE programming and resources that will target small business development and entrepreneurship. She brings with her a wealth of knowledge in entrepreneurship and community organizing. Jocelyn enjoys music, fine dining, travel, and spending time with her wonderful husband Morris and their cat Alex. Welcome to the Chamber Jocelyn! We are excited to see the impact you will



JOCELYN WILLIAMS

make in the Waco small business community.

ADVERTISE HERE TODAY!
Call The Anchor News at 715-8943!

FAMILY & FAITH INTERNATIONAL FILM FESTIVAL™

FEBRUARY 2-4, 2023

WACOFILMFEST.ORG

FOUNDING PARTNER

TNB Your Bank for Life

GOLD STAR SPONSOR

CREATIVE WACO

SILVER STAR SPONSORS

7th Street Curry **MODERN TEXAS LIVING** **DISCOVER**

CELEBRITY GOLF CLASSIC SPONSOR **MAY**

H.O.T. FASHION AND STYLE SHOW SPONSOR **Waco HEART TEXAS**

KICK-OFF CONCERT SPONSOR **PETE & MICHELLE GROETZINGER**

AWARDS SPONSOR **The Links, Incorporated**

BRONZE STAR SPONSORS

Extraco **M** **BNI** **H-E-B** **Helping Here:** **ISW**

MEDIA PARTNERS

104.1 **CW12** **104.1**

YOUR BUSINESS IS OUR BUSINESS



BUILDING BRIDGES WITH ENTREPRENEURS ACROSS WACO

McGregor
401 S. Main St.

South Bosque
27000 W. Hwy. 84

Triangle Tower
510 N. Valley Mills Dr.

Downtown Waco
901 S. 8th St.

East Waco
715 Elm Ave.

TNB Your Bank for Life
Since 1889

tfnbt.com
Tel: 254-840-2836

Member FDIC
EQUAL HOUSING LENDER

HOW TO GET THROUGH THE ANXIETY AND ISOLATION OF THE HOLIDAYS

BY MARY COKER

Mental health issues are at

an all-time high in our country. One man is on a mission to help others get through the

anxiety and isolation of Christmas and New Year's Day – two of the loneliest days of the year for some. Toby Slough, speaker and author, has launched the holiday call to action, #NotAlone.

This initiative invites people from across the country to connect during the holidays. Toby would be available for an interview to talk about the following:

What prompted Toby to want to help others on these particular days - Christmas and New Year's?

How will #NotAlone help people through the loneliness?

Who is encouraged to participate?

Can anyone join and how do they participate?

What happens after the holidays?

More information is below and attached is a headshot of Toby Slough as well as a fact sheet about "Not Alone."

MEDICARE MADE EASY



Humana Plans

Scott and White Plans

UnitedHealthcare Plans

Margaret Ivory - Broker

Represents All Plans in McLennan County

254-523-8978

The Word of Life
CHRISTIAN CHURCH

WWW.THEWORDOFLIFEWACO.COM

Worship Service
Sunday at 10 a.m.

Bible Study
Wednesday at 7 p.m.

824 LONGFELLOW DR. | WACO, TX 76710
(254) 772-1371 | TWOLCC@GRANDECOM.NET



ADVERTISE
IN THE
ANCHOR
NEWS
TODAY!

UPSKILL
WACO

WHO WE ARE?

UpSkill Waco is a collaboration of workforce and education partners to build McLennan County's capacity to provide equitable workforce training in high-demand occupations for underserved populations.

HOW TO APPLY

Online through
upskill-waco.org
Available at the Cen-Tex
African-American Chamber
of Commerce

UPCOMING COURSES

Construction Core
Optional specialty track:
Industrial Maintenance

Hospitality Fundamentals
Opportunity for employment
with Hotel Indigo and other
IHG Hotels.

upskill-waco.org
(254) 741-0081



UpSkill
Waco



Linda McDonald
REALTOR®,
CRS, GRI, PMN, SRS



Integrity, Trust,
Experience

COLDWELL BANKER
APEX, REALTORS®
18 OFFICES SERVING TEXAS

CELL: (254) 855-1717

LINDAMCDONALDREALTOR@GMAIL.COM

LMCDONALD@CBWACO.COM

McCIF
McLennan Community Investment Fund
Helping Small Businesses Grow

Are you ready for a small business loan at a
reasonable interest rate?

