

# THE *Anchor* NEWS

FREE! | SEPTEMBER 2024 VOLUME 22, NUMBER 2

## WACO NATIVE RECEIVES A DOCTORATE DEGREE

On the surface, Jacqueline is a quiet wife, mom, and grandmother. What most people don't know is Jacqueline has quite the past. She was born Jacqueline Renee Shelton into a military family. Both of her parents, Reby Shelton (Johnson) of Pelham, TX and James Shelton from Connellsville, PA, were enlisted in the US Air Force. Jacqueline is the third of four children: James Jr. (deceased 2022), Reva, and Jan (deceased after birth). The military relocated the family to several destinations before returning to Waco, TX, in 1972.

Jacqueline attended Brook Avenue Elementary School, North Junior High School, and graduated from Waco High School in 1979. She attended one semester at McLennan Community College the summer after graduating but had already enlisted in the Air Force. In December of 1979, Jacqueline traveled to San Antonio, TX (Lackland Air



DR. JACQUELINE EVANS

Force Base) to begin her military career. She planned to do one enlistment (four years) and come back to Waco. Jacqueline was trained as an Administrative Specialist which

meant she was a secretary whose duties included taking care of all members in her section, managing the daily activities of officers and the higher ranking enlisted.

Her duties included typing, personnel, finance, budgets, travel, and purchasing. Jacqueline was a one-person stop for up to 150 to 200 members at a time. At her last duty station, her duties remained the same and gained an additional duty of being a dorm mom to Air Force Cadets. Her military career took her to Michigan, Germany, South Dakota, England, back to San Antonio, and Alabama with small tours between the main assignments. She was honorably retired on April 1, 2000, after serving 20 years, four months and 18 days of active military service.

Atlanta, GA was Jacqueline's next stop. She had no

SEE **EVANS**, PG. 3

## RODNEY HOWELL, JR.: THE BENEFITS OF MUSIC IN EDUCATION

BY WB GUNTER

Now that school is in session, music can be heard in the hallways and on the practice fields. But, how and why does music attract and motivate students? According to the opening lyrics of the song, "Sir Duke, by Stevie Wonder, "Music is a world within itself with a language we all understand."

Mr. Rodney Howell Jr., a dedicated music teacher with 6 years of experience in Killeen Independent School District provided insight into the benefits of music. His musical roots run deep. Rodney has performed internationally and continues to perform. He has a genuine connection and love for music and its transformative effect. Rodney states, "What keeps me coming back to teach is in my class, students start with a blank slate. What they learn at this level is different from what they learned in elementary school. They don't know that they're going to love music, and that's very gratifying to watch. Generally, when students enter band, they have no idea what to expect. There's no auditioning, no pre-qualifications, I will teach them everything they need to know. That relieves pressure from the students."

Two questions Mr. Howell answered were, what are the benefits of listening to music and what are the benefits of learning music. He explains, "Before children are born, they hear music. Some parents intro-



RODNEY HOWELL, JR.

duce classical music. "Instrumentals help the brain dissect the differentiations of sound. Whereas, music with lyrics aid in the development of phonics and language. Both are equally important to cognitive development.

Music affects moods. As students move throughout the building, I play music. They begin to move and get in the mood for the next class. As students transition, I may play blues or another genre to encourage them to analyze the beat. Some students will listen while they reflect or imagine. Even when the music is unfamiliar, students are analyzing the rhythm, instruments, beats, arrangements and patterns. The sound created by music is captivating and it develops musical acuity."

Learning music teaches a student how to commit and stick with something. Once an instrument is chosen, they have to commit. That's a good life

SEE **HOWELL**, PG. 6

## SERVING PEOPLE IN THE COMMUNITY

Chi Eta Phi Sorority, Inc. is a non-profit professional organization of registered nurses that aims to develop healthy communities through advocacy, collaboration, education, leadership, research, and service. There are over forty chapters located throughout the United States, District of Columbia, St. Thomas U.S. Virgin Island and Liberia, West Africa.

The local chapter Sigma Phi originated in September 1998 under leadership of Frankie Lewis who served as the chapter's first president. Guided by the organization's motto, "Service for Humanity" Sigma Phi has served the McLennan County community



ALMA MAIGO

for 25 years.

It is vital for creating healthier communities, the organization focuses on programs to fulfill the Sorority's mission

through community outreach focusing on health promotion/disease prevention, leadership development, mentoring, recruitment, retention, and scholarships.

Through partnerships with other organizations, Sigma Phi chapter has provided hygiene products to local long term care facilities and socks during winter months for the homeless as well as, provide health education and awareness to local school districts in the city of Waco and with local churches. The chapter also participates with the Susan G. Komen Race for the

SEE **SERVING**, PG. 2



**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.

# PHI DELTA KAPPA AWARDS 2024 SCHOLARSHIPS

**BY DR. PEACHES HENRY**

The Gamma Upsilon Chapter Sorority of Phi Delta Kappa awarded scholarships to two outstanding McLennan County students. The Gamma Upsilon Scholarship is awarded to a female or male graduate of a McLennan County high school who intends to attend an accredited college or university for professional training in the field of education. The 2024 recipients are Jaejuan Harris and Samiriya Miller.

Jaejuan Harris was a University High School where he was a 4-year student in the Academy of Education and Training which selected him as Student of the Month. With a 3.5 GPA, Jaejuan had an Educational Aide 1 Certification. Through the Academy of Education, he had field experience (that included observing teachers and students, teaching small groups,

and working with individual students) at Dean Highland Elementary, Kendrick Elementary, Alta Vista Elementary, Kendrick Elementary, and Bells Hill Elementary. He was a member of University High's chapter of the Texas Association of Future Educators (TAFE) since 2020 and served as vice president. He was a regional and state winner in the Career and Technology Student Organization, TAFE competitions. In addition to these activities, Jaejuan played varsity football, basketball, track, and soccer. He was the captain of the football team for two years. In 2023, he was an All-State Academic Leader, and in 2024, he was an All-Academic District Leader. While maintaining an excellent GPA, participating in education-related field

work, and being an athlete, Jaejuan held two jobs. In his application Jaejuan wrote: "My heart lies in both teaching and coaching, and my ultimate goal is to become a math teacher who can inspire and empower students to excel academically. Simultaneously, I aspire to be a coach who helps young athletes reach their full potential on and off the field."

Samiriya Miller attended Waco High School where she was in the Greater Waco Advanced Health Care Academy (GWAHCA) for two years. With a 3.6 GPA, Samiriya had twelve college hours. She was a student in the TRIO Upward Bound Program at McLennan Community College, and she was a student athletic trainer. Also, she had a Certified Nurse Aide (CAN) Certi-

fication. She was on the Student Council for four years and was inducted into the National Honor Society. She was voted Senior Class Historian and Public Relations Officer. Samiriya worked to support herself and her family, putting in between 18 and 25 hours a week. In her application Samiriya wrote: "I believe that as a teacher I could prepare my students more than well enough. The amount of learning that would happen in my classroom would go way further than fourth grade regular math. Teaching is a hard job some days, but I believe teachers should keep their eyes on the bigger picture. The children that we teach should have our full concern; not only with grades, but with the problems they want to share with us."

## A NOTE FROM THE EDITOR...

# LOSS

Loss, whether it is through the death of a loved one, the death of a relationship, the death of mobility through illness or an accident, whatever... loss is painful. We have lost 6 family members in the last 12 months, some immediately following the others. The number 6 does not include my good friend, Commissioner Pat Miller.

This season has been very hard on us. I realize no one can tell us not to grieve or when to stop. We must all find our own ways to cope and we will. "Weeping may endure for a night, but joy comes in the morning." I don't know how long the night will last or how soon morning will get here, but this I do know: Joy is coming.

## SERVING

CONTINUED FROM PAGE 1

**THE SIGMA PHI CHAPTER ON SEPTEMBER 2, 2023**

Cure of breast cancer, American Heart Walk, Alzheimer's Walk, St. Jude Children's Hospital, March of Dimes for babies, women's abuse shelter, Central Texas African American Chamber of Commerce, Salvation

Army Homeless Shelter, Shepherd's Heart Food Pantry Ministry and a local community Senior center. Alma Maigo serves as the current chapter president along with 20 other registered nurses.

Sigma Phi chapter is deep-

ly committed and determined to serve the Waco community by making a positive impact in the lives of others.

Sigma Phi may be reached via email at SigmaPhiWaco1998@gmail.com.

# THE *Anchor* NEWS

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### PURPOSE

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

### POLICY

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

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

reflect the opinions of the editor.

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

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

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## EVANS | CONTINUED FROM PAGE 1

family in Georgia but felt Atlanta would be a great place to raise her three children. Besides, starting over in new places was nothing she hadn't done before. She found a job as an executive administrative assistant with IBM. The job helped fill a gap but was not satisfying, so she kept looking for other opportunities. The Coca-Cola Company was the perfect place, where she was hired as an administrative specialist and purchaser for the company headquarters. Laboratory was a position she was used to, and the pay was more than satisfying. The position was similar to her military duties. She was busy

supporting two local and five global laboratories around the world, tracking several million-dollar annual budgets, creating purchase orders, paying bills, ordering and warehousing chemicals, meeting with vendors, working with executive local and global travel, and so much more. Jacqueline worked with scientists and chemists who looked like she and it was here that she became serious about a college degree. She was the only person in her department without a degree.

Throughout Jacqueline's military career, she took college courses but never obtained a degree. In 2004,

Jacqueline restarted her education at Shorter College which had campuses located all around Atlanta. The great thing about Shorter College is they offer night classes tailored towards working adults. At this time, Jacqueline was a single parent of three, was working on a career, and now, working on being a full-time student. In 2006, Jacqueline graduated from Shorter College with a bachelor's degree in business management. She went back to Shorter University (name change) and in 2011 and received her master's degree in organizational leadership with a 4.0 GPA. Now, she was equal to her peers at work.

She felt accomplished but not satisfied so she enrolled in an online doctorate program at Grand Canyon University in December 2012. This time she wanted to study religion. Her objective wasn't to become an ordained minister but to help with church administration and with the church youth. This degree was personal for Jacqueline. The program that worked for her was a doctorate in education (Ed.D.). She never was an educator by trade but jumped in with both feet. The degree took a full 10 years to complete. Jacqueline graduated in 2023 with a Doctorate of Education degree in Organizational Leadership with an emphasis in Ministry Studies.

Dr. Shelton-Evans reconnected with her high school sweetheart, Richard Evans, in 2003. The two were married

in 2008. Richard and Jacqueline had a long-distance relationship since rejoining in 2003. Jacqueline retired from The Coca-Cola Company in 2016 – never able to use her degrees but grateful for her blessings. She finally sold her home in Georgia and moved back to Texas in 2022 after being gone for 42 years. Together, Richard and Jacqueline, have four children and

10 grandchildren. Today, Dr. Jacqueline Shelton-Evans uses her degree at Antioch Missionary Baptist Church in Waco, TX, as the Youth Coordinator. She and volunteers of Antioch serve the church and community youth through tutoring, teaching Bible verses, assisting with arts and crafts, mentoring, and even sharing meals with them. Jacqueline is finally living her dream.

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# THIS NOVEMBER VOTE FOR ALBERT HUNTER TO SUPPORT PUBLIC SCHOOLS

BY ASHLEY BEAN  
THORNTON

If you care about public education in Texas, one of the most important races on the ballot this November will be the race for Texas House District 13. This district is made up of part of Eastern McLennan County - including East Waco, Bellmead, Mart and Hallsburg - as well as Bosque, Hill, Limestone, Freestone, and Falls counties.

If you live in District 13, you will get to choose between Democrat, Albert Hunter, and Republican, Angelia Orr, for your Representative to the Texas House.

Albert Hunter decided to run for the Texas House of Representatives because he believes in Public Schools. He became concerned that the incumbent, Angelia Orr, did not support public schools as well as she should have in the last legislative session, so he decided to run against her.

At issue is the question of school vouchers, also known as Education Savings Accounts (ESAs) or "Parent Choice." School vouchers are a way of using public school money to subsidize tuition to private schools. During the last session of the Texas Legislature, Governor Greg Abbott and a block of Republi-



ASHLEY THORNTON

can legislators tried to pass a bill that would have provided for vouchers of at least \$8,000 per student per year for parents to use for tuition to private schools.

Proponents of school vouchers say school vouchers give low-income families the "choice" to take advantage of private schools.

Opponents of School Vouchers say that vouchers don't really end up helping low-income families much at all. The money being offered is not enough to cover private school tuition, much less other expenses like books, uniforms, food and transportation. That means the people who end up benefiting most from the vouchers are not low-income people, but people who can already afford to have their kids in private school. In Indiana, for example, they have had a voucher program for several years. According to a study done in 2018, the average voucher student there is "a white, elementary-aged girl who lives in a metropolitan area and comes from a household of around 4.7 peo-

ple making around \$100,000." (Journal of Policy Analysis and Management, Vol. 37, No. 4, 783-808, 2018).

People in rural areas generally oppose school vouchers. The public schools in rural communities are often the centerpiece of community pride and one of the largest employers. These communities often do not even have a private school available. Vouchers do not help rural communities. People who live in these communities would rather see the money invested in the already underfunded public school system.

Governor Abbott's voucher plan failed to pass during the last legislative session, largely because representatives from rural communities voted against it. The Governor called four special sessions to try to pass the bill, but he could not get the bill through the Texas House of Representatives. Governor Abbott has already promised that he will push the voucher plan again in the 2025 Legislative beginning in January.

Angelia Orr of Texas House District 13 voted against the voucher plan until the very last vote in the very last special session. Then she flipped. She voted for vouchers in that very last vote. She has since been endorsed by Governor Abbott and will almost certainly vote for vouchers in the next session if she is re-elected.

Albert Hunter is firmly opposed to school vouchers. A current school board member in Meridian and a former high school math teacher, Hunter believes the voucher program is a scam that will hurt public schools and especially rural schools. If elected, Hunter plans to vote against vouchers and instead to push for better funding for public schools, particularly in rural areas.

Albert Hunter was born in Meridian, Texas, and has lived there all his life. He graduated high school in Meridian and attended MCC, then graduated from Tarleton with a bachelor's degree mathematics and physical education, and a master's in education administration.

Hunter taught school in several districts including Cleburne High School, La Vega High School, Morgan High School and Clifton High School over the years before retiring in 2012. Since retiring, he has volunteered in various capacities and is involved in the

Heart of Texas Council of Governments Area Agency on Aging and the Friends of Meridian Lake State Park board. He also is on the Meridian ISD board.

Hunter says he always wanted to be a teacher, "...because I had wonderful teachers when I was growing up. They instilled a set of values into me that if they were there to help people, and educate people, and bring them along, then I felt compelled to do the same thing because education is very important. Back in those days, you know, they always said, 'Education is the way out.' So, if you are in an impoverished situation you need to become educated, so that you can learn ways to help improve yourself and those around you."

Even though Hunter is from Meridian, he has ties to East Waco. He had an aunt who lived on Faulkner Lane, and a brother who lived on Dallas Street, so he has been in and out of East Waco quite a bit.

"I am the baby of a family of five," Hunter says. "My grandfather was a sharecropper. He worked on a ranch farm outside of town there, raised five girls. One of them was my mother, and farming has always been a part of his life as well as his Christian beliefs. So, I was brought up in Christian beliefs in a rural community with a family that believed in helping each other out. So, we were often, you know, going different places, gathering things, taking them, sharing with people, whether they were family members or not. And so that's kind of how I was brought up, in a very caring environment."

"I don't think the people in my district feel that their issues have a chance of being heard or addressed," Hunter says. "I want to let them know that I feel like I can address those issues. I know how working together with good people around you can make things better. I want to let people know that their voice will not go unheard."

Education is Hunter's number one issue, if he is elected, but he is also concerned about mental health issues for young and old, and especially for veterans. He is very concerned about homelessness, especially among veterans. Water management is also a big issue as well as support for rural hospitals and medical clinics.

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**WANDA B. GUNTER**  
Author, Artist &  
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for *The Anchor News*



# MY FAMILY HISTORY FROM 1755 TO 2024

BY MARGARET IVORY

In 1987, I was working for an oil and gas company named Cherokee Oil. President Reagan had decided to use Iraqi Oil instead of American Oil. Sadaam Hussan was his current golden boy of choice. Oklahoma's main industry was oil and gas. We went from being one of the wealthiest states to being nearly impoverished.

Oklahoma had rescued other states in the past but nobody came to rescue us. Our boom went bust so Cherokee Oil became bankrupt. My new job became handing people a pink slip and a box. Then walking them out to their cars and motioning for the security guy to come and change the key codes on the door. Cherokee Oil was dying.

My grandmother was a very healthy woman but at 92 years old, became ill in the hospital. My mother and her siblings asked my first cousin and me to care for their mother. I turned in my resignation and told the company that I would rather care for a dying grandmother than for a dying company.

This was one of the best decisions that I made. My cousin took care of our grandmother



MARGARET IVORY

for 12 hours during the day and I cared for her 12 hours at night. We helped her live for 10 more years.

We would laugh about various things like her love for the most prettiest man God made - Billy D Williams and her disdain for the funniest looking man God made - Ayatollah Khomeini.

My grandmother would talk to me about her emancipated grandparents and her dad. Her mom gave birth to my great uncle but never regained her strength. Her mother passed away at just 26 years old. At 10 years old, my dear grandmother

saw her beloved mother take her last breathe. This terrible memory never left my grandmother or her brother. My great uncle always felt guilty for his mom's death even though we tried to convince him otherwise.

The last weekend in August 2024, we had a much anticipated family reunion. This event brought back both fond and sad memories of our ancestors of old. Family stories were shared. Questions remain unanswered. New relatives from around the country were discovered. Relationships were rekindled.

Family historians learned from each other and attempted to weave our complicated histories into one cohesive family tree that started from 1755 to the present 2024. We now know the names of our ancestors and know more about their difficult journeys here in the United States of America. We will never forget them and will do our part in securing reparations that are due to the Descendants of American Slaves.

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SUBMITTED BY  
LINDA MCDONALD

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**Start with the End in Mind:** It's important to clarify what you want out of this investment. Are you looking for monthly cash flow or a long-term appreciation plan? Or both? Different types of properties will fit different goals, so being clear on your "why" is crucial.

**Understand Your Budget:** This goes beyond knowing how much you can afford to spend on an investment property. You also need to consider the ongoing costs of owning and managing it, including taxes, maintenance, insurance, and potential vacancies.

**Choose Your Property Type:** Whether it's a single-family home, a duplex, or a commercial property, your choice will heavily depend on your budget and your investment goals. Research the average costs, rental rates, and



LINDA MCDONALD

market trends for each type in your desired area.

**Location, Location, Location:** Remember, you're not just investing in a property, but also in a location. Look for areas with a strong rental market, promising future developments, and amenities that will attract tenants.

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# AND YE HAVE NOT HIS WORD ABIDING IN YOU

BY PASTOR  
MATTHEW REED

In John 5B:38 Jesus tells the Jews you have not the word of God abiding in you. It is the scriptures that testify of Jesus. These Jews were not familiar with the scriptures. So they didn't know Jesus. They were Jews alright but God was not their God. If they had been of God they would have known the things taught. Moses spoke of Jesus, but these Jews were not of God so they hadn't read Moses; they did not know the scriptures. With the mouth they professed to know God as God



PASTOR MATTHEW  
AND LADY HELEN REED

but that was not their hearts, which brings us unto the failure of the church today.

Many profess to know Jesus, but they do not read nor become subjected to what they read. Ye cannot know Jesus nor have eternal life without knowing Him. To know him you must read and accept the scriptures. Jesus and his words are found written From Matthews to Revelations. If ye study not Matthews thru Revelations you will find yourself in the same situation as those Jews, not believing or knowing Jesus. To know Jesus you (we) must have his words abiding in us.

## HOWELL | CONTINUED FROM PAGE 1

skill that teaches how to push through challenges, even if they don't like it. Music builds confidence as musical skills grow. It's an amazing accomplishment. As student learn they are consistently using critical thinking skills, figuring out how the notes work in compositions, how to move between notes. Practicing empowers students to take ownership of their development. They begin to understand collaboration at a high level. Success is the vision, and their value in their abilities makes strong peer relationships. Being able to play

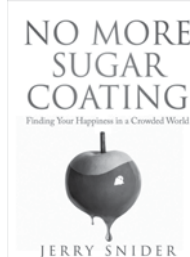
an instrument gives kids an opportunity to showcase another talent. Intelligence is on display in class, and the results of that level of success repeats itself.

Students don't have to know how to read music, I will teach them. We do elementary recruitment. I have over 200 students. I was named Teacher Of The Year. Students learn because I create a good culture for them. I am a teacher who wants and expect them to succeed, motivated or not. My job is to teach students how to practice, set

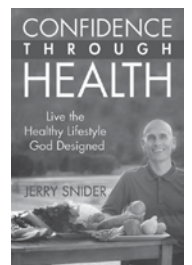
the standard so they will learn and practice on their own. By learning music, they have an intrinsic standard of mastery established." Music isn't passive. "It's competitive. We have regionals. My kids can play at the top level of excellence." That's confidence and his students can back it up. Any student who learns music has a lifelong skill that will open doors.

To learn more about Mr. Rodney Howell, Jr. and where he will be performing, visit his website at RodneyHowellMusic.com.

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# IS ANGER GETTING YOU WHAT YOU WANT?

"Venting your anger does not work. Research shows that when people scream, swear, and throw things in a fury, they become more enraged. Once you come to understand you are driving your own anger with your thoughts, you can stop it." - Doris Wilde Helmering

## FIVE WAYS TO HANDLE ANGER

1. Passive - avoid problems, gives in; "I'm uncomfortable so I'll withdraw; I'll get out."
2. Aggressive - attacks, demands; "I can take care of myself. I win, you lose. I'm right!"
3. Passive-Aggressive - indirect, sneaky, underhanded, sabotage; "I'll give in, but I'll get you."
4. Assertive - open, honest, mutual respect; "I have worth and value, you have worth and value."
5. Drop it - recognizing personal limits and making healthy choices. "I choose to forgive."

## CHOICES IN ANGER MANAGEMENT

1. Acknowledge the hurt. Own your own feelings honestly.

2. Admit you are angry and take responsibility for your part by responding rather than reacting.

True Guilt - the fact I have wronged another for my own selfish gain

False Guilt - the feeling that I have not lived up to another's expectations

3. Recognize your natural angry style - Passive - Aggressive - Passive Aggressive

4. Identify the root cause. It is easier to be angry than to be hurt or fearful.

5. Realize that you have worth and value regardless of what others say or how they treat you.

6. Behavior is chosen and purposeful. Angry expressions are the results of choices. Develop a new purpose. Choose new behaviors.

7. Trying to figure out the past will only keep you stuck in the past. Take what you can use and leave the rest behind. Continually failing keeps one from facing the discomfort of really changing. Forgive the past and get on with your life. Don't hold grudges or complaints.

8. Use internal controls not external forces. "You made



MONA DUNKIN

me mad" is external and gives up your power. "I choose to not be offended" is internal and is empowering.

9. Know yourself and what ticks you off. Become aware of your angry triggers. Purposely give up control of others and learn to control yourself. "When your emotions become less mysterious and more familiar to you, they will stop controlling you." - Dr. Les Carter

10. Keep your lifestyle consistent with your values. "Some of us create our own anger by making poisonous

choices." - Dr. Frank Minirth

11. Choose to release yourself for the things you said or did. For the things you did not say or do. For the things you could not possibly have said or done.

12. Choose to release the other person for his/her part. Forgive even if you are never asked to forgive. Forgive even when it seems unreasonable. To stop being angry does not wipe the offender's slate clean. "Forgiveness is a gift you give yourself." -- Dr. Robert Schuller

13. Learn to express thoughts without attacking. Avoid power struggles.

14. Learn to be assertive. Ask for your needs to be met. Tell, don't assume. Be specific and to the point. It still counts

even if you must spell it out!

## WAYS TO COOL DOWN

1. Change your stance. Sit down, lower voice, breath deep, recite mantra or count to ten.

2. Keep an angry calendar. Mark an x on your calendar every time you become angry.

3. Recognize your hot buttons. Keep a record of your anger and learn to defuse.

4. Avoid name calling. It is hard to feel concern or empathy for someone you profane.

5. Deal with the real issue. Evaluate what is really bothering you.

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# NO VOTE, NO FREEDOM

BY J.L. CRAWFORD

Our right to vote is a cornerstone of democracy. It's not just a privilege but a duty. Throughout history, people have fought and even died for the right to vote. It's a powerful tool that directly impacts our freedoms and the direction of our society. By registering to vote, you take the first step in influencing decisions on issues ranging from healthcare to education to justice. Voting lets your voice be heard and helps ensure that policies reflect the will of the people. In a way, registering



J.L. CRAWFORD

to vote is like arming yourself with a tool necessary to keep our freedoms intact.

When you vote, you actively participate in shaping the future. It's a direct way to hold elected officials accountable and promote policies that safeguard our liberties. Ignoring this responsibility allows others to decide for you, which can chip away at the freedoms we often take for granted.

So, take a moment to register, show up on Election Day, and make your voice count. By doing these things, you contribute to a vibrant, functioning democracy where our rights and freedoms can thrive.

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# RECOMMENDED HEALTH TIPS

BY JERRY SNIDER

There is a wellness tip that most holistic health-minded individuals recommend but it's not typically related to overall health. It's also super simple and cheap...Journaling.

Journaling is a great way to reduce stress, anxiety, depression, worry, and give yourself direction. These are some of the key factors in chronic diseases like heart disease, diabetes, cancer, and autoimmune diseases.

One of the best things about journaling is you simply need a pen, paper, and time to write. It's a very cheap but ef-

fective way to remove some of the clutter in our mind by putting our thoughts on paper.

There is a very real physiological response happening in the body when we journal. By putting our thoughts, goals, plans, whatever it is we have on our mind down on paper we are allowing our mind to focus on other things. We don't have to keep track of that random idea because we wrote it down and have a way of tracking it. This allows neuroreceptors in the brain and the hormones that communicate with them to work more efficiently. When the brain works more efficiently, it will help the body



JERRY SNIDER

remove toxins and abnormal cells as well as manage bodily

functions. A better functioning brain means a better functioning mind and body.

While journaling is a great way to reduce stress and clear the mind, it doesn't take the place of exercise and proper nutrition. Those are still things to focus on to have a truly healthy body inside and out. When we add journaling to our lifestyle, we will see an improvement in our overall wellness both physically and mentally. Over time this helps reduce our risk for chronic diseases, leading us to healthier outcomes as we age.

There is no magic format to get the most out of journaling, you simply write down what you feel like writing that day. It doesn't need to be a certain length or about specific top-

ics. It's completely up to you as to what to write to help you manage your thoughts, time, and stress. Like with many lifestyle changes, it may take a few days or weeks to notice a difference but stick with it because a positive change will happen.

Have a health 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.*



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## UNITY, JUSTICE AND THE BAHÁ'Í FAITH

The Founder of the Bahá'í Faith, Bahá'u'lláh, identified the single most important human need in all of his books and writings: Unity. He said to all humanity: "Ye are all the leaves of one tree and the drops of one ocean."

This core Bahá'í teaching takes a step beyond the Golden Rule. That law, found in all the major religions, teaches us to treat others as we would want to be treated ourselves. But the primary principles of our Faith call us to a higher understanding – that we are all part of one unified reality, like the individual cells in all living things. When we harm others, we harm ourselves.

Bahá'u'lláh compared the human race to the human body. Afflicting one part of the body can threaten the entire organism. This awareness links unity and peace with justice. In the words of Baha'u'llah: "The light of men is Justice. Quench it not with the contrary winds of oppression and tyranny. The purpose of justice is to establish unity among men."

Bahá'u'lláh extended and expanded the Golden Rule, asking us all to focus on mer-



**MICHAEL JONES**

cy towards others, writing: "O son of man! If thine eyes be turned towards mercy, forsake the things that profit thee and cleave unto that which will profit mankind. And if thine eyes be turned towards justice, choose thou for thy neighbor that which thou chooseth for thyself."

Bahá'u'lláh's teachings charge Bahá'ís everywhere to work for justice and what it must accomplish – removing the barriers of oppression, tyranny, hatred, and boundaries, bringing us together as one

world and one people.

In his great work "Epistle to the Son of the Wolf," Bahá'u'lláh wrote, "The essence of all that We have revealed for thee is Justice, for man to free himself from idle fancy and imitation, to discern with the eye of oneness His glorious handiwork and look into all things with a searching eye."

Bahá'u'lláh also wrote, "Justice hath a mighty force at its command. It is none other than reward and punishment for the deeds of men. By the power of this force, order is established throughout the world, causing the wicked to restrain their natures for fear of punishment."

This glorious ideal invokes the vision of the poets and the great prophets throughout time. For Bahá'ís, this is not just some pipe dream – we see it as a reality that we can accomplish, as the inevitable outcome of the centuries of progressive religious revelation given to humanity by God.

If you'd like to learn more, please visit our local Bahá'í website at [www.wacobahais.net](http://www.wacobahais.net) or the global information site at [bahai.org/beliefs](http://bahai.org/beliefs).

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### NOTICE OF SEPTEMBER, OCTOBER MEETINGS AND NOVEMBER ELECTION

The Waco NAACP Branch will hold the following meetings for the purpose of election of officers and at-large members of the executive committee.

1. On September 23, 2024 at 6:30PM at the Waco-McLennan County Library (1717 Austin Ave.), there will be an election of the Nominating Committee (between 5-15 members). All members whose memberships are current as of 30 days prior to the meeting date (August 24, 2024) may be elected to the Nominating Committee (not more than 2 being officers of the unit).
2. On October 28, 2024 at 6:30PM at the Waco-McLennan County Library (1717 Austin Ave.), there will be a report of the Nominating Committee, receipt of Nominations by Petition, and election of the Election Supervisory Committee. All members whose memberships are current as of May 1st of the election year, who's memberships have remained continuous throughout the election process, and who live and/or work within the unit's jurisdiction, may be nominated for office or as an at-large member of the Executive Committee. In order to sign a nominating petition, or be elected to the Election Supervisory Committee, a member must be current as of 30 days prior to the October meeting.
3. On November 18, 2024, the election of officers and at-large members of the Executive Committee will be administered using our electronic voting platform. Voting will open from 6PM to 10PM. In order to vote in a Branch election, one must be a member in good standing of the Branch 30 days prior to the election.

Should a run-off election be necessary that election shall occur on November 19, 2024 at 6PM-7PM at the Waco-McLennan County Library (1717 Austin Ave.). Run-off elections shall be conducted not less than ten (10) days after the original election.

We look forward to your participating in these activities.

*Delicia LeBlanc*  
Secretary

*Peaches Henry*  
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"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

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"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!"

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# IT'S IMPOSSIBLE TO LIVE IN TWO WORLDS SIMULTANEOUSLY, PART 1

**BY EVANGELIST  
RUBY MCCRAY**

This is what Paul told us in 1 Timothy 3:1-7, "You should know this, Timothy, that in the last days there will be very difficult times. For people will love only themselves and their money. They will be boastful and proud, scoffing at God, disobedient to their parents, and ungrateful. They will consider nothing sacred. They will be unloving and unforgiving; they will slander others and have no self-control. They will be cruel and hate what is good. They will betray their friends, be reckless, be puffed up with pride and love pleasure rather than God. They will act religious, but they will reject the power that could make them godly. Stay away from people like that!"

Do you see this, precious people? The majority of the churchgoers are not born-again Christians. They act religious, but they care nothing about Holy Spirit who can make them godly. They are trying to live in the world of darkness (sin), and the world of light (holiness) at the same time. That's impossible! Either your father is the devil, or the God of Abraham, Isaac and

Jacob.

"Dear children, don't let anyone deceive you about this: When people do what is right, it shows that they are righteous, even as Christ is righteous. But when people keep on sinning, it shows that they belong to the devil, who has been sinning since the beginning. But the Son of God came to destroy the works of the devil. Those who have been born into God's family do not make a practice of sinning, because God's life is in them. So, they can't keep on sinning, because they are children of God. So now we can tell who are children of God and who are children of the devil. Anyone who does not live righteously and does not love other believers does not belong to God." 1 John 3:7-10

Precious people, if you know that you're not going to live righteously, I suggest that you stop going to church, messing up her name, having people of the world, (sinners), calling you Christians when you're not. I've been told on several occasions by people of the world, (sinners), that they know some Christians who act no better than they act. They tell me that they smoke, drink, cuss, fornicate, commit adul-



**EVG. RUBY MCCRAY**

tery, and one young man told me a few years ago that sometimes they can't find seats in the clubs for Christians occupying them. I told him that they are not Christians, but church-going sinners who will knock the bottom out of hell if they don't repent and turn from their wicked ways. There is a difference between holy and unholy, clean and unclean. Leviticus 10:10

God's judgement is going to begin first at His church, the household of faith. It is said that if the saints scarcely be saved, what's going to happen to the sinners and the churchgoers. 1 Peter 4:17, 18

Churchgoers, you're do-

ing yourselves a disservice by simply going to church because you know enough to be responsible. Jesus said, "And a servant who knows what the master wants, but isn't prepared and doesn't carry out those instructions, will be severely punished. But someone who does not know, and then does something wrong, will be punished only lightly. When someone has been given much, much will be required in return; and when someone has been entrusted with much, even more will be required." Luke 12: 47, 48

Look what just happened at the Olympics in Paris, France. Many referred to the mockery of Christians as entertainment. Even though some say they were not trying to replicate The Last Supper, it was close enough, in my opinion. They even had a rider on the white horse as in Revelation 6:1, 2. People don't mind making a mockery of the Christian faith because they know that churchgoers are afraid of their own shadow—and that includes some pastors. They wouldn't mock the Muslims' religion, because they know that there will be all-out war.

Churchgoers justify their actions by saying that we're sup-

posed to turn the other cheek and love our enemies, and we are, but we must rightly divide the Word of Truth. They purposely forget about that we're told to love what God loves and hate what God hates. Psalm 139:19-24; Proverbs 6:16-19.

They forget about Jesus taking the time to make a whip to whip the churchgoers who were turning God's house that was meant for prayer into a den of thieves. He even turned over their money tables. Matthew 21:13 It's called righteous indignation. Psalm 69:24

Precious people, God sees and won't be mocked. According to my YouTube source, a day or so later, Paris was in total darkness except for the lights that remained on at one church. Won't you look at God!

Please join me in October as we continue this series. All Scripture is taken from the New Living Translation 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.*

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# BUILDING A BRIGHTER FUTURE TOGETHER

BY JEREMY DAVIS

As a lifelong resident of Waco and a candidate for McLennan County Commissioner in Precinct 2, I am driven by a deep commitment to our community. Raised by two pastors who dedicated their lives to service, I learned the values of hard work, sacrifice, and community at an early age. These values have guided me throughout my life and shaped my mission to serve the people of McLennan County.

My journey began with the examples that my parents set. My father, despite having to leave school early to care for his siblings, became an entrepreneur and business owner. He taught me the importance of resilience and creating opportunities, even in the face of adversity. My mother, a dedicated teacher, poured her heart into every child she worked with, showing me the power of education and the significance of giving back to the community.

Guided by these lessons, I have devoted my life to public service. My faith inspires me to work tirelessly for the well-being of our community. As County Commissioner, my focus will be on key areas

that are critical to our collective success: economic development, public safety, infrastructure, and vital community programs.

Our community is full of potential, but opportunities have not been accessible to everyone. We need to create living-wage jobs and provide the job training necessary to help our people secure those jobs. We also face serious challenges in public safety, with rising gun violence and gang activity. Expanding youth mentorship programs and securing funding for proactive community



JEREMY DAVIS

initiatives are essential steps we must take.

Our roads and bridges, the literal foundation of our community, need comprehensive repair. I am committed to ensuring that infrastructure improvements are made where they are needed most. Additionally, public health and essential services must be fully supported to ensure the well-being of every resident in our precinct.

These are not just campaign promises; they are personal commitments. I've seen what happens when commu-

nities don't have the support they need, and I've spent my life working to affect positive and actionable change in our schools and neighborhoods, now I aim to do that at the county level as your Commissioner for Precinct 2 in McLennan County.

Together, we can build a future where everyone has the opportunity to thrive. I ask for your support as we work to make this vision a reality.

*Jeremy Davis*  
Democratic Nominee  
McLennan County Commissioner, Precinct 2

## Church DIRECTORY

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1612 Austin Avenue, Suite A | Waco, Texas 76701

Pastor/Founder – RT Allen | Co Pastor – Sandra Allen

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MORNING WORSHIP – 10:30

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BIBLE STUDY – 6:30 to 7:45

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Sunday Morning Worship – 10 a.m.

Tuesday Night Bible Study – 7 p.m.

Friday Night Prayer – 6 to 7 p.m.

Monday through Friday Prayer – 6 a.m.

All services except Monday through Friday 6 a.m. prayer are both in the church and on our virtual platform.

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