

THE Anchor News

Serving the Central Texas Community *Celebrating 19 Years!*

DECEMBER 2021
Volume 19 • No. 5
Free



New Fire Chief settles in

Gregory Summers, a 37-year fire service veteran, was hired to lead the Waco Texas Fire Department in March of 2020.

As Fire Chief, he manages a \$30,000,000 budget and a workforce of 207 Civil Service employees and eight civilians. Chief Summers hails from Little Rock, Arkansas. He served 35 years with the Little Rock Fire Department, serving in many capacities within the department, most notably Fire Chief during his last nine years, as Little Rock's First African American to serve in that post.

During his tenure as Little Rock's Fire Chief, the department had several accomplishments. Most distinct-



GREGORY SUMMERS

ly, attainment of Insurance Services Office (ISO) Class 1, the highest designation a fire department can achieve and International Accreditation through the Center for Public Safety Excellence. Of the 29,980 fire departments in the United States, only 87 or 0.2%, share this dual distinction.

In his spare time, Chief Summers enjoys traveling in his motor home. He is a member of Omega Psi Phi Fraternity Inc and holds a BS Degree in Emergency Management Administration and an AAS Degree in Fire Science.

He is married to his wife of 35 years, Jeanette and they have three adult children and four grandchildren.

Get help starting your business

DEM & Co offers services for the aspiring or current entrepreneur, varying from advertisement, marketing, design services, consulting and more!

According to the website, The Awaken the Diamond in You Program is for entrepreneurs or aspiring entrepreneurs who need help staying on track and hitting their goals consistently and efficiently.

There are three options to choose from to best fit a customer's needs. However, customers must first fill out the form prior to their purchase, so that the program can be tailored to their needs. Staff reviews and evaluates the information. "After the review, you will be contacted with approval or denial" explained



KANDICE SHERRIL

Sherril, "with a reason and referral to someone in the industry that could better assist what you need."

The program includes the following:

- Email Outreach
- Website Audit*
- Social Media Audit*
- One on One Consults
- Accountability Texts
- 7 Day Strategic Plan*
- Business SWOT*
- Troubleshooting*

The company's latest product, The Apply the Pressure Entrepreneur Toolbox, offers valuable information for the common entreait tips, Did you know? fact book, wristband, sticky pads, and more!

"This box helps with planning and strategizing to hit goals!" said owner and CEO Kandice Sherril. She continues, "We must crawl before

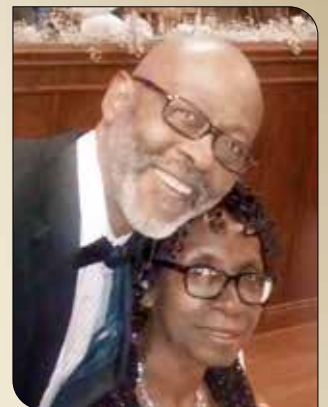
Working it out is just what He does

One person was praying in Mississippi, believing God for a spouse. God was preparing and delivering that future spouse in Texas. Bishop Floyd and Lady Annie King believe that "whom God has for you is for you only," and that union is "until death do you part." They are witnesses of what God will do.

And the story continues for then brought them together in the same place, but it was still not time for our union to come to fruition. "About two years later God brought us together again," said Annie. Floyd continued, "and it was then that we knew His seal of approval was upon our lives."

They were married in August of 1979 in Natchez, Mississippi and their journey began in Waco, Texas. The calling of God was already on Floyd's life and he had already accepted the call to the ministry. However, neither of them expected a greater calling, but in June 1990, God moved upon Floyd to step out on faith and start a work. God gave the vision and provision for Born Again Apostolic Assembly in Eddy, Texas to be birthed. The church started with six members. That number changed quickly. Many people were saved, healed and delivered and God added to the church.

Early in 2008 they received a Macedonian call and in March another ministry was birthed in Pflugerville, Texas, Abundant Life Apostolic Assembly. They traveled back and forth on



BISHOP FLOYD AND
LADY ANNIE KING

Sunday while other ministers kept the church going in Eddy. Sometimes the pastor went alone and other times his wife or another minister accompanied by him. After the church was stable and established, it was placed in the hands of another capable minister of the church.

Since their Wedding over four decades ago, God has kept them on their journey. The Kings have been blessed with a beautiful daughter and many spiritual children. They have seen marriages struggle and many have failed. Many marriages would not have withstood a spouse being overseer of not only one church, but two. Said Lady King, "Had we not allowed the Lord to be our referee, ours may have failed also, but the quote in our house is, "Keep the courtship in the marriage, and it will keep you out of the court." Pastor Floyd has since been elevated to bishop.

Bishop Floyd and Lady King invite you to fellowship with them



Photo by Any Given Day Photography

J.L. AND LINDA CRAWFORD

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

From the Crawfords...

It's that time of the year -- time to say good-bye to 2021 and hello to 2022. 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 People! It's all about HIM!

Fluff Wash & Fold see great success

Fluff Wash & Fold started in December 2019 with owners Stephanie Tolbert and Lana Alexander. The business started strong until February 2020 when COVID and the winter freeze in Texas stopped everything in its tracks. Stephanie and Lana were determined not to give up. Instead, they used the down time to strategize a new game plan. Stephanie and Lana decided to broaden their services to include sanitizing every load with the customer's complimentary exclusive wash kit at no extra charge. Instead of entering customers homes, they offered front porch service. Stephanie and Lana protected themselves by wearing gloves, mask/face shields, and hospital gowns when picking up customer's items. Customers could look out their front door at a safe distance and see how we handled their items with care.

Once other businesses started to reopen, residential and commercial customers started calling. Starting out mobile really made a difference to our survival of the business. Our company was blessed with not having to worry about how we were going to pay the rent or keep the lights on. Our biggest concern was gasoline, maintenance on the vehicles, and building a strong customer base to continue to move forward.

After advertising and networking with other small businesses in Waco and surrounding areas, the company's name became known to others. Winning the Digital Media Package from the Greater

**LANA ALEXANDER**

Hewitt Chamber has opened many doors of opportunity to service new and existing clients in the surrounding Waco area. This has also enabled Stephanie and Lana to develop a unique relationship with a couple of local entrepreneurs, providing them with a

**STEPHANIE TOLBERT**

very special blessing, a building to operate out of!

On Oct. 21, 2021, almost two years after its birth, Stephanie and Lana celebrated a ribbon cutting ceremony with family, friends, current customers, and those from the community. Facilitating

the ribbon cutting ceremony were representatives from the Greater Hewitt Chamber and the Cen-Tex African American Chamber of Commerce. Now customers can come in and drop off their items if they so desire, but workers will continue pick up and delivery Monday – Saturday 9 am to 7 pm. FWF is located at 1223 N.18th St. Ste 103, inside of the Waco Xpress Laundromat. To schedule a pickup call 254-661-7611.

Tolbert and Alexander are truly thankful for this opportunity and look forward to extending services to other areas and incorporating services such as alterations and pressing.

Come in today and let Fluff Wash & Fold Pickup and Delivery and "Give you a fresh start to your week"!!!!



THE Anchor News



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PURPOSE

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

POLICY

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

EDITORIAL POLICY

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

LETTERS AND ARTICLES POLICY

The comments and opinions of our readers are welcomed. Letters

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

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 1206, Hewitt, Texas 76643 or email to theanchornews@aol.com.

ADVERTISING RATES

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

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***Sankofa* by Chibundu Onuzo, a book review**

BY JIM MCKEOWN

Chibundu Onuzo, who was born in Lagos, Nigeria, and lives in London, is also a fellow of the Royal Society of Literature. She has been listed for a number of prestigious prizes for literature. *Sankofa* is her first novel.

Sankofa is a wonderful story of a mixed-race woman who goes in search for the African father she never knew. Her journey is funny with a fascinating turn while learning about her ancestors.

The book opens, "My mother was gone six months when I opened the trunk I found under her bed. I opened the trunk on the same day her headstone was erected. Rose, my daughter, accompanied me to the cemetery. I wore black, like it was a second funeral. Grass had grown over her grave, the earth erasing all memory of its disturbance. The headstone was marble, paid for by my mother's funeral insurance" // Bronwen Elizabeth Bain 1915-2018 / Beloved Mother, Grandmother, Daughter and Sister. Remember me when I am gone away, Gone far away into the silent land. // The Rossetti quote was a touch melancholic, but so was my mother and, for that matter, so was Rose. We laid flowers. fresh white

chrysanthemums. Rose said a few words, addressing my mother as if she was present. When she finished, she turned to me. I school my head. The practice felt too foreign and fanciful" (3). The family gathered for a luncheon.

An old box was awaiting its opening. "The trunk looked old. Brass fastenings and studs. Rose would have called in vintage. I avoided it for a long time. I had not enjoyed my previous experience of sorting through my mother's things. There had been no catharsis, only a strange fatigue after holding the clothes she had worn and the books she had read. It became clear I did not know her very well. Madame Bovary was on her bedside table. In the recesses of a wardrobe, I found a pair of sequined gloves" (4). Chibundu felt the loss as does everyone at such a moment. This paragraph is nearly identical to my own mother's recent passing.

The story continues, "In the months I avoided the trunk, it occurred to me that information about my father might be inside. I was very curious about him in my childhood. I knew his name, Francis Aggrey. I knew that he had arrived in England in the late sixties to go to university. I knew



JIM McKEOWN

he had lodged in the spare attic room of my grandfather's house, and that he and my mother had some sort of affair. When he returned to his country, Bamana, she didn't know she was pregnant with me. They never saw each other again. By the time I was eighteen, I'd stopped trying to find out about him. Although, once in a while, I would daydream about traveling to Bamana, stopping strangers in the street and asking if they knew a Francis Aggrey. I don't remember when that dream died. I'd gone through all the photographs. The boxes looked empty. I shook it and heard sliding, objects rubbing against each other. I turned the trunk up-

side down and banged it. A false cardboard bottom came loose. Two notebooks fell out along with a black-and-white photograph the size of a playing card" (5).

Now the mystery begins. "I opened the first notebook, cheaply bound and filled with the same tight script. London is afraid of me. Black man cannable. Black man rapist. Hide your fat wives and your dumpy virgin daughters. Shut your door in my face. Look out. To-land Man is coming. The author's voice was strong and alive, as if he had walked into the room and began speaking. An intelligent Blackman, angry, humorous. Surely not my father, hidden away in this box by a woman who told me there was too little to know but his name" (6).

The adventures lay ahead! "I shut the diary. I did not want to meet my father in one sitting. I put the scrapbook and loose photos in the box. I kept the books and Francis Aggrey's photograph. I double locked my front door and checked if the kitchen window was shut. I left the stair lights on to show I was awake and in lunging distance of a panic button. Next year, perhaps, I would sell the house and move to a flat with other families stacked like

crates above and below me. I went upstairs to my bedroom. I changed into my sexless pajamas and turned off the lights. I still slept on one side of the bed, pinned to my half of the sheets, facing the space my husband once occupied. In the mornings, one side was always ruffled, the other smooth as an egg: portrait of a single woman's bed" (8).

Finally, Francis makes a connection with a woman. "I have made friends with one of Menelik's secretaries. She is a bookkeeper during the week but comes to Menelik's flat on Saturdays to lend her hand to the liberation. She is the first obroni woman I have spoken to in any depth. Her hair is the color of ripened tomatoes, which makes her almost as rare as I am on the streets of London. I ask why she cares so much about Africans. She says she is from a colonized people herself. By that, she means she is Welsh" (17). Anna continues, "'A redheaded, radical Welsh bookkeeper. It must be Aunt Cary!! So absorbed was I in Frances's London life that I had almost forgotten that he must meet my mother at some point" (17).

Jim McKeown is a retired McLennan Community College English Professor.

State & local efforts promote access to college

BY MARIA AREVALO

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of Act Locally.*

In 2019, the 86th Texas Legislature passed House Bill 3 with the aim of increasing college enrollment among graduates. As part of the initiative, students must now complete FAFSA and TASFA student aid forms or opt-out of the financial aid process in order to graduate high school.

FAFSA (Free Application for Federal Student Aid) is an application that students and parents fill out in order to receive state or federal aid. Undocumented or DACA students may fill out the TASFA (Texas Application for State Financial Aid) in hopes of receiving state funding.

Most students who qualify for state or federal aid are from low-economic backgrounds or



MARIA AREVALO

are first-generation students. Thus, HB 3 has the potential to increase diversity and inclusion within college enrollment.

Only 20% of students in McLennan County have completed their financial aid ap-

plication, according to Educate Texas.

McLennan County has taken great steps to increase this percentage. The MAC College Money Program has hosted financial aid workshops for high schools across the county. The College Achievement Program (CAP), as part of VOICE, is assisting schools by meeting with students individually to complete their financial aid forms.

In February, a community-wide financial aid night event will be held to assist parents and students with the process of applying for financial aid. Through community initiatives, students and parents will have the resources available to complete their financial aid process and meet this graduation requirement.

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

-RADIO BROADCAST-

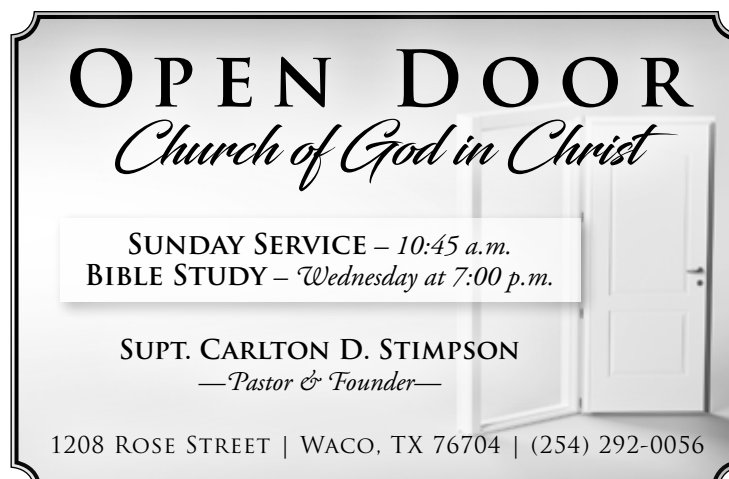
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There's another open enrollment period

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 pro-



MARGARET IVORY

viders are In-Network only on certain plans.

Another reason you may

decide to change plans is that you may have been diagnosed with 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 example, 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

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Wanda B.
Gunter

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

HELP

Continued from page one

we walk. We must walk before we run. It's OK to start your mission at any age, as long as you start." The box is available for \$50 this holiday

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Encourage students to “shoot for the moon”



HERMANN PEREIRA

BY HERMANN PEREIRA

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“Shoot for the moon, mijo,” my mother said to me when I was a child (a “mijo”). Born in Colombia, she had shot for the moon herself when she immigrated to Texas as an 18-year-old.

She and my father consistently opened doors of opportunity for their kids and encouraged us. They spent their lives giving my sister and me access to many things they did not have growing up. We were not rich by any means, but our family did not go without because of my parents’ blue collar work ethic; one they ingrained in me.

My parents made it possible for my sister and me to participate in and enjoy sports, music, clubs, and vacations. Most importantly, they gave us access to college. I didn’t quite understand why college was so important, but I knew it was the expectation. Thanks to the environment my parents created, I was on the path to college.

When I completed my bachelor’s degree at Stephen F. Austin State University, my parents were so proud of the achievement, but I still wondered why it was a big deal. It dawned on me later that it was due to the lack of access they had in their lives. They did not have an opportunity to go to college, but they knew how a degree would change the trajectory of future generations.

Fast forward a bit and now I have a master’s degree and a better understanding of their sacrifice. I now know, also, what access means for future generations of Pereiras.

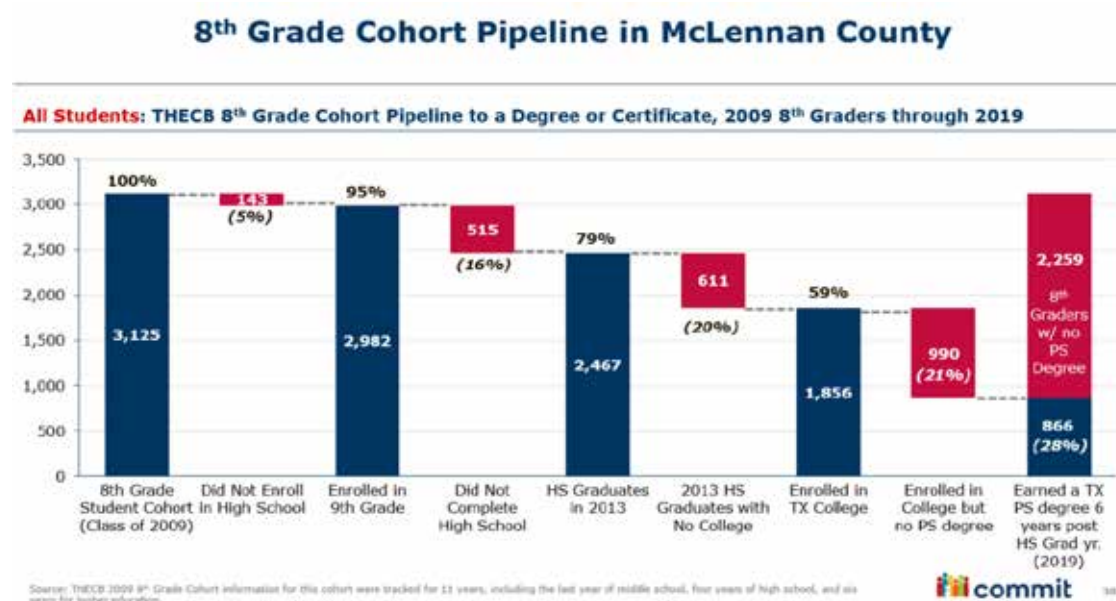
I was fortunate enough to have supportive parents who opened the doors for educational access, but not all students have those opportunities. When I look at educational data for our community I can see myself in it based on my experiences. As a high school teacher, coach, and principal for 15 years I witnessed these same paths in my students. I tried my best to channel the words and actions of my parents with my students.

The Texas Higher Education Coordinating Board conducted a study where they followed an eighth-grade cohort through their graduation from high school and college. The results were eye opening. It showed that only 28% of McLennan County eighth graders completed a post-secondary credential (college or other credential) six years after high school graduation.

These numbers highlight the gaps that exist in our college and career pipelines.

- How are we preparing our students for their futures?
- What career opportunities are they exposed to?
- What financial aid services are available for their schooling?
- How do enrollment numbers look for students in our county?
- How are students in our county persisting and are they completing their degrees?

The eighth-grade cohort study shows that 72% of our students did not have a solid plan for their futures. Are we as a community opening the doors for college access for all students, from all districts, from all neighborhoods? It’s a tough ques-



tion to ask but it’s necessary to understand where we are doing well and where we have room to improve.

Our future workforce is sitting in classrooms today. Are we doing all we can to open their doors of access?

Our local school districts, higher education institutions, and community partners are working on opening access, but there is more work to be done. Prosper Waco is engaging in strategic conversations around the systems that are in place for improved college access in our community. In 2022, we plan to launch new projects and partnerships that will bring more access to students and their families who are the future of our community. Will you join us in this work?

I hope we can encourage today’s students to “shoot for the moon” and then to help them to do it.

You can join in this work; schools alone are ill-equipped for this task. I had parents encouraging me, but some of our students do not have such support. If you want to join this con-

versation, please feel free to reach out — hermann@prosperwaco.org.

Hermann Pereira is chief

program officer for Prosper Waco and leads our education and workforce efforts.

MY GOD is better than YOUR GOD.

Is this any way to talk about religion?

Maybe you yearn for an open-minded, spiritual community where people respect each other’s beliefs and worship together as one faith.
Where no one’s idea of God is better than another’s.

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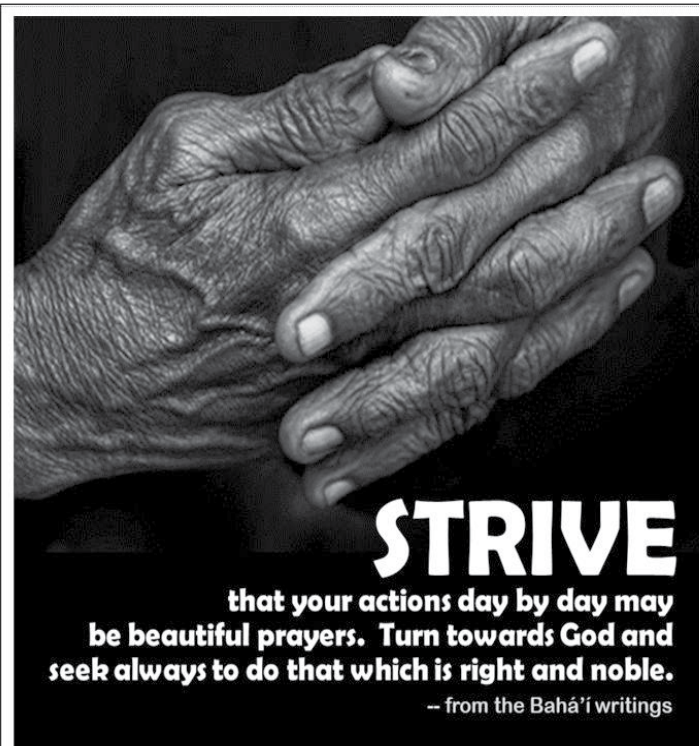
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— from the Bahá’í writings

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Bridge Street Holiday Fest scheduled for December 19th

Join us as we celebrate the first big event at the newly opened Bridge Street Plaza. This family-friendly event will feature live music, local food trucks, vendors, arts& crafts, Skate Waco mobile unit, and much more.

Sunday, December 19th from 3-7 pm, with live performances beginning at 5 pm. Live performances will feature DJ Precyse (94.5), Cacean Ballou and The Dirty Crawfish Band, Kam KT, April Neal and more.

This plaza was built with

the talent and entrepreneurship of the East Waco community in mind, and thus most of our performers and vendors are from the East Waco community or have ties to it. Food vendors will feature Tru Jamaica, The Foodbox Waco, and

G & Gees.

Due to construction on Elm Ave, access to the plaza will be via Taylor Ave. We are asking the public to park in designated parking lots along Taylor Ave; examples of these lots will be the TFNB parking lot(715 Elm), Elm Ave Community Clinic (609 Elm) lot, and City Center Waco lot (801 Elm). Parking signage will help be deployed to direct people and shuttle service

for those who have to park blocks from the plaza. The East Side Market at Broth-erwell Brewing will be occurring on the same day. So, we are excited about the concentration of activity in the Elm corridor on that day.

City Center Waco is a non-profit agency that serves as a bridge between community and development in downtown and the surrounding neighborhoods.

Bridge Street

HOLIDAY FEST

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* * * * *

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3-7pm

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space too!***

The Anchor publishes
on the 15th of each month.
Submission deadline is the 1st.

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."

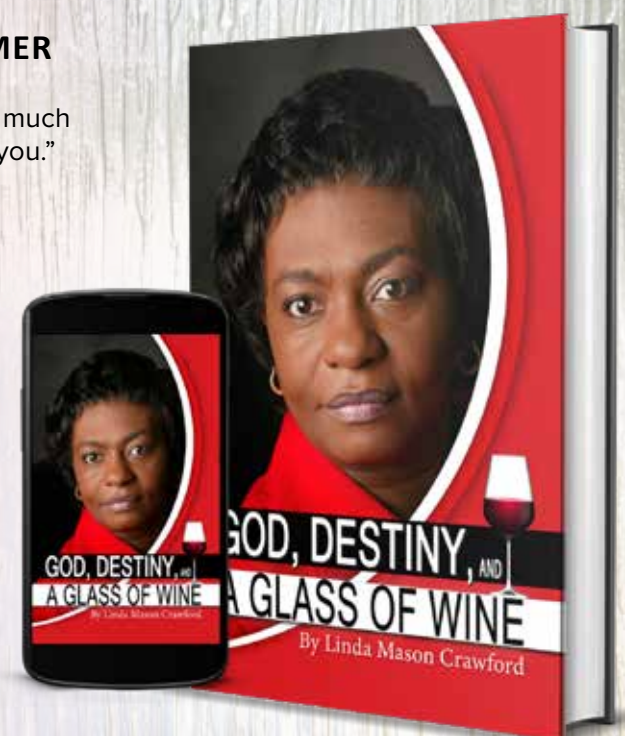
Rey

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



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AVAILABLE ON AMAZON**

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SUBMITTED BY
LINDA MCDONALD

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LINDA McDONALD

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18th & I-35 | Sanger & Valley Mills

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THE **Anchor** NEWS

Observance of Pearl Harbor's 80th anniversary includes tributes to hometown hero

BY DR. PEACHES HENRY

Beneath a clear blue sky, over 200 Wacoans commemorated the eightieth anniversary of the attack on Pearl Harbor at the Doris Miller Memorial on the banks of the Brazos River. The service started at 11:55AM, the local time on December 7, 1941 when the Japanese attacked the naval station in Hawaii and Doris Miller, an African American sailor from Waco, performed the heroic deeds that would result in his becoming the first African American serviceman to win

the Navy Cross.

In the eight decades since the surprise attack at Pearl Harbor, Miller's actions have become well known. Like most African American servicemen, he was relegated to menial duties such as mess attendant or laundry work, because African American sailors were considered inferior for combat. Thus, Miller was not trained for combat duty on battleships. Nonetheless, when the Japanese attacked, despite his lack of training, Miller jumped into action, first pulling the badly wounded captain of the USS

West Virginia out of danger and then hauling sailors who had been blown overboard from the ocean. Finally, he manned an anti-aircraft gun, firing at the attacking Japanese planes. And in so doing, fought his way into the annals of American history shattering racial stereotypes in the military and broader society.

Participants in the ceremony included Pastor Carlton Stimpson of the Open Door Church of God in Christ, La Vega High School's Navy Junior Reserve Officer Training Corps, Commissioner Patricia Chisolm-



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Miller, and the Waco Community Choir. Waco Mayor Dillon Meek, former Ambassador Lyndon Olson, Jr., and Doris Miller's great-nephew gave remarks. The event featured a flag presentation and a wreath-laying ceremony conducted by Steve Cook, state treasurer of the American Legion, Department of Texas. In addition to members of Miller's family, veterans, and active duty military from around the state and the country attended the ceremony, including members of the New York American Legion post named for Miller.

Several new bronze reliefs depicting Miller's life were unveiled. Designed by sculptor Eddie Dixon, the reliefs depict Miller's early life in a sharecropper's family, his athletic life, and his heroic actions to save the ship's captain. The reliefs were installed around Dixon's statue of Miller where family members, American Legion members, dignitaries, and the general public posed for photos before and after the observance.

Doris Miller's great-nephew Thomas Bledsoe, Jr. addressed attendants on behalf of the sailor's family. He thanked Waco for honoring his great-uncle. He remarked that his great-uncle "humbly rose to the occasion" echoing the words of City Councilwoman Andrea Barefield when the memorial was first dedicated. At the time, Barefield stated that on the morning of the Pearl Harbor attack, Miller did not wake thinking that he was going to become a hero. He simply went about his duty, and in doing so, became a hero.

Bledsoe explained how Miller's legacy had been passed to the younger generations of his family. "I remember the words of my grandfather like they were yesterday. He said, 'Thomas when you walk into a room, remember many before you have unlocked the door, and if a door is locked, you have a responsibility to unlock it, walk through it and keep it unlocked for others,'" Bledsoe said. "His words resonated with me because he connected it with what his brother had done at Pearl Harbor." The family continues the campaign to convince Congress to award Doris Miller the Medal of Honor.

Former Ambassador Olson, who was instrumental in bringing the memorial to reality, remarked that Miller's legacy would go on. "He was recognized as one of the first heroes of World War II," Olson said. "In his heroism and selflessness, at a time when Black men were less thought of, he elevated his race. ... He brings and has brought to Waco more recognition for such great deeds than we have a right to ask for. This memorial stands on the banks of the Brazos River and it graces this river with its presence and is surrounded by so many others who answered their call to the country. He stands close to the bridges, who have their own history, seen in the segregated South. There is a certain poetry that both of these parts of history now stand side by side, hopefully fulfilling what Doris Miller, who lost his life in the service of his country, would want to be remembered for — a place of healing and enriching others."

Be proactive—keep a stash of healthy snacks

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 decided to make a healthy change to my eating habits beginning in October. I'm able to stick to my plan most of the time but I find that my wife doesn't always provide the most supportive options. For instance, we love to watch college football and she puts together a bunch of snacks for the family to eat during the game. All of the snacks are things I'm trying to avoid right now. I've been talking with her about helping me achieve my goals, but how do I deal with the distractions of unhealthy snack items?

Thanks, Jackson

ANSWER: Well Jackson, this is one of the areas I struggled with when I decided to truly eat healthy. I

used to try to out-exercise my snacking habits but as I got older I realized that really never worked. I was still unhealthy internally even if I was able to keep from gaining weight.

The most helpful thing you can do is keep plenty of healthy snacks in the house. This can be anything from fruit, to carrots, to nuts, or anything else healthy. Having it in the house ready to consume when you get tempted is key. I know it doesn't prevent you from seeing/smelling the other snacks, but having a healthy snack to eat helps calm the urge to eat the unhealthy stuff.

Two other options you can try are to eat a healthy meal before being exposed to the snacks and to make sure you are hydrating well. Just like trying to avoid going to the grocery store on an empty stomach, having snacks of any kind around you on an empty stomach



JERRY SNIDER

is a recipe for disaster. Eat beforehand when you know the snacks are coming.

Dehydration is a major cause of cravings and unfortunately the vast majority of Americans are dehydrated all the time. Drinking plenty of water throughout the day will both hold down cravings and help your body perform more efficiently.

I'm proud of you for wanting to make a healthy change. Keep talking with

your wife about how she can support you in your health goals. A positive change for you is a positive change for her as well.

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

Jerry Snider is an exercise physiologist, health coach, and owner of All In

Health and Wellness. He has authored two books available on Amazon: *No More Sugar Coating* and *Confidence Through Health*, and is the host of the podcast *Confidence Through Health*. Visit www.allinhealthandwellness.com to learn more about Jerry Snider.

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BY EVANGELIST
RUBY MCCRAY

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

"Hear, O Israel: The LORD our God, the LORD is one! You shall love the LORD your God with all your heart, with all your soul, and with all your strength." Deuteronomy 6:4, 5

There are many Scripture references telling us that God, the Father, God, the Son and God, the Holy Spirit are One; however, since this is the last article on this subject, there is no way I can do it justice. You will need to continue searching the Scriptures to find more. I'll begin by giving a few.

"Then they said to Him [Jesus], 'Where is Your Father?' Jesus answered, 'You know neither Me nor My Father. If you had known Me, you would have known My Father also.' John 8:19 Jesus said that because He and His Father [God] are One in the same. Romans

8:6-17

"And He said to them, 'You are from beneath; I am from above. You are of this world; I am not of this world. Therefore, I said to you that you will die in your sins; for if you do not believe that I am He, you will die in your sins'

"Then they said to Him, 'Who are You?' And Jesus said to them, 'Just what I have been saying to you from the beginning. I have many things to say and to judge concerning you, but He who sent Me is true, and I speak to the world those things which I heard from Him.'

"They did not understand that He spoke to them of the Father.

"Then Jesus said to them, 'When you lift up the Son of Man, then you will know that I am He, and that I do nothing of Myself; but as My Father taught Me, I speak these things. And He who sent Me is with Me. The Father has not left Me alone, for I always do those things that please Him.'" John 8:23-29

"Then the Jews answered and said to Him, 'Do we not say rightly that You are a Sa-



EVANGELIST
RUBY MCCRAY

maritan and have a demon?'

"Jesus answered, 'I do not have a demon; but I honor My Father, and you dishonor Me. And I do not seek My own glory; there is One who seeks and judges. Most assuredly, I say to you, if anyone keeps My word, he shall never see death.'

"Then the Jews said to Him, 'Now we know that You have a demon! Abraham is dead, and the prophets; and You say, 'If anyone keeps My word, he shall never taste death.' Are You greater than our father Abraham, who is dead? And the prophets are dead, Who do You make Yourself out to

be?

"Jesus answered, 'If I honor Myself, My honor is nothing. It is My Father who honors Me, of whom You say that He is your God. Yet you have not known Him, but I know Him. And if I say, 'I do not know Him,' I shall be a liar like you; but I do know Him and keep His word. Your father Abraham rejoiced to see My day, and he saw it and was glad.'

'Then the Jews said to Him, 'You are not yet fifty years old, and have You seen Abraham?

"Jesus said to them, 'Most assuredly I say to you, before Abraham was, I AM.'

"Then they took up stones to throw at Him; but Jesus hid Himself and went out of the temple, going through the midst of them, and so passed by." John 48-59

Jesus said that He was before Abraham because He is God, the Great I AM!

"I do not pray for these alone, but also for those who will believe in Me through their word; that they all may be ONE, as You, Father, are in Me and I in You' that they also may be ONE in Us, that the world may believe that You

sent me. And the glory which You gave Me I have given them, that they may be ONE just as We are ONE. I in them, and You in Me; that they may be made perfect in ONE, and that the world may know that You have sent Me, and have loved them as You have loved Me." John 17:20-23.

Remember, I gave you Scripture passages in Part 5 proving that ALL of God's children are little gods.

God, in the Old Testament, tells us that He is Jesus when He said, "And I will pour on the house of David and on the inhabitants of Jerusalem the Spirit of grace and supplication; then they will look on Me whom they PIERCED." Zechariah 12:10a

This concludes the 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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A case against perfectionism

BY MONA DUNKIN

Perhaps Ray Crock, the founder of McDonalds, said it best: "It is better to be green and growing than to be ripe and rotting." Thus is the basis of my case against perfectionism.

Picture it. In your mind see an apple at the pinnacle of perfection. The color is vibrant, the juices are succulent, the aroma is sweet, and your senses are heightened. Yet, a mere twenty-four hours later, the fruit is beginning to

wilt. To lose flavor. To rot. To be nothing but a past memory.

Relieve the stress. Stress is a natural part of life - a good part - and becomes destructive only when we do not allow recovery time. Nothing and no one can operate at 100% energy and 100% efficiency 100% of the time. Down time is not a waste of energy; it is a regenerator. And recovery time increases creativity to boot.

Good is good. Reality Therapy and Choice Theory encourages us to look for what is good in life and relationships



MONA DUNKIN

can in a fun environment of learning so you can do better the next time. To be perfect smacks of getting everything just right or suffering the consequences of failing to measure up. Excellence releases creativity to try, fail and try again. Excellence releases energy; perfection saps energy.

Enjoy the fruit of your labor. A C is a passing grade, so celebrate. You do not really enjoy anything until you share it. Plus sharing leads to improved relationships. Sometimes good

enough is good enough. Receive it - in yourself and in others. It is difficult to get to where you want to go without acknowledging where you are now. Accepting "what is" mysteriously frees you to inspired action and a positive focus on success.

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

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and build from that vantage point. Look at what you have done and see what is good about it. Also look at the areas for improvement. Rather than scraping the whole project, tweak the defects and continue. Stop beating yourself up; it serves no productive purpose. Self-evaluate? "Yes". Self-condemnation? "No. Absolutely not!" A C is a passing grade. To celebrate a C motivates to achieve B's and A's. To condemn C or B work, disheartens (disconnects). It places nervous tension on creativity.

Go for excellence. You may question the difference in perfection and excellence as mere semantics. Maybe it is more the attitude in which a job is performed rather than the flawless finished product. Excellence is doing the best you

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Punching the clocks of toxic work environments

BY W.B. GUNTER

Workplace bullying. Toxic work environment. Stressful. Hostile work environment are terms associated with unhealthy psychological and physical conditions in professional settings of employment. With safeguards in place to prevent workplace abuses, it continues to happen at alarming rates. I spoke extensively to individuals who personally understand what these terms mean, how it feels, and the insurmountable toll it takes. During the conversations, clear patterns emerged. Based on competition for advancement, hierarchy, financial circumstances, social, cultural diversity, and age, conditions and behaviors seemed to happen the same way, regardless of geographic locations, organizations, and income. What's evident is, the toxic work environment extends beyond working hours. It comes home. It infiltrates sleep. It occupies every waking thought, and it is insidious to one's health and survival. Consistent days of frustration, fear, heartbreak, anger, and communication breakdowns are symptoms of an internal crisis brought on by an external problem. When that crisis is tied up with financial stability, it is an unbearable burden.

Workplace abuse, hostility, coercion, unfounded accusations, stalking, and joking around, singles out an individual to isolate and silence. For a young person striving for independence and financial freedom, there are no words to describe the fear, loneliness, shame, and horrors of what it does internally. Without knowing it, a soldier had been singled out at her workplace by someone who had more seniority. The soldier in the senior position had access to her phone number and used it for purposes other than professional communication. His advances were unacceptable. Because family members of the female soldier kept regularly scheduled contacts with one another, it set off alarms when their calls went unanswered. She reported the harassment on her job and spoke about it to family members who listened and maintained the lines of communication and support. When that link of established communications was broken, her family knew instantly something was wrong. An investigation ensued into the disappearance of Vanessa Guillen. Because of details she shared during those conversations, piecing together what went on helped authorities find those responsible for death. Because she dared to share, oth-



W.B. GUNTER

ers came forward. Creating regular links of communication is very necessary.

Whenever anyone is referenced as a "troublemaker," "whistleblower," "pariah," "snitch," and other words of an inflammatory nature, it's extremely hostile, and serves to isolate and target. Intimidation affects everyone within listening range causing feelings of being disrespected and unsafe. Hostility of that nature spills into social circles causing others to distance interactions or face the same types of treatment. Social isolation reduces productivity, teamwork, and trust. In the words of artist, Roshanda Prior, "Everyone in the organization does not represent the organization and what it stands for."

Cyberbullying by a co-worker is one of the ways workplace extends beyond the walls. A case of harassment had been reported. The person who received the report went to the next person in charge to handle the problem. That individual had images on a handheld device. The images on the device had taken the

head from a social media account pasted to the body of someone in swimsuits. When the subject of harassment came up, the images were presented as a way to undermine the credibility of the person who reported. Because the individual who had the images was also one in authority, the problem became compounded. The person who initially reported had images passed around, the person who reported to the next in charge became the next object of attack. In that case, minor family members became the target used to make the grievance go away. Based on false statements, a mother was wrongly accused of harming her child, as a result of doing her job. Once it was proven the allegations were false, threatening phone calls began. By not knowing where the threats originate, she became more of a social recluse.

Quitting is not always an option when employment is contracted. It isn't always an option when the workplace is the primary source of income, or the opportunity for promotion is within range. If an investigation is ongoing the option to quit is typically removed as a solution. After discussing what contributing factors look like, I was informed of instances where groups of individuals have been recruited to send a strong message, in the form of physical violence to individuals who report or file grievances.

Workplace culture is the primary source where toxic work environments fester. To dismiss concerns as petty, drama, or irrelevant is violent. It deserves the attention of those in positions of authority. Anyone who receives

reports regarding conflicts, equal opportunity concerns, safety, need to be carefully vetted. They cannot be part of the problem. Creating systems for anonymous reporting not just locally, has to be available. When organizational or corporate funding is tied up with reporting crimes then, jobs will no longer be a safe haven for those with criminal intent. Character assassination needs to be given the same weight for litigation as harassment, discrimination, and assault. To alienate co-workers is a form of abuse. Call it out and refuse to participate in it.

Breaking the cycle begins with everyone who enters the workspace. Anyone who has to endure an unhealthy work environment must be prepared to stay and see it through. Yes, it does cause psychological trauma, but there are solutions to alleviate the gut punch.

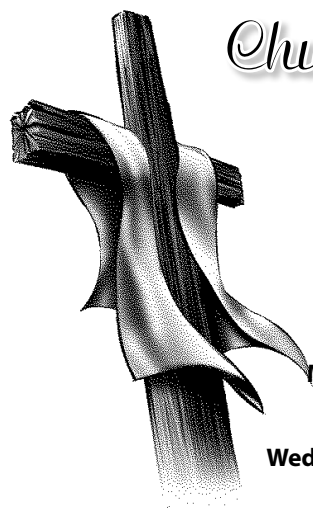
The first thing is to establish a line of trust and communication with someone outside of the job. To support, that person needs to listen, write, or record the conversation. Get counseling. Keep a journal or diary of some kind. Establish a routine of communication weekly, daily, and make sure that the person(s) can call a friend close to you whenever they don't hear from you. If possible, use cameras and video devices you can access from anywhere. Use electronic devices to track your movements. For every meeting, write dates, time, locations, and names.

Be safe. Be confident, and let's do our parts to create safe and healthy work environments. These conversations will continue.

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Easy ginger glazed ham recipe

(NewsUSA) - Hosting a dinner party soon? If you're like most, the thought of preparing a delicious and memorable meal for your special guests can be daunting to say the least. Let the experts at Cook's Ham help by providing an array of mouth-watering entrée ideas that are sure to please everyone in the house. Spend less time in the kitchen and more time sharing memories with family and friends.

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Cook's Pomegranate Ginger-Glazed Ham

Ingredients:

1 Cook's Bone-in Spiral Sliced Half Ham

1 cup red currant jelly

1/2 cup pomegranate juice

2 tablespoons cornstarch

1 teaspoon finely chopped fresh ginger

Preparation:

Remove and discard glaze packet from ham or reserve for another use. Prepare ham according to package directions, uncovering and brushing occasionally with 1/4 cup

of the Pomegranate-Ginger Glaze for the last 30 minutes of the heating time.

Pomegranate Ginger-Glaze: Cook jelly in medium saucepan over low heat for 2 minutes, or until completely melted, stirring frequently. Set aside. Mix pomegranate juice, cornstarch and ginger in small bowl until well blended. Add to jelly; mix well. Increase heat to medium; cook for 2 minutes or until thickened, stir constantly.

Carve ham. Serve with the remaining glaze.

When a large ham is too much, consider Cook's Everyday Cuts, a new line of fully cooked, ready-to-eat meal options for your any-day-of-the-week, easy, flavorful dinner. Be sure to like Cook's Ham on Facebook and find us on Pinterest for easy sources for all your ham recipes.

Because of God's glory His church stands

BY PASTOR MATTHEW REED

We have entered into a period of great sorrows; our Lord Jesus Christ foretold us of these times (Mark 13:8). For nation shall rise against nation, and kingdom against kingdom: and there shall be earthquakes in divers places, and there shall be famines and troubles: these are the beginnings of sorrows). (For many shall come in my name, saying, I am Christ; and shall deceive many.

7 And when ye shall hear of wars and rumours of wars, be ye not troubled: for such things must needs be; but the end shall not be yet).

These are the signs he spoken of. The signs we are seeing today declare that this world is in the midst of troubles that have never been seen before. You are not to fret for our God has given the church everything it needs to stand in these times. He has given the church a Savior in the person of The Lord Jesus Christ. Ain't that good news. Through Christ, God's power to keep the church in times like these is manifested for the church to experience and the world to observe. It was the Apostle Paul who exhorted us to stand even in times like these. He instructed the church of the Ephesians that they should stand having done all to stand.

As I bid you, the Church, a Merry Christmas, I write the instructions that the apostle wrote that ye might be able to stand in these evil times. (Ephesian 6:13 Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.¹⁴ Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;¹⁵ And your feet shod with the preparation of the gospel of peace;¹⁶ Above all, taking the



PASTOR MATTHEW AND
LADY HELEN REED

shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.¹⁷ And take the helmet of salvation, and the sword of the Spirit, which is the word of God:¹⁸ Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints. God will bless the hearers and doers of his words even in times of sorrows. Amen!

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