

THE *Anchor* NEWS

FREE! | AUGUST 2024 VOLUME 22, NUMBER 1

"THE UNKNOWN CHEF"

BY SUZAN FALKNER

Aspirations of being named Carla Hall's Favorite Chef filled my head as I contemplated a science experiment involving food. I am a science teacher at G L Wiley Opportunity Center and oftentimes opportunities are not given to students whose mode of operation is misbehaving. I desired a hands-on experiment that would include predictions, observations and recording of data. The choice was veggies in a bottle.

We chose veggies that would grow in shallow dirt and therefore spinach, beets, spring onions, and lettuce were planted. My goal was to allow the students to eat what they planted like my goal was to go to New York named as "Favorite Chef," on the *Carla Hall Show*; neither of which happened.

Although the students did not eat their own veggies, the students at Indian Spring Middle School (2016-17) did. This Unknown Chef taught an after school cooking class for two years and we created break-



SUZAN FALKNER

fast, lunch and dinner with appetizers they could make with minimal assistance from parents. To showcase their food, we served food to after-school meetings and assemblies. Teaching led to skills later used for survival, so let's cook!

My journey began at Brooks Barbecue Rib and Chicken in Fort Wayne, Indiana and was one of the longest running Black-owned businesses spanning over 30 years of service to the community. At

the age of 14, I began to work alongside my grandparents Willie and Epsie Brooks affectionately known as Bigma and Bigdaddy. Never did I imagine I was learning a skill that can make a mouth water with the smell and taste of delicious dishes that will make you slap yourself, because if you slap your mother a beat down was inevitable. I can create the secret sauce that made Brooks BBQ famous and make a grill my play toy delivering ribs that melt in your mouth and fall-off the bone.

My journey took a detour with a tenure at McDonald's Restaurants Inc. in Washington DC where I graduated from Hamburger University in Oakbrook, Illinois. I learned people, equipment, and operational skills. As a store manager, I was chosen to serve a Russian Delegation visiting the U. S. Capital. I maximized profits and caused my profit center to be treated to a cruise to the Bahamas and awarded Manager of the year

SEE **FALKNER**, PG. 15

CREATIVE ARTS FEST COMING TO HARKER HEIGHTS

BY WB GUNTER

Arts & Humanity Non-Profit, to Host the Third annual Harker Heights Creative Arts Fest at Carl Levin Park Amphitheater, located at 400 Miller's Crossing in Harker Heights, Saturday October 5, 2024, from 1:00 PM – 6:00 PM. It's the largest showcase of outdoor pop-up fine arts, sculpture, museum, and galleries. Enjoy free family community events. Prizes, including big screen T.V.'s, tablets, artsy t-shirts, and more will go to lucky winners. Come to learn, create, and explore interactive art stations. Meet and greet award winning artists. Participate in karaoke, enjoy live music and performances.

Interactive art stations will engage audience in hands-on-learning. You're invited to view live demonstrations and presentations. Food trucks will be available along with art vendors of various creative genres. Human resource information will be on site including voter registration. For free vendor opportunities. Contact Roshanda Prior at (254) 371-3987 or email Rprior@protocolfordesign.com.

Arts and Humanities Non-Profit gives back to the community by providing this fun and creative event in October to establish humanity in communities and promote education, economics, health, wellness, public safety, and human services. Our commitment is "Let's build



ROSHANDA D. PRIOR

up people and build our cities via the arts," says founder, and Master Artist, Roshanda D. Prior B.A., BFA, MA, who is a contemporary visual fine artist, author, educator, humanitarian, art activist, CEO at Protocol for Design LLC. She is also founder of Arts and Humanity Non-Profit and Harker Heights Creative Arts Society.

In a significant move, she advocated the establishment of the first Arts Commission for the City of Harker Heights, Texas in 2022, a testament to her commitment to the arts and community. Prior is deeply committed to pursuing purpose driven goals. She says, "Giving back to society is a core value for me, as I allocate a portion of my sales to support educational programs, non-profits, ministries, and scholarships.

So bring your lawn chairs, umbrellas, blankets, and enjoy a magnificent day of art and nature in the park.

TEACHER OF THE YEAR IS LIFE-LONG LEARNER

Ms. Shenequa Williams is an educator with over a decade of experience. She is an Instructional Specialist (Grades 3-5) in Waco I.S.D. Shenequa loves to spend time with family/loved ones, work in the field of education, volunteer, listen to music, and attend church events. She has been a contributor to KWBU's Likely Stories since November 2023 and enjoys reading books from various genres. Williams was born in Dallas, TX and moved to Waco, T with her family at a young age. Her earliest memories involved taking trips to the library and attending story times. Williams soon developed a love for reading and writing. In the fifth grade, she won a writing



SHENEQUA WILLIAMS

contest sponsored by a local veterinary clinic when she wrote about a poodle named "Fifi." While attending University of Mary Hardin-Baylor, as

a journalism major, she had three articles published in the university's newspaper. Before graduating from the University of North Texas with her Bachelor of Arts degree, Williams enjoyed being part of the National Association for Black Journalists and writing in her creative writing class. For the 2015-2016 school year, Williams was awarded Teacher of the Year for her contributions to LaVega Intermediate School as a 6th grade reading teacher. In 2023, she earned a Master of Science degree in Educational Leadership. Williams has dedicated several years

SEE **WILLIAMS**, PG. 6

**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.

SUPPORT THE ANCHOR NEWS

The Anchor News owners J.L. and Linda Crawford have celebrated African American lives in the greater Waco community for more than two decades. In *The Anchor News*, the Crawfords have provided positive news about Black folk. They have covered the accomplishments of African American youth, the progress of Black-owned businesses, and the activities of sororal/fraternal, civic, and religious organizations. *The Anchor News* has helped us celebrate our elders' milestone birthdays and our organizations' anniversaries. In addition, *The*

**DR. PEACHES HENRY**

Anchor News has educated the community, providing stories on mental and physical health, relationships, insurance, estate planning, personal finance, spiritual matters, election news, and voting rights. *The Anchor News* has done us the service of creating a record—a historical record—of the African American existence in Waco at a time when African American history is being outlawed, erased, and literally white-washed.

What few readers know, however, is that the Crawfords have covered the cost of publishing *The Anchor News* with

their personal funds and the few advertising dollars they receive. However, the Crawfords are now retired and must find other funding sources to continue publishing *The Anchor News*. To meet their monthly shortfall, the Crawfords invite the community to join *The Anchor Club* by contributing a monthly sponsorship gift of at least \$10. If 400 people agree to contribute \$10 a month, the publication of *The Anchor News* can continue. Without financial support, *The*

SEE **HENRY**, PG. 11

THE ANCHOR CLUB

BY ASHLEY THORNTON

Consistent, high quality, community news reminds us that we have a common story. It helps us build the shared

**ASHLEY THORNTON**

foundation of knowledge and understanding that makes it possible for us to communicate productively and work together to build a strong community. It introduces us to our neighbors and allows us to take pride in each other's accomplishments. It promotes local businesses and helps us build up our local economy. It helps us keep an

eye on local concerns so that we can weed out problems before they take deep root. *The Anchor News* has been providing this kind of consis-

tent, high quality, community news for more than 20 years!

SEE **THORNTON**, PG. 7

A NOTE FROM THE EDITOR...

ANCHOR NEWS CELEBRATES 22 YEARS — AUGUST 5, 2002

Happy Birthday to Miss Ann. August is *The Anchor News*' traditional anniversary and education issue. Celebrating 22 years in the community, this Back-to-School issue spotlights all things "education." This

year is especially special, as people in the community have made it clear that they love *The Anchor* and want to keep her in print. Thank you all for joining the Anchor Club. We love you. We need you. We appreciate you.

CONGRATS, ANCHOR!

Dear Editor,

A 22-year commitment is no small achievement. Congratulations! *The Anchor News* has provided the citizens of Waco and the surrounding areas with information and entertainment. It is a publication that has been a source of pride. Your service has been a blessing to our culture. Thank you for sharing your knowledge and skills with the community. Our stories can be featured in *The Anchor News*, and this opportunity helps us all. God bless you and JL!

Love, Francene Francis.

**FRANCENE FRANCIS**

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

PURPOSE

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

POLICY

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

EDITORIAL POLICY

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

also reflect the opinions of the editor.

LETTERS & ARTICLES POLICY

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

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

SUBSCRIPTIONS

Subscriptions are \$49 a year (12 issues) and can be paid by check or money order. Send all correