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# THE Anchor NEWS

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## HONORING THE LIFE OF COMMISSIONER, PATRICIA CHISOLM MILLER



COMMISSIONER PATRICIA ANN CHISOLM MILLER

November 10, 1958 -  
January 28, 2024

BY LINDA CRAWFORD

Servant leaders treat people with respect and make good use of their time and abilities because they believe that all people are valuable to God. Pointing out their positive aspects, this type of leader encourages and instructs those under their direction on how to effectively serve God and others. Servant leaders put God's glory first, and not their own.

Such was the case with Commissioner Patricia Ann Chisolm Miller. Faithful friend, advocate and woman of God, she was the epitome of a servant leader, possessing the six qualities characteristic of this leadership style. Born November 10, 1958, to Mr. and Mrs. John Oliver and Author Lee Chisolm in Brooklyn, New York, she moved to Waco, Texas at an early age. Under the leadership of Pastor N.T. Burks, she participated in the children's and youth choir, youth ministry, Sunday School, and Bible School.

Quality number one, integrity, was evident in her life, and even before she graduated from Richfield High in Waco, members of Toliver Chapel recognized and honored her as a Toliver Chapel Youth of Distinction., integrity at its best.

(NLT) Colossians 3:12 says, "... wrap yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience because God has chosen you to be the holy people he loves." By the time Pastor Jimmy D. Hunter became her pastor, Commissioner Miller was moving into another level of servant leadership: humility. She served with mercy and kindness, and even though her role was to lead others, out of humility, she was always willing to listen and learn. Co-director of Bible School and a teacher, she was also a member of the Pictorial Directory Committee, the Women's Day Committee (Chairperson), the Toliver Celestial Voices Choir

SEE **MILLER**, PG. 7

## MEET KW ADVANTAGE, NEWEST TEAM MEMBER, TRACY GUILLORY

Introducing Tracy Guillory: a powerhouse in the world of real estate, a dedicated community advocate, and a true force to be reckoned with.

As a seasoned businesswoman, trusted friend, loving wife, mother, and passionate humanitarian, Tracy brings a unique blend of professionalism and heart to her role as a real estate agent at KW Advantage, Royalty Solutions Real Estate Team. With years of experience under her belt, Tracy has not only excelled in the real estate industry but has also become an integral part of her community.

Beyond her role at KW Advantage, Royalty Solutions Real Estate Team, Tracy serves alongside The County Commissioner for Precinct 2, demonstrating her commitment to public service and making a positive impact on local governance. Her dedication extends further as she takes the lead in organizing community events, including the widely acclaimed Cen-Tex Teen Book Fest on the Brazos.

Tracy's involvement in education is equally impressive. She has served on the Parent Teacher Student Association at both Lake Air Montessori and Waco High School, actively contributing to the educational experience of students. Her commitment to shaping the future of education is further evident through her participation in the Campus Decision-Making Committee at Waco High.

In her continuous pur-



TRACY GUILLORY

suit of community betterment, Tracy is heavily engaged in the PTA at Hillcrest PDS, showcasing her dedication to fostering a supportive educational environment. She proudly affiliates with the United Way of Waco-McLennan County Board, where her contributions positively impact the community's well-being.

As a LEAD Mentor with the City of Waco Chamber of Commerce, Tracy exemplifies leadership and mentorship, guiding students to success in their high school career and their future. Her unwavering integrity and boundless compassion shine brightly in all her endeavors, earning her the respect and admiration of colleagues, clients, and community members alike.

Tracy Guillory is not just a real estate agent; she is a dynamic force making waves in the community, leaving an indelible mark of positivity and progress

SEE **TRACY**, PG. 3

## A CONVERSATION ON KINDNESS WITH STACEY P. DOWNING

BY W.B. GUNTER

Meet Stacey Downing, an energetic, diplomatic, sophisticated woman who loves life and God. She prioritizes obligations without sacrificing time with her family or her integrity. Downing recently celebrated her birthday and spoke about life lessons she values.

After giving some thought, she responded by saying, "Give your best. It sounds cliché, but once you've given your best, you can rest know-



STACEY P. DOWNING

ing you gave it all you had. That's all anyone can do, so let the chips fall where they may. Downing continued that wherever she is, she endeavors to "operate in a spirit of excellence."

She gave her relationship with family, friends, and co-workers as an example. "I want to give to others what I would want. In other words, if the shoe was on the other foot, what level of attention

SEE **DOWNING**, PG. 7

# AFRICAN AMERICAN HISTORY MONTH 2023



**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.

**BY COMMISSIONER  
PATRICIA MILLER**

For years, philosophers have put forth two purposes for the study of history, scientific and civic/for public use. The scientific purpose of history being to shed light on the need for the pursuit of historical research free from bias or influence, a careful journey for past factual truths. While the civic or public benefit of history is two-fold, 1) to help an ethnic group understand in present time, their place in the future and 2) to educate the world in developing a better understanding of the contributions made by the ethnic group.

In 1968, as the streets in America burned with the discontent of African Americans because of the systemic flaws of racism in our society, then President Lyndon Johnson, commissioned The Kerner Report. A report showing the research of the effects of systemic racism on African

American communities. A follow up to that report was done in 2018 marking the report's 50th Anniversary. The report noted that 50 years after the publication of the Kerner Report, African American neighborhoods in the U.S. yield examples of success, but there are still lags in educational attainment, income, and wealth. There is still exposure to violent crime and painful reminders of unrealized individual potential. Yet, what is clear is the direct correlation of elected African American representation and the growth of the African American Middle Class.

After many demonstrations and deaths, in 1964 The Civil Rights Act was passed. A civil rights and labor law that ended segregation in public places and banned employment discrimination on the basis of race, color, religion, sex. Following that, the Voting Rights Act in 1965, outlawed discriminatory voting practices adopted in many southern states after the Civil War, including literacy tests and poll taxes.

**i. City of Waco**

One year after the passing of the Voting Rights Act, in 1966, Waco elected its first African American Waco City Councilman, Dr. G.H. Radford, Sr., a local dentist. Following in 1972, Mr. Oscar DuConge became the second African American elected to the city council. In addition, Mr. DuConge became the first African American Mayor of a major city in Texas, when on April 13, 1974, the Waco City Council appointed him Mayor of the City of Waco. The first African American woman to serve on the Waco City Council was Dr. Marilyn Jones in 1980. It was 1980, 16 years



**COMM. PATRICIA MILLER**

*1st female African American McLennan County commissioner.*

*after the adoption of the Civil Rights Act and 15 years after the adoption of the Voting Rights Act; however, the city council refused to rotate Dr. Jones into the position of Mayor Pro-Tem as was the practice. Yet, undaunted, and undeterred, African American women have persevered in city-elected leadership. In May of 2004, Dr. Mae Jackson became the first African American woman to be elected Mayor of the city of Waco. And, today, the council seats its first African American female Mayor Pro-Tem, Mrs. Andrea Jackson-Barefield. There are others who have served on the Waco City Council. Although not the first, their impact cannot be ignored – Rev. Dewey Pinckney, Ray Shackelford, County Commissioner Lester Gibson, Attorney Lawrence Johnson, LaRue Dorsey, the Rev. Wilbert Austin, and Noah Jackson.*

In 1973, United States District Court – Waco Division decided combined cas-

es brought by African American and Hispanic citizens against the Waco Independent School District. The lawsuit, Arvizu vs. Waco Independent School District, charged that eight years after the Supreme Court ruling in Brown vs. Board of Topeka – ending discrimination in public schools, the Waco Independent School District remained segregated with “a separate but equal” public school system. The court found that the charges in the lawsuit were correct and ordered the District to submit a plan for integration of the schools by June 1, 1973. On April 27, 1973, the District responded to the court with a plan for desegregation. The court approved the plan as submitted with monitoring and oversight procedures in place.

**i. Waco ISD**

*In 1976, 3 years after the ruling in Arvizu vs. Waco ISD, Dr. Robert Lewis Gilbert, the first African American to graduate from Baylor University, became the first African American to be elected to the Waco Independent School District Board of Trustees. The author of two books, No Excuses Accepted and When Your Days are Numbered is honored and remembered for future generations with a memorial lamp-post on the campus of Baylor University – the institution he helped to integrate. Dr. Emma Louise McDonald Harrison was the first African American woman elected to the Waco Independent School District Board of Trustees. African Americans have succeeded in retaining the seat held by Dr. Gilbert since 1976,*

A NOTE FROM THE EDITOR...

## IT'S A GREAT DAY TO HAVE A GREAT DAY!

This is a good day, "the day that the Lord has made." No matter what the situation is, more than likely, it is not a bad day.

Our family has experienced nine deaths back to back since August. That number includes Commissioner Patricia Miller because she is family to me. Yet, this day is still God's

day, a great day to have a great day.

We can take ownership of it, or acknowledge that God created this day, so we can choose to praise our way to victory or whine our way to defeat. On another note, we hope you enjoy a glimpse of just a few of our past and present-day Black history makers.

# THE Anchor NEWS

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

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ials reflect the opinions of the editor.

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SEE **HISTORY**, PG. 16

# ANTHONY BETTERS, SR., MAKING HISTORY AS DR. PEPPER MUSEUM'S FIRST BLACK BOARD OFFICER

**BY CHRIS DYER  
PRESIDENT & CEO,  
DR PEPPER MUSEUM**

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Anthony Betters, Sr., became the first Black Board officer of the Dr Pepper Museum as Board Secretary in 2021 followed by his appointment as the first Black Board Chair for the 2022 and 2023 terms. During his tenure as Board Chair, the Museum established a dedicated DEAI Task Force as well as an Exhibition Task Force with a focus on incorporating everyone's stories into the Museum's exhibitions and programs to better serve our community. Through Betters' involvement, the Museum established a DEAI Statement, updated its mission, and set core values that strategically include inclusivity.

The Museum successfully opened its award-winning Sit Down to Take A Stand Waco lunch counter exhibition in 2021 followed shortly by the bilingual The People Who Made Dr Pepper/Las Personas Que Hicieron Al Dr Pepper exhibition in 2023. Sit Down to Take a Stand was recognized nationally by the American Association of State and Local History in Boise, Idaho in 2023 with the Award of Excellence as well as by the Texas Historical Commission's Award

of Excellence in Preserving History in Austin. We anticipate that Las Personas will receive the same recognition and acclaim due to the dedicated work of the Exhibition Task Force led by Betters, Sr. The Exhibition Task Force has started work on the renovation and reinterpretation of our Wilton's Landing exhibition. Led by the Exhibition Task Force, the Museum will engage our visitors in stories related to the Green Book and Black travelers, the Blue Book/Jewish Vacation Guide, local Hispanic neighborhood stores, and the 1960s 7-11 hiring protests in Waco.

In 2024 Betters, Sr. continues to serve on the Executive Committee as Immediate Past Chair and is slated to serve in the newly created leadership role of Board Ambassador. The Dr Pepper Museum Board Ambassador serves as an officer of the Executive Committee with the purpose of helping the Museum maintain and establish new connections with the communities that we strive to serve. This position also creates pathways to Board leadership and ensures that the Dr Pepper Museum's Executive Committee and Board represent the community that we aspire to serve. Through this role, Betters will chair any Museum DEAI re-



**ANTHONY BETTERS, SR.**

lated committees or taskforces and is responsible for the leadership of these initiatives.

Betters' service marks a historic milestone for our organization as we strive for positive change with a focus on our commitment to diversity, equity, accessibility, and inclusion in our operations as expressed through our governance, programs, and exhibitions as we advance our mission and core values. While Mr. Betters has achieved many firsts in his Board service, he recognizes the contributions and leadership of Board predecessors Melvin London and Gary Moore. London and Moore served as the first Black members on the

Dr Pepper Museum Board. Moore served on the Board from 2001-2007 and London served on the Board from 2002-2012 as well as on the Museum Advisory Board from

2013-2015. Betters has been instrumental in helping recruit many new Board members that represent the communities the Museum hopes to serve.

## THE CHURCH'S BATTLEFIELD

**BY PASTOR  
MATTHEW REED**



**PASTOR MATTHEW  
AND LADY HELEN REED**

America has fought on many battlefields. Our armed forces have fought on battlefields in Italy, Germany, The Philippines, Korea, Vietnam, Japan, and many others. Our reasons have varied. As America's army has fought, so must the army of God (the saints). Our battlefield is the mind of mankind. The fight is for the hearts of man; the intended goal is the saving of the souls of men. Many of our wars were for territories and the furtherance of democracy. We the warriors must adapt to getting scriptures into the ears of people. For God has said in Hebrews 8:10 For this is the covenant that I will make with the house of Israel after those days, saith the Lord; I will put my laws into their mind, and write them in their hearts: and I will be to them a God, and they shall be to me a people:

HEBREWS 8:10 KJV For this is the covenant that I will make with the hous...Hebrews 8:10 KJV: For this is the covenant that I will make with the house of Israel after those days, saith the..

When the church becomes knowledgeable of our weapon (the word of God) and its use, we will become good soldiers. We will win our children back.

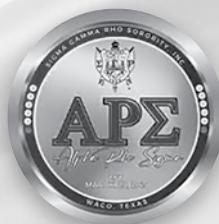
We will stop Satan's advances on all that is called life. We will cease being victims and begin to live the victorious life Jesus purchased for the church.

### TRACY

CONTINUED FROM PAGE 1

wherever she goes. She is a proud wife of 23 years to her high school sweetheart who is a City of Waco Fire Marshal, Peace Officer and Waco ISD Board Trustee and devoted mother of three, Keith, 11 22 y/o, Kiannah, 20 y/o and Summer 10 y/o.

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# THE ESSENTIAL ROLE OF BIRTH DOULAS IN ENSURING POSITIVE BIRTH EXPERIENCES

BY LACRESHA DUFFEY

Pregnancy and childbirth are transformative experiences for any woman, whether it's her first or fourth time. Amidst the myriad of decisions to make, one crucial aspect often overlooked is the support team. The presence of a skilled birth doula can significantly impact the birthing journey, ensuring both mother and baby get off to the best start possible.

According to statistics from the Cochrane Review, the involvement of birth doulas correlates with a notable decrease in the cesarean section rate by 28%. This is a particularly significant statistic considering the major abdominal surgery and associated risks involved in a c-section. Continuous support from a birth doula throughout childbirth can alleviate discomfort, provide emotional reassurance, and help the mother explore different birthing positions conducive to a natural delivery.

Moreover, the use of Pi-

tocin, a synthetic version of the hormone oxytocin used to induce or augment labor, decreases by 31% with the presence of a birth doula. Pitocin-induced contractions are known to be more intense and uncomfortable, often leading to increased interventions such as epidurals. Birth doulas play a vital role in advocating for natural birth processes and reducing the need for medical interventions.

The likelihood of spontaneous vaginal birth, considered the simplest and safest delivery method, increases by 12% with doula support. Doulas assist mothers in finding optimal birthing positions and techniques, minimizing the need for medical tools like forceps or vacuum extraction, which carry inherent risks for both mother and baby.

Importantly, the risk of dissatisfaction with the birth experience decreases by 34% with the presence of doulas. Their knowledge, resources, and continuous support empower both the mother and her partner, ensuring they feel in-



LACRESHA DUFFEY

formed and prepared throughout the birthing process.

Furthermore, birth doulas contribute to reducing the length of labor by 25%, making the experience more manageable and less exhausting for mothers. Their expertise in providing physical and emotional support facilitates smoother and more efficient labor progression.

Experts emphasize the importance of reducing unnecessary cesarean sections, particularly among low-risk, first-time mothers, as they can pose risks to maternal and neonatal health. Evidence-based strategies aimed at healthcare providers and hospitals, coupled with doula support, can significantly improve birth outcomes while minimiz-

ing interventions.

In light of these benefits, the presence of a birth doula is increasingly recognized as essential during pregnancy, childbirth, and the immediate postpartum period. For those who may face financial constraints, options such as the Community Doulas of Waco, offer free doula services to eligible individuals. Those receiving government assistance, such as Medicaid, SNAP, WIC, or Section 8, qualify for this invaluable support. Interested individuals can contact Community Doulas of Waco at 254-307-0377 or visit [comdoulaswaco.org](http://comdoulaswaco.org) to check eligibility and register between 27-34 weeks of pregnancy.

## PUT FIRST THINGS FIRST

BY MONA DUNKIN

Valentines and the celebration of love is a welcomed warm spot. But what is love?

- Is it something casually attached to people, pets, pleasures, places and provisions?
- Is it a fickle emotion that we precariously fall into and out of?
- Is it something taken for granted;
- Or demanded when it's absent, yet discounted when it's genuine?
- Is love an illusion?
- Or is love the only thing that is real?

I see love as a spiritual need to connect us with God and with each other. The more we receive this spiritual love need, the more whole we become.

Love is the need for relating. From the cradle to the grave



MONA DUNKIN

life is all about relationship. No matter the venue – home, workforce, salesmanship, community, government, law enforcement, time, money, energy or breakthrough science like Albert's Einstein's theory of relativity, it is all about the state or quality of one thing relating to another.

- Love is relating with those near and dear to us.
- Love is relating with God, a Supreme Being.
- Love is relating with self and being comfortable in your own skin.
- Love is relating with time, money, energy, possessions.
- Love is relating with our neighbor and the rest of the world.

How is love cultivated? How do you nurture, develop, and grow love for self, let alone for all of humanity? How do you sustain love for those "near and dear to us" when they are flawed?

All of the above questions bring us to the title of this ar-

ticle which is "Put First Things First."

"Put First Things First" is habit #3 (not Habit \$1) in Stephen Covey's best-selling book, *The 7 Habits of Highly Effective People*. Covey states, "You must decide what your highest priorities are and have the courage—pleasantly, smilingly, non-apologetically, to say 'No' to other things."

You were a twinkle in God's eye long before a spark in your dad's eye. Spiritual wisdom of the ages declares that God first loved us. As we receive God's love and bask in the source of Love from which we came, our love tank becomes full and is continually topped off.

C. S. Lewis describes the benefit of putting God firsts.

"When I have learned to love God better than my earthly dearest, I shall love my earthly dearest better than I do now. In so far as I learn to love my earthly dearest at the expense of God and instead of God, I shall be moving toward the state in which I shall not love my earthly dearest at all. When first things are put first, second things are not suppressed, but increased. Second things are corrupted when they are put first." C. S. Lewis

Remember. Put first things first.

Written by Mona Dunkin, Motivational Speaker and Personal Success Coach, [www.monadunkin.blogspot.com](http://www.monadunkin.blogspot.com) or [www.monadunkin.com](http://www.monadunkin.com). @SolutionsPrinciples253.

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**WANDA B. GUNTER**

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

## GETTING TO KNOW HISTORY MAKER, DONALD (DON) WRIGHT

My name is Donald R. Wright. I currently serve as Chairman of the Central Texas African American Heritage Foundation (CTAAHF), a local grassroots organization whose focus is on highlighting, displaying and educating our community about significant African American individuals, events, and institutions in our community, as well as the rich cultural components that make up our community's unique brand and individualism. I have served my community in a variety of roles. I served on the board of the Historic Waco Foundation, as well as having served as Co-Chair of the Community Race Relations Coalition.

I spent a great deal of my childhood in Waco. My family are the Degrates, a family name well recognized in the African American community of Waco. My love for our rich and diverse history and culture was cultivated at an early age. The many stories told to me and my cousins by our grandmother Alberta Degrate, affectionately known as "Tooker," fascinated me and ignited such a powerful yearning to want to learn more that each time I would visit I would beg to hear more stories, and it didn't matter if the same stories were retold over again.

The premise of some of these stories was always referenced by being from the "ole slavery days." One



MARGARET IVORY

of these stories centered on the tragic event that was the Jesse Washington lynching as well as the Tank Majors lynching. My grandmother would provide detail as to how each of these men were part of our family tree. Of course, there would be many more light-hearted stories involving a slave ancestor who hated to work in the fields and would hide out during the day only to come out at night to steal food. Oh how she would laugh while telling that story.

As part of our commitment to share our community's rich history, CTAAHF has contracted with the city of Waco to put on a series of displays that highlight our history and culture, and these can be seen at the East Waco library on Elm Avenue. Please visit and learn what makes our community stand out from the rest.

## HONORING MY FRIEND PATRICIA CHISOLM MILLER

My heart hurt when I learned the news of the sudden passing of McLennan County Commissioner Patricia Chisolm Miller. Pat, the first woman to ever serve on the McLennan County Commissioner's Court, was a strong, passionate representative of her community, a talented advocate willing to work across the aisle to come up with solutions. I met Pat when we were both on the campaign trail in 2022 here in McLennan County. Those of us who were local candidates in the last McLennan County election appeared together at many local events and developed a strong bond and friendship. Running for office is a tough and sometimes lonely process. Pat always greeted everyone with a hug, warm smile and her Southern accent made you feel right at home.

I watched Pat argue against a proposition presented to the Commissioner's Court which would have increased the annual salary for all of the Justices of the Peace, except the African American and Latina justices. Pat argued passionately against that proposition. Pat, who was not a lawyer and had no formal legal training, was more effective than many lawyers whom I have seen ar-



ERIN SHANK AND PATRICIA CHISOLM MILLER

gue in federal and state court. Her arguments were successful and the Court increased the salaries of all of the local JP's. She was always prepared, never afraid to ask a question and realized how important her voice was for those who had honored her by electing her to represent them on the

McLennan County Commissioner's Court.

Pat and I were Facebook friends. Just last week, she posted a funny picture of herself that had been altered by AI so that she looked like an African Goddess. I commented to her under the altered picture that I thought she was more beautiful in real life than the altered picture she had posted. Pat was a beautiful friend and I, along with so many who knew and loved her, will miss her terribly.

Goodbye sweet friend. Thanks for fighting the good fight, for blazing new inroads for women in local politics in our community and for being my friend.

Erin Shank  
Candidate, Texas House of Representatives, HD 56

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THE ANCHOR NEWS IS KICKING OFF WOMEN'S HISTORY MONTH BY BRINGING BACK...

## LADIES NIGHT OUT

...on Friday, March 1, 2024 from 6-10. Vendor space at the new and beautiful Legacy Center in Hewitt is limited so the time to secure your space is limited as well. A table, black table covering and two chairs will be provided. \$75 reserves your spot. Your ONE vendor space is for ONE business only. More space is available for an additional \$75 when you reserve space one. Cashapp payment to: \$LindaMasonCrawford and in the notes, be sure to include the business name and phone number. **THIS IS REQUIRED.** Other payment options are available upon request. See you there!

# THE ANCHOR NEWS

*...is kicking off Women's History Month by bringing back...*

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**MILLER** | CONTINUED FROM PAGE 1

(first President), the Sanctuary Choir, and when she married Deacon Robert Miller in 2015, she became a deaconess.

Commissioner Miller graduated from East Texas State University in Commerce, Texas with a BA in Political Science. While she was there, she pledged Alpha Kappa Alpha Sorority, Inc., serving throughout the years in many capacities, including parliamentarian and Chair of the By-laws and Standards Committee. Currently, she was on the Advocate for Social Justice Program Initiatives Committee and the Mentoring Committee. A charter member, Commissioner Miller was also the 2nd Vice-President of THE Waco National Association of Negro Business and Professional Women's Club.

In the past, Commissioner Miller held some interesting positions. She operated the computer lab in three Waco ISD schools and facilitated several women's programs at Texas State Technical College. But it was not until she and her

sister, Teresa, volunteered to work on the late Commissioner Lester Gibson's successful campaign, that Commissioner Miller stepped into her calling. Always interested in public service, she became Commissioner Gibson's executive assistant, a position she held for 22 years. Her newest venture was the radio program, What's Going On? which began in January 2024 on 107.3 The Beat.

Flexibility and resilience are virtues of servant leaders, who are prepared to change with the times and environments. They understand that unforeseen circumstances and obstacles might arise in life. But through Jesus, they know they will rise in victory. In 2018, Commissioner Miller successfully ran for County Commissioner, Precinct 2, making her the first African American woman elected to the court in McLennan County. A servant leader from the heart, she was reelected in 2022. In this position, she always faced many ob-

stacles and disappointments, but she was flexible and resilient. Often in the late hours of the night, while others were sleeping, the Commissioner was awake, working diligently on projects like securing industrial development programs, improving infrastructure, and achieving equal and fair opportunities for all citizens. Talk to her constituents for whom she successfully fought to get salary increases because their salaries were below the national average. Talk to the elderly who had no means of connection or transportation to get their first COVID-19 vaccinations. Talk to the young adults and their families who face food insecurities on a daily basis. Please. Just talk.

Servant leaders make the most of their time for God's glory—not for personal gain, and they can easily put themselves in other's shoes, knowing and experiencing their pain. Stewardship and empathy, it seems, were Commissioner Miller's greatest qual-

ities. She was organized and considerate of others in every aspect, and she could sit with her friends and family encouraging them, guiding them, and loving them amid hard times; her gentle, yet powerful voice made people want to follow her. Her kindness knew no limits and her word was her bond. There were no small people in her eyes, and she had a special way of making people know they were important to her. As soon as Commissioner Miller knew Keith Guillory and Jeremy Mays were running for School Board, she began working diligently to make sure they attained their goals. She changed their lives drastically—politically, spiritually, and even emotionally, as she willingly and confidently spoke into their lives. As busy as she was, she made time for Keith and Jeremy's campaigns.

Commissioner Miller closed her eyes for the last time on Sunday, January 28, 2024. She is preceded in death by her parents and younger sister, Teresa Chisolm Jones. She leaves to cherish her memory, the only love of her life, Deacon Robert Miller Sr. and her sister, Jocelyn Bennett; two sons, Robert (Sonya) Miller

Jr., and Reginald (Sherry) Miller; Five grandchildren, three great-grandchildren, her beloved nieces and nephews, the Toliver Chapel Family, and a host of other family members and friends.

In total, Commissioner Miller served Precinct 2, McLennan County for 28 years. As a black woman in her position and a history-maker, she was the first woman and the first African American woman to sit on the commissioner's court. She was always conscientious about setting an example for all young people in the community. Commissioner Patricia Chisolm Miller was a trailblazer and a visionary, and with the help of her talented and devoted executive assistant, Tracy Guillory, Commissioner Miller worked tirelessly to open doors, tell our stories, and get into "good trouble."

*NOTE FROM THE EDITOR: Commissioner Miller was so excited that she was going to be featured in this month's Black History Issue as a history maker. While this article/obituary is certainly not what we talked about, she is yet our feature story, one whom we adore and one whose legacy is to be reckoned with.*

**DOWNING** | CONTINUED FROM PAGE 1

would I like?"

She continued that people's character shows up and reveals who they are. "Who you are is who you are privately, and what you do in every single moment under pressure is who you are."

Downing is convinced that as individuals, we offer glimpses of that private person in some instances. "We should be here for one another. We are here to be our best. God put us here for that"

Another lesson Downing shared was about kindness and civility. As an interpreter, she makes connections with individuals who may not hear, speak the same language, or understand what words convey. Kindness and its interpretations may translate in ways that are misunderstood. Communicating kindness has to be difficult, said Downing, recounting her experience. "I grew up in conditions where I wasn't always favored. I wasn't the prettiest, the smartest, the coolest, and I was not always treated well."

Downing said she can tell when people are open to her by their facial expressions, smile, touch, and body language. "I recognize kindness

by a tone in the voice that sounds like love, a gleam in the eyes. People can see softness and kindness to determine who is approachable." Downing said she grew up as a people watcher and figured out their needs based on her observations. "I can sense what others need from me. Maybe it's a gift, intuition, or instinct, but I feel what I need to know."

Believing kindness is free, she says one kind word can change someone's life. As a kid, she learned this lesson well. She admits that because she is human, her best may not always really be her best. "But" she explained, "at that moment when I am interacting with someone, I

try to give my best because there is value in kindness; it goes far, and I don't devalue anyone's worth."

According to Downing, everyone has something to offer. She says she will give a leg up to help someone make it to the next level if she can. She says she can perceive brokenness in others because she has experienced it. "I give people permission to be broken in my presence without judgment, and I choose to leave them better than they were when I found them. Doesn't that sound like God?"

Stacey Phillips-Downing is open to appearing at speaking engagements including Ted Talk-style events.

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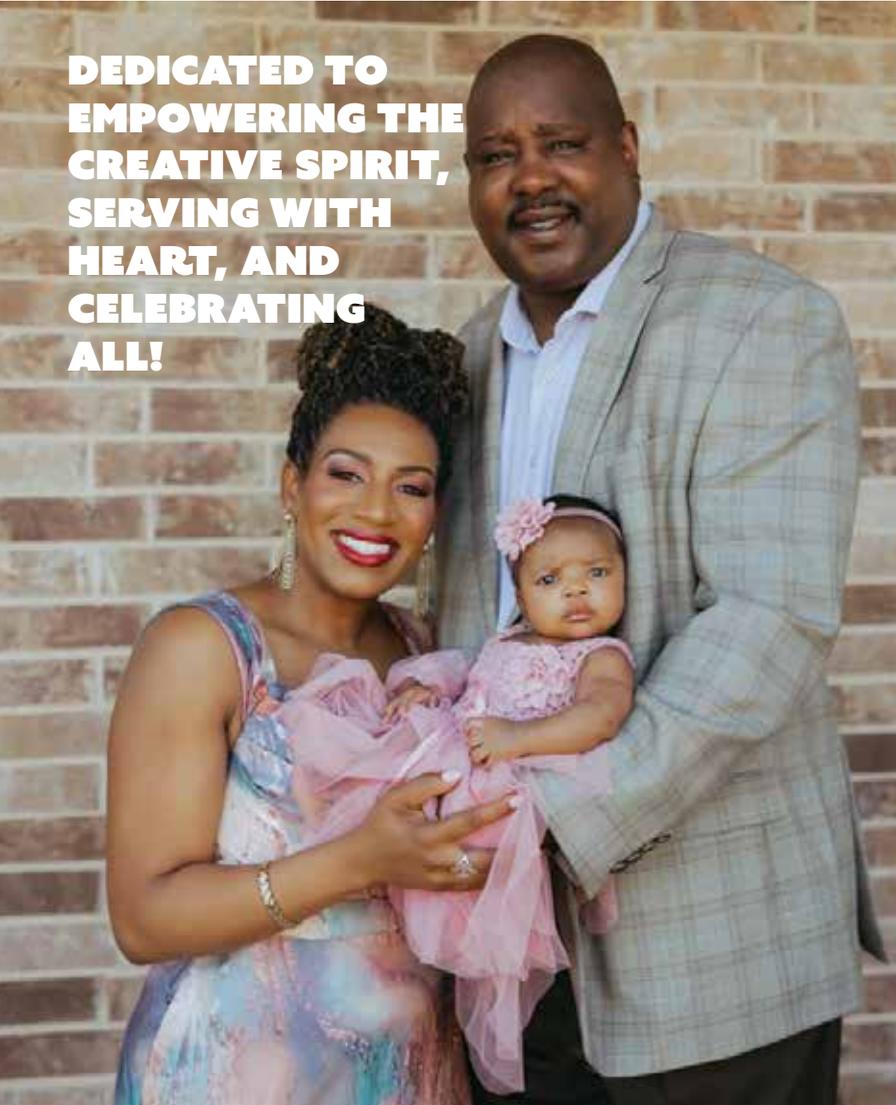
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# HOW'S THAT WORKING FOR YOU?

**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.

Many of us have unsuccessfully tried a fad or trendy diet over the years. Most of the time, those diets don't work for us and simply leave us frustrated and confused. Frustrated because that diet may have worked for a friend but not us. Confused because we can't seem to figure out how or what to eat to maintain a healthy body weight.

Can you relate? If so, the piece that may be missing deals with your hormone lev-

els. While this does tend to be a more common issue for women, it does have an effect on men as well.

Here's where the difficulty really lies - just balancing your hormones doesn't always mean your issues will be solved. Digging into why there is a hormone imbalance and fixing that root cause is the true solution we need to find. This is one reason why weight loss is so much more complicated than a simple formula of using calories in and calories out.

Figuring out which system in your body is not functioning properly and therefore disrupting your hormones is the place to start for most people. Once



**JERRY SNIDER**

you understand how to balance your hormones (and everyone is slightly different) then you

can move your body towards a healthy weight. And this time it's more likely to stick because you fixed the poor foundation first.

Have a question for Jerry? Send it to [jerry@allinhealthandwellness.com](mailto: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](http://www.allinhealthandwellness.com) to learn more about Jerry Snider.*

## THE OLD MAN ON THE BUS

**BY MARGARET IVORY**

Our Dart Bus had to get on the highway to take us to our Oak Cliff neighborhood in Dallas. An old man on a cane got on at the last stop before we got on the highway. He sat next to me. That particular day, I was very sad and depressed.

The old man started talking to me and I started to relax. The entire bus was quiet because everyone was listening to him. I had my head down. I guess everyone had done the same thing. Suddenly, the bus driver asked me "Mrs. Ivory, what happened to the old man that was sitting next to you?".

The old man was gone. Vanished! We were still on the highway. Everybody looked everywhere for him. Then the bus driver told me "That must have been one of those angels that you told us about that we entertain unaware!"

The entire bus of about 40 people saw an angel that day. The bus was quiet again as we pondered on what had just



**MARGARET IVORY**

happened to all of us!

Dear seniors, do not be afraid! You are not alone! He promised never to leave you nor forsake you.

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Both planned and emergency medical procedures can be stressful and confusing. Circumstances can change quickly requiring healthcare professionals to alter course, which may make it difficult for you to monitor and stay in control of the situation. There are steps you can take to protect yourself and ensure your wishes are carried out. If you have any legal questions, call your LegalShield provider law firm and speak with an attorney right away.

**1. Have an up-to-date Medical Power of Attorney or Advanced Medical Directive ("Living Will").** These documents entrust decisions about your medical care to a person you designate in the event you cannot make medical decisions yourself. Advise your family of your designation so that person is notified when decisions must be made. Make sure the person you designate also has a copy of the directive.

**2. Make sure your name, identifying information and all other information is completely accurate during hos-**

**pital check in.** Some problems involving hospital care begin as clerical errors. A seemingly small error can create a major treatment crisis. Reduce the chance of error by carefully reviewing your hospital admissions paperwork and checking your hospital wristband for errors.

**3. Understand your health insurance coverage before you get sick.** It is important that you understand how much you may owe at discharge and all limitations and exclusions in your insurance policy. Your policy may require you to obtain preauthorization for med-

ical procedures. In addition, you may need supplemental coverage or disability coverage in the event of a long recovery. Review your health coverage now. It is too late to make critical changes after you get sick.

**4. Save any documents you receive regarding your care or billing.** Retain all of your hospital documentation in the event of a fee dispute, insurance dispute or medical malpractice claim. Documents can be easily misplaced in the confusion of care and recovery. Ask someone you trust to help you keep your documentation organized.

**5. Ask for a second opinion if you are unsure about your diagnosis or treatment.** You have the right to speak with another doctor or caregiver if you are uncomfortable with the diagnosis or treatment recommendations being made.

**6. Advocate for quality care. It is important to speak up for yourself in the hospital.** If you have a concern about the quality of care you receive, speak to a doctor or nursing supervisor. If you are unable to advocate for yourself due to the nature of your illness, medications or treatments, have a friend or family member stay

with you. You may also ask the hospital to provide you with a patient advocate.

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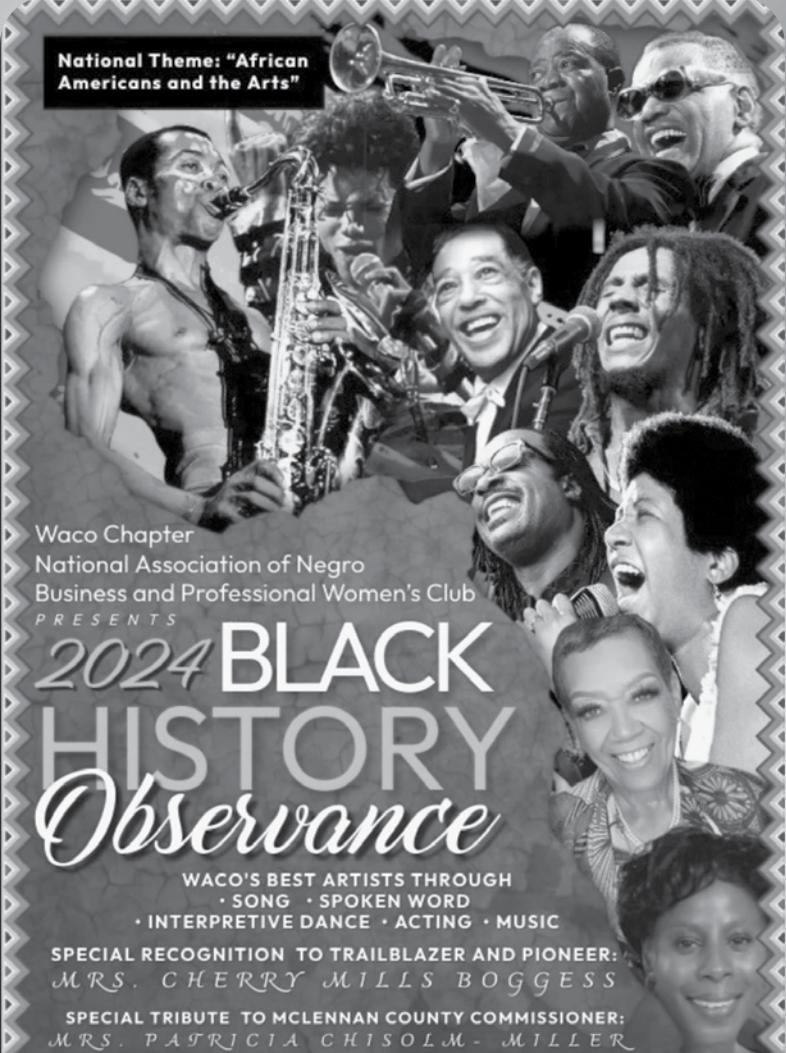


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## ONCE SAVED, ALWAYS SAVED...MYTH, OR TRUTH? PART 2

BY EVANGELIST  
RUBY MCCRAY

*Continued from the January issue of The Anchor News. To find previous articles about other subjects, please go to [www.theanchornews.org](http://www.theanchornews.org). Click "Archives.," and you'll find several years.*

Once saved, always saved, by some is referred to as the eternal security of the believer. Some refer to the expression as the new birth or being born again. You will find the perfect explanation in the book John 3: 1 through 31.

Romans 10:9, 10 says, " if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. For with the heart, one believes unto righteousness, and with the mouth confession is made unto salvation."

An angel of the Lord told Philip to walk southward from Jerusalem towards Gaza. He obeyed and found an Ethiopian eunuch of great authority under Candace the queen. He was reading from Isaiah, Chapter 53. When Philip got close enough to hear what he was reading, he asked the eunuch if he understood the passage. Since he didn't, Philip explained it to him. The eunuch believed the message, saw some water, and wanted to be baptized. Philip said

that he had to believe with all his heart. He confirmed that he believed that Jesus Christ is the Son of God. So, they both went down into the water and Philip baptized him. When they came up out of the water, the Spirit of the Lord translated Philip to Azotus. He began preaching in all those cities until he came to Caesarea. Acts 8:26-40

Before I get back to the subject of eternal security, I want you to really know that you are at least secure. Philip wouldn't baptize the Ethiopian eunuch until he said that he believed and confessed with his mouth. Babies and very young children are being baptized and know nothing about the new birth; some adults don't understand it. Here is the way I try to help people understand the born-again experience.

I've already explained and given Scripture references that we all were born in sin because of Adam, but here are two more. Job 14:4; Psalm 51:5 Before we confess and repent of our sins, ask Jesus into our lives to be our Savior, King, and Lord, we're nothing more than walking dead people. Ephesians 2:1-7

After making Jesus our Savior, King, and Lord, we DIE the death of sin, and God the Father, God the Son, and God the Holy Spirit now LIVE inside of us. John 14:15-21, 23,



EVG. RUBY MCCRAY

24; Galatians 2:20 What do we do with dead people? We bury them. Therefore, we must bury the old dead person in the watery grave so that he/she can be resurrected with Christ in the newness of life. Romans 6:1-23 Now, Christ is in us and we are in Him, thereby, making us a new creation 2 Corinthians 5:17-21

Some churches teach that people don't have to be baptized and give them a choice. Some say that the thief on the cross wasn't baptized. Precious people, he had an excuse; what's ours? Jesus Himself said that we must be baptized. Matthew 28:18-20; Mark 16:15 Now, back to the subject at hand.

"They went out from us, but they were not of us; for if they had been of us, they would have continued with us; but they went out that they might be made manifest, that none of them were of us." 1 John 2:19 I have nothing to say against that; but Jesus told us what the Kingdom of Heaven is like.

He said that ten virgins were waiting for the bridegroom to come; however, five were wise, and five were foolish.

They all had oil in their lamps, but the five foolish didn't have enough oil. All ten waited and waited for the bridegroom to come. All ten even went to sleep, but at midnight when they least expected, the announcement was made that the bridegroom was coming. They got up, but the five foolish who didn't have enough oil begged for some of the oil of the five wise. They told them to go buy oil because they didn't have enough for themselves and them also. While the five foolish virgins were gone, the bridegroom came, and the door was shut. When the five foolish returned, Jesus said they called the bridegroom saying Lord, Lord, and asked him to open the door. The bridegroom said that he didn't know them. Then Jesus said to watch because we

don't know when the Son of Man will return. Matthew 25:1-13

I believe that the oil in the lamps represents the Holy Spirit, (relationship). That's why we are commanded to be filled with Him. Ephesians 5:18 I believe the lamps represent the Christians as being the light of the world. Matthew 5:14-16

Please join me in March, the Lord willing, as I continue this series. All Scripture is taken from the New King James Version of the Bible unless otherwise stated. You may not believe me...just what if I'm right!

Evangelist Ruby McCray is the founder of A City of Refuge Ministries. For questions or comments e-mail [rubyacorm@yahoo.com](mailto:rubyacorm@yahoo.com) or write to: A City of Refuge Ministries, P. O. Box 2025, Waco, Texas 76703.

## SAY HELLO TO MARCUS JOHNSON



MARCUS JOHNSON

Marcus Johnson moved to Waco when he was seven, along with his brother and parents, who are now retired Air Force veterans. Johnson attended Hewitt Elementary in the Midway ISD and played football, ran track, and graduated from Midway High School in 2015. From there he went to Tarleton State University, where he also played football.

Johnson graduated with his BBA in finance in 2020. At first, according to Johnson, "It was difficult to find a job right out of college due to COVID, but eventually, I found my place with Northwestern Mutual," where he is a financial representative. Northwestern Mu-

tual is a wholistic comprehen-

SEE **JOHNSON**, PG. 16

When calamity striketh, be ye patient and composed. However afflictive your sufferings may be, stay ye undisturbed and, with perfect confidence in the abounding grace of God, brave ye the tempest of tribulations and fiery ordeals.

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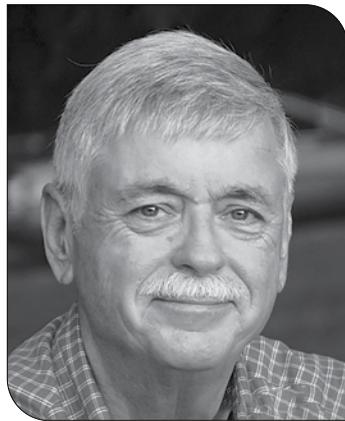
# WE ARE THEM

BY DR. TIM WELTER

I was brought up in the Catholic Church. I was taught that only Catholics would go to heaven. As a child, I never questioned that. As I grew older, the thought that God would be so cruel as to condemn most of the world's people to hell because they weren't Catholic seemed absurd, cruel and unjust and couldn't be true.

This is an example of using religion to demonize "other" people. It's everywhere in the world. Democrats are demonized, Republicans are demonized, Muslims are demonized, Christians are demonized, Jews are demonized, Baha'is are demonized, LGBTQ people are demonized, immigrants are demonized, African Americans are demonized, Asian people are demonized, and on and on. Anyone who is not in someone's "tribe" is bad. They become the "other people," deserving of discrimination, and persecution. We feel threatened by them. And if the rhetoric is severe enough, they are dehumanized, opening the door to grievous injustices and persecution. They are the enemy, and we fear them.

The result of all this "other-



DR. TIM WELTER

ism" is persecution (they've got it coming"), injustice, discrimination, violence, and wars. Not a pretty picture. All these categories that we put certain people in are all man-made, often to allow oppression. I am a Baha'i. A core teaching in my religion is the essential oneness of ALL people. Unity in diversity. We are all one family regardless of color, culture, language, religion, or anything else. All are deserving of kindness and respect.

'Abdul'-Baha', son of the Prophet Founder of the Baha'i Faith said this: "The diversity in the human family should be the cause of love and harmony, as it is in music where many notes

blend together in the making of a perfect chord.

If you meet those of a different race and color from yourself, do not mistrust them and withdraw yourself into your shell of conventionality, but rather be glad and show them kindness". He also said: "... it is evident all war and conflict, bloodshed and battle, every form of sedition has been due to some form of prejudice-whether religious, racial or national. In some ways, I think we are hard-wired to be tribal. In the ancient past, belonging to a tribe helped ensure survival. But that thinking is now destructive. The world has become too connected and too powerful to have a tribal attitude.

We have to retrain our thinking or we could blow this world apart. The first step is to recognize the pattern of discrimination of certain groups and then to remember that those "other people" are part of our family. We don't have to agree with everyone's view of things to still treat them with respect and kindness. Just remember, we are them.

*Timothy Welter, MD, is a recently retired medical professional and an advocate for equality.*

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LINDA MCDONALD

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SEE **HOME**, PG. 15

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BY MICHAEL JONES

I was fortunate to have grown up in the small New Mexico mining town of Grants during the 1950s. The families of the white (or Anglo) miners were the minority in the village, which was primarily populated and run by Hispanic families whose ancestors had been in the area for 400 years. My school mates through my freshman year had surnames like Quiñonez, Anzures, Baldonado and Natseway. There were also many school students bussed in from surrounding native American Pueblo reservations of Laguna and Ácoma. A bushy-tailed Baptist boy, I shockingly dated Roman Catholic girls, helped to mess with my Spanish-speaking friends' junker cars, and was occasionally invited for dinner and an overnight stay with the families of my Pueblo friends.

Now, I'm not so naïve as to believe that there weren't political, racial or social frictions between the various cultures. It was the 1950s, after all. I'm saying only that I was treated with kindness, affection, and teasing good humor. I behaved myself



MICHAEL JONES

and was respectful, as my folks taught me to be. I asked a lot of questions (some undoubtedly impertinent or rude) and heard some very different and beautiful traditions of hospitality, viewpoints about American history that I wasn't learning in school, striking new approaches to spirituality, and of the roles of men and women in their respective cultures.

My horizons extended further when my oldest brother, a career Marine, brought home a bride he met and married in Japan. Our family fell in love with her broken English, her sly sense of humor,

her spectacular cooking, and her ideas about the importance of family.

Well, all those experiences percolated in my brain for thirty or forty years. I entered adulthood not understanding racism, feeling that my religion was better than anyone else's, or why in the world people with a different color skin, language or national heritage would be inferior to me in any way. None of that made sense!

About a dozen years ago, a good friend and fellow worker I had already known for fifteen introduced me to the Bahá'í Faith.

The more I learned about the Faith and its mission to establish equality between men and women, to eliminate all forms of prejudice and extremes of wealth and poverty, and to make manifest the harmony of religion and science (among many other things), the more I felt that I had come home at last.

If the Bahá'í Faith sounds intriguing to you, I urge you to visit the local Waco Bahá'ís' website at [wacobahais.org](http://wacobahais.org). Or you can visit the national Baha'i website at [bahai.org/teachings/](http://bahai.org/teachings/). To speak with someone about the Faith, call (254) 717-7903.

# Church DIRECTORY

**HOME**  
CONTINUED FROM PAGE 14

specations and option periods, and more.

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## HISTORY | CONTINUED FROM PAGE 2

with Coque Johnson-Gibson, Wannika Muhammed, Sammy Smith, Norman Manning, and the current Trustee Jeremy Davis. It should be noted that there have been times in history when African Americans have held two single districts. Officeholders of the second district seat were Attorney Billy Barrett, Principal Alex Williams, and Colbert Murphy. And extremely significant is that today one of the two At-Large seats is held by an African American, Trustee Keith Guillory.

ii. McLennan County

The Texas Constitution was adopted February 15, 1876. Prior to its adoption and in the months following the Civil War, efforts were made by the Lincoln Republican Party to reconstruct and build the south. A system of governance was developed in McLennan County – the McLennan County Commissioners Court. On the court created were two African Americans, both former slaves, the Rev. Stephen Cobb, the grandson of Jules Bledsoe and the first pastor of New Hope Baptist Church. And, Shepherd Mullins who would go on to become the

first Texas House of Representative from Waco, McLennan County, Texas.

125 years after the appointment of Shepherd Mullins and Stephen Cobbs, following the era of lynching and the days of Jim Crow, and daybreak after the Civil Rights Movement, Lester L. Gibson became the first African American elected to the court. He was the longest tenured county commissioner in the history of McLennan County having served 28 years in office. On November 6, 2018, McLennan County made history again with the election of Patricia Chisolm-Miller to the McLennan County Commissioners Court. The first woman to ever be elected and the first African American woman to be elected or serve. There are 1,014 coun-

ty commissioners in the State of Texas 26 are African American men and only 6 are African American women.

Please remember the findings of the Kerner Report – there is a direct correlation to the success of African Americans and African American elected representation. That is confirmation of the benefits from the struggle of those who came before us that led to the Civil Rights Act and especially the Voting Rights Act. We must continue to research and record our history. And we must continue our struggle on the voting battleground. Ella Baker said, “The struggle is eternal, the Tribe increases, Somebody else carries on.”

Happy African American History Month.

## JOHNSON | CONTINUED FROM PAGE 13

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