Could you use some help with your important
business documents and records?

**GIVE US A CALL OR EMAIL
US WITH YOUR QUESTIONS**

(254) 400-5480 • info@mccif.org • www.mccif.org

We are a non-profit lender here to
HELP YOUR SMALL BUSINESS GROW!

CTAACC ANNUAL AWARDS BANQUET RECAP

The Cen-Tex African American Chamber of Commerce had the honor of recognizing some of our local business pioneers, community leaders, and corporate partners at our Annual Awards Banquet for 2022. Every year, the Chamber stops and pays homage to those who have dedicated their time, sweat, and tears to building the community that we know today. This year's Business of the Year Award was presented to local



restaurant owners Anticeto and Vivian Charles of Tru Jamaica.

The Chamber wishes you continued success for your business as you continue to grow and prosper. A special thank you to everyone who helped make our event a success, especially our sponsors! This event would not have happened without you. Here are a few highlights that captured the spirit of the evening.

TIPS AND TRENDS FOR HOMEOWNERS, BUYERS AND SELLERS

SUBMITTED BY
LINDA MCDONALD



LINDA MCDONALD

Some people view a front door as simply a utility—a way in and out. However, the entrance to your home can speak to both guests who come to visit and to your own creativity. Here are a few ways to make your door stand out.

Style — The first thing you need to address is what style of door you want. Depending on what your home looks like and your own personal tastes, there are a range of options to choose. From a traditional door that you see on most houses as you drive around your neighborhood, to a modern look that makes the door really pop from the sidewalk or street, to a niche-style, like country cottage or beach bungalow, you must decide how the door will fit in with the rest of the home design.

Color — While you can choose from a wide variety of colors, some fit in better with certain styles. For instance, a traditional door usually is a dark shade, like black, gray or navy, while a modern door can be as bold as lime green, orange or magenta.

Bells and whistles — Consider some less-thought-about features of your doorway. Are you going to have a door knocker? A mail slot? Do you want knobs or handles? You even need to think about what font you want your street number to be written in, if you

have it posted on the front of your home. For all of these features, you then need to think about what materials they'll be constructed from. Brass, gold or silver can really accentuate your door and make these extra elements shine.

Finishing touches — Complete your entryway with a few extra personal touches, like a tasteful doormat or bench/seating area on your porch or stoop. They may not be the most important features while you're planning your front door design, but these accessories can certainly tie all design elements together and create the perfect entryway experience.

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.



Richard Kruger, Agent
7213 New Sanger Ave.
Waco, TX 76712
Bus: 254-776-4593
www.rkruger.com

**You only
live once.
That's worth
protecting.**

A conversation about life insurance now can make a big impact on your family (and even your retirement) later.
LET'S TALK TODAY.



State Farm Life Insurance Company (Not licensed in MA, NY or WI)
State Farm Life and Accident Assurance Company (Licensed in NY and WI)
1708142 Bloomington, IL

**Advertise In
THE ANCHOR!**

Call 715-8943 today!

VILLA'S
REMODELING
& DRYWALL ETC.

Painting | Floors | Tile | Laminated Flooring

254.715.7007

VILLA.REMODELING07@GMAIL.COM

IBJJF | CONTINUED FROM PAGE 1

male - Silver; Joshua Owen, Director of business Development at Cornerstone Caregiving; White Belt - Super Heavy - Silver.

Mike Valdez, Lead Pawn Broker at Easy Pawn East Waco: Blue Belt - Light-Feather Weight Gi - Bronze; Blue Belt - Light-Feather Weight - No Gi - Bronze.

Isaac Plumlee, Sales Rep at Window World; Blue Belt - Medium Heavy Weight - No Gi - Bronze.

Amy Schulz, Homeschool Mother of 5: Blue Belt Middle Weight - Gi - Silver; Blue Belt Open Weight - Gi - Silver; Blue Belt Middle Wight - No Gi - Silver; Blue Belt Open Weight - No Gi - Silver.

Sean Fatzinger, Seafood Industry: Blue Belt Masters 3 Medium Heavy Weight - No Gi - Gold; Blue Belt Open Weight - No Gi - Silver.

Calvin Kroll, Warehouse and Logistics Manager for Wolf Manufacturing: Purple Belt Super Heavy Weight - No Gi - Gold; Purple Belt Open Weight - No Gi - Bronze; Purple Belt Super Heavy Weight - Gi - Silver.

Chris Miguel Ybarra, Serv-

er at PF Chang's: Brown Belt Super Heavy Weight - Gi - Bronze; Michael Payne Salazar, 5th Grader; Kids Division - Yellow Belt Junior Gi - Silver.

HONORABLE MENTION OF RALPH GRACIE WACO COMPETITORS

Sergio Andres Lopez, White Belt- United States Army Recruiter; Andrew James Vincek, White Belt - Ten31Creative; Daniel Peter Kolb, Blue Belt - Valley Mills Volunteer Fire Department; Mitchell Dean Cochran, Blue Belt - Local Insurance Consultant; Daniel Cruz, Blue Belt - Manager at Spectrum.

SELECT JIU JITSU

Lance Yager, Owner of Select Jiu Jitsu and Spring Fire Fighter: Black Belt Masters 2 Super Heavy - Gi - Silver; Black Belt Masters 2 Super Heavy No Gi - Silver.

oMatt Cordon, Professor of Law at Baylor University: Black Belt Masters 5 Heavy Gi - Silver; Black Belt Masters 5 Heavy - No Gi - Bronze.

Clint Brandon, Hewitt Police Officer: Blue Belt Masters 2 Heavy - No Gi - Silver; Blue Belt Masters 2 Heavy - Gi -



TWENTY-FOUR ATHLETES FROM TWO WACO JIU JITSU ACADEMIES ENTERED THE INTERNATIONAL BRAZILIAN JIU JITSU FEDERATION'S TOURNAMENT IN WACO.

Bronze.

Cole Thompson, V.P. of Petro Legacy Energy: Purple Belt Master 2 Medium-Heavy - Silver.

Jeremy Wardlow, Waco

Fire Fighter: White Belt Master 1 Super-Heavy - Silver.

Ethan Hunnicutt, Baylor Student: Blue Belt Adult Heavy Weight - Bronze.

Matt Green, Army Veter-

an: White Belt Ultra-Heavy Weight - Bronze.

Shayne Wharton, Waco-Area Rancher: Blue Belt Master 2 Super- Heavy Weight - Bronze.

Hillcrest Chiropractic Clinic

"BY THEIR WORKS..."

THEY SHALL BE KNOWN"

- HIGH BLOOD PRESSURE
- PINCHED NERVES
- CARPAL TUNNEL
- MUSCLE SPASMS
- MIGRAINES
- NECK PAIN
- BACK PAIN
- ARTHRITIS



- SINUS/ALLERGIES •
- SLEEP DISORDERS •
- EAR INFECTIONS •
- NEUROPATHY •
- INFERTILITY •
- NUMBNESS •
- DIABETES •
- VERTIGO •

—Waco—

6701 Sanger Avenue, Suite 104
Waco, TX 76710 | (254) 754-4000

—Gatesville—

606 East Leon
Gatesville, TX 76528 | (254) 248-1335

—Bellmead—

4209 Bellmead Drive
Bellmead, TX 76705 | (254) 224-5344

COMING
SOON!

— CHURCH DIRECTORY —

SPECIAL!

ADVERTISE YOUR CHURCH IN THE
BLACK AND WHITE CHURCH
DIRECTORY FOR ONLY \$30 PER MONTH!

*Requires prepaid payment of \$360.00.
Send business card to theanchornews@aol.com.*

*Send payment via Cashapp to
\$LindaMasonCrawford.*

*First come, first served. Limited space available.
Must be received by December 31, 2022.*

Business DIRECTORY

RASHAD "Chip" Davis

THE GOLDEN SHEAR

HOURS:
Tuesday - Friday, 10-6
Saturday, 8-3

By appointment only

SPECIAL!
\$3.00 OFF FOR
FIRST-TIME
CUSTOMERS!

511 N. Hewitt Dr. • 254.300.4155



Linda McDonald
REALTOR®,
Integrity, Trust, CRS, GRI, PMN, SRS
Experience

COLDWELL BANKER
APEX, REALTORS®
18 OFFICES SERVING TEXAS

CELL: (254) 855-1717

LINDAMCDONALDREALTOR@GMAIL.COM

LMCDONALD@CBWACO.COM

FOR THAT *Elegant Touch* IN FASHIONS, VISIT...

Marilyn's Gift Gallery

818 Elm Avenue | Waco, Texas 76704
(254) 755-8218



*New
fashions
arriving!*

- Jewelry & Hats
- Perfume Oils
- Suits & Fashions
- African American
& Christian
Apparel

Owners

Dwayne &
Marilyn Banks

THERE'S ANOTHER OPEN ENROLLMENT PERIOD

BY MARGARET IVORY

Most Medicare beneficiaries are not aware that there is another Open Enrollment Period. This enrollment period is not normally discussed but is available for any Medicare beneficiary who is currently in a Medicare Advantage plan. It is a relatively new enrollment period that last from January 1st to March 31st.

If you are enrolled in a Medicare Advantage plan during that time but are in a plan that doesn't quite suit your needs, you may change to a more suitable plan or go back to Original Medicare.

Your plan may not continue serving your needs for several reasons. You may have signed up for a plan during the Annual Enrollment Period without checking to see if your Primary Care Physician or Specialist was In-Network or they may have decided not to continue being In-Network.

Perhaps you have changed providers due to special healthcare needs and those particular providers are In-Network only on certain plans.

Another reason you may decide to change plans is that you may have been diagnosed with



MARGARET IVORY

a new ailment and your new medication is not on the current plan but is available with another plan.

Whatever your situation, you can look during the Medicare Advantage Open Enrollment Period to see if another plan suits your needs better.

Unlike the Annual Enrollment Period where you can change several times before the December 7th deadline, during the Medicare Advantage Open Enrollment Period, you may only change once. The new plan goes into effect on the 1st day of the following month after enrollment. For ex-

ample, if you signed up on January 16th for a new plan, your plan will begin on February 1st.

Another option is to return to Original Medicare and get a stand-alone prescription drug plan. People who decide to do this usually apply to get a Medicare Supplement Plan but please be aware that you may or may not qualify due to underwriting guidelines.

This option must be evaluated thoroughly to assure that the correct plan has been chosen. A Medicare Plans broker can help you determine the better plan to choose during the Annual Enrollment Period or Medicare Advantage Open Enrollment.

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 - Medicare Plans Broker - 254-523-8978.

Church DIRECTORY



HIGH POINT CHURCH
www.highpointchurchwaco.com

SERVICES EVERY SUNDAY AT 10:30 A.M.

JOHN RAMBEAU, SENIOR PASTOR

HOLLYWOOD THEATER : HIGHWAY 84 : WOODWAY, TEXAS

Temple of Christ
— CHURCH —

SUNDAY SCHOOL10:00 a.m.
MORNING WORSHIP11:15 a.m.
SUNDAY EVENING.....6:00 p.m.
MON. BIBLE STUDY7:00 p.m.
WED. PRAYER WORSHIP...7:00 p.m.

MATTHEW REED MINISTRIES, INC.



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

BAREFIELD | CONTINUED FROM PAGE 1

As a member of the board, Councilwoman Barefield will meet in March, June, and November to guide NLC's strategic direction. Board members are selected by a 15-member nominating committee and are confirmed by a vote from NLC's membership at the organization's annual business meeting.

"The National League of Cities Board of Directors is crit-

ical in guiding our organization's priorities and policies," said National League of Cities (NLC) President Victoria Woodards, mayor of Tacoma, Washington. "NLC's Board is made of a group of incredible and diverse leaders, and I look forward to working closely together with them to advance priorities for cities, towns and villages across the country."

More than 3,000 mayors, councilmembers and other delegates from nearly every state and the District of Columbia convened in Kansas City for City Summit. Local leaders are on the frontlines of the nation's most pressing challenges and are working hard to pioneer innovative solutions that move our cities, towns, and villages forward.

NO MORE SUGAR COATING
Finding Your Happiness in a Crowded World
JERRY SNIDER



All In
HEALTH AND WELLNESS



CONFIDENCE THROUGH HEALTH
Live the Healthy Lifestyle God Designed
JERRY SNIDER



Transformation Starts Here

For Adults

- Nutrition Guidance
- Exercise Prescriptions
- Weekly Coaching Sessions

**Gain Confidence
Build a Healthier Body
Enjoy a Happier Life**

For Athletes

- Sports Conditioning
- Running Form
- Speed Training
- Endurance Training
- Increasing Vertical

www.allinhealthandwellness.com

—CHURCH DIRECTORY— SPECIAL! ADVERTISE YOUR CHURCH IN THE BLACK AND WHITE CHURCH DIRECTORY FOR ONLY \$30 PER MONTH!

Requires prepaid payment of \$360.00.
Send business card to theanchornews@aol.com.

Send payment via Cashapp to
\$LindaMasonCrawford.

First come, first served. Limited space available.
Must be received by December 31, 2022.

A BOOK REVIEW – *THE GILDED ONES*

BY JIM MCKEOWN

Namina Forna is the New York Times best-selling author of the Gilded Ones series. She has an MFA in film and TV production from the USC School of Cinematic Arts and a BA from Spelman College. She works as a screenwriter in LA and loves telling stories with fierce female leads.

The story begins with sixteen-year-old Dekka living in fear and anticipation of the blood ceremony that will determine whether she will become a member of her village. Already different from everyone else because of her unnatural intuition, Dekka prays for red blood so she can finally feel she belongs. But on the day of the ceremony, her blood runs gold, the color of impurity—and Dekka knows she will face a consequence

worse than death. Then a mysterious woman comes to her with a choice: stay in the village and submit to her fate, or leave to fight for the emperor in an army of girls just like her. They are called alaki—near mortals with rare gifts. And they are the only ones who can stop the empire's greatest threat. Dekka must decide her own fate.

Chapter One. Today is the ritual of Purity. The thought nervously circles in my head as I hurry toward the barn, gathering my cloak to ward off the cold. It's early morning, and the sun hasn't yet begun its climb above the snow-dusted trees encircling our small farmhouse. Shadows gather in the darkness, crowding the weak pool of light cast by my lamp. An ominous tingling builds under my skin. It's almost as if there's something there, at



JIM MCKEOWN

the edge of my vision. It's just nerves, I tell myself. I've felt the tingling many times before and never once seen anything strange. The barn door is open when I arrive, a lantern hung at the post. Father is already inside, spreading hay. He's a frail figure in the darkness, his tall body sunken into itself. Just three months ago, he was hearty and robust, his blond hair untouched by gray. Then the red pox came, sickening him and mother. Now he's stooped and faded, with the rheumy eyes and wispy hair of some decades older.

I'm supposed to be resting in isolation, like all the other girls preparing for the ritual, but there's too much work to do around the farm and not

enough hands. There hasn't been since Mother died three months ago. The thought brings tears to my eyes, and I blink them away. Father forks more hay into the stalls. 'Blessings to who waketh to witness the glory of the Infinite Father,' he grunts, quoting from the Infinite Wisdom. 'So, are you prepared for today?' I nod. 'Yes, I am.' Later this afternoon, Elder Durkas will test me and all the other sixteen-year-old girls during the Ritual of Purity. Once we're proven pure, we'll officially belong here in the village. I'll finally be a woman—eligible to marry and have a family of my own. The thought sends another wave of anxiety across my mind.

Chapter Three. It's dark when I wake, and strangely quiet. The noise and crowds of the village square have disappeared, replaced by shadows, cold, and silence. Where am I? I glance around, my breath coming in short, labored spurts, and discover I'm in what looks like a cellar, with neatly stacked casks of oil lined against dark stone walls. I try to rise, but something stops me: rough-hewn iron shackles, one set for my feet, and a matching pair for my wrists. I tug and twist, breathing heavier and heavier now, but the shackles still don't move. They've been

hammered into the wall behind me. A scream builds in my throat. 'You're awake,' Iona's voice slices through my panic. He's standing in the darkness, examining me with the cold intensity he usually reserves for beggars and lepers. The expression is so harsh, I jerk back, frightened. 'Iona,' I say, tugging on the manacles. 'What's happening? Why am I here?'

Dekka becomes aware of the terrible situation she has found herself in. This thrilling story will keep readers on the edge of their seats.

Jim McKeown is an McLennan Community College retired English professor.

DEGRATE

CONTINUED FROM PAGE 1

sured they received the training they needed to earn the right credentials.

Degrade, the mother of two, volunteers with other organizations that present events like hair expos, Juneteenth, and art installations to name a few. Her grandfather's legacy of providing quality service to the community through humanity lives on in his granddaughter and her family. To anyone who has ideas about how to create opportunities or serve others in ways that add value and purpose to their lives, Degrade suggests beginning with a plan, speaking to others, and listening to the feedback that's given.

Surprisingly, doors begin opening, and without realizing it, change happens. Even if something may not have worked out before, keep at it. Some ideas are ahead of their time. In the words of Degrade, "Find an open door. Establish trust, listen, and allow conversations to be guided, but not around you, around them."

ADVERTISE
IN THE
ANCHOR
NEWS
TODAY!

ametex
ROOFING & HOME
IMPROVEMENT

www.ametexroofing.com
info@ametexroofing.com

OFFICE NUMBERS:
(254) 294-8002
(254) 776-1100

RASHAD
"Chip" Davis

Barber on Duty at

The Golden Shear

HOURS:
Tuesday - Friday, 10-6
Saturday, 8-3

- By Appointment Only -

**\$3.00 OFF FOR
FIRST-TIME
CUSTOMERS!**

511 N. Hewitt Dr. • 254.300.4155

Rejoice and be glad that this day
has dawned,
try to realize its power,
for it is indeed
wonderful!

**The best way to thank God
is to love one another.**

'Abdu'l-Bahá, *The Promulgation of Universal Peace*

To learn more about
the Bahá'í Faith,
call (254) 717-7903
or visit wacobahaicenter.org

bahai.org/beliefs/

Local Minority Businesses In Need of a Small Business Grant



Contact our office at 254-235-3204 or email us at
info@centexchamber.com for information on our next distribution.



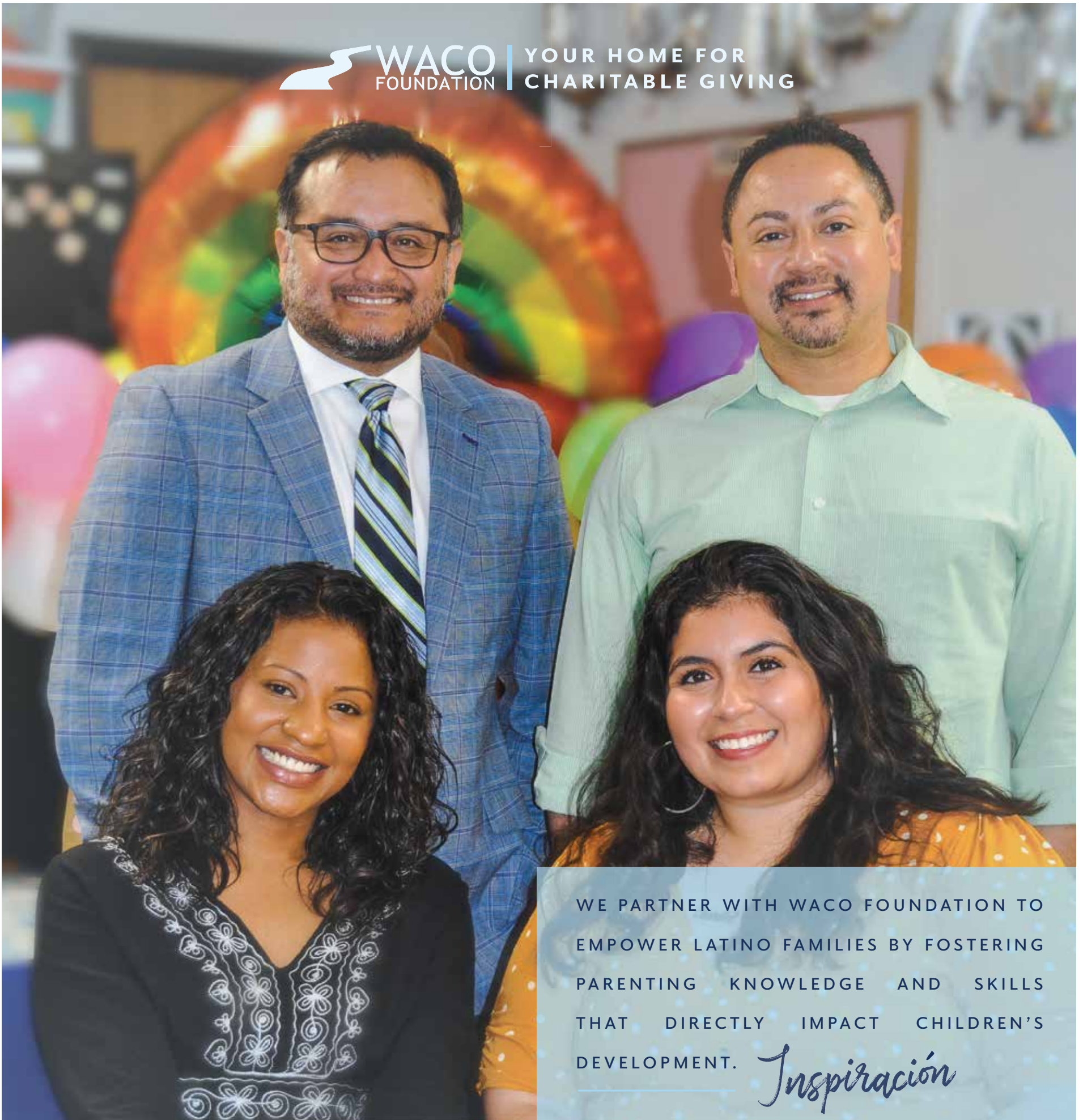
All Inquiries must Include Name, Business Name,
Email, and Phone Number



Merry Christmas!

— from —

THE *Anchor* NEWS

 **WACO**
FOUNDATION | YOUR HOME FOR
CHARITABLE GIVING

WE PARTNER WITH WACO FOUNDATION TO
EMPOWER LATINO FAMILIES BY FOSTERING
PARENTING KNOWLEDGE AND SKILLS
THAT DIRECTLY IMPACT CHILDREN'S
DEVELOPMENT.

Inspiración

for waco. forever.

FOR MORE INFORMATION ABOUT GIVING TO LOCAL CAUSES,
VISIT **WACOFUNDATION.ORG** OR CALL 254.754.3404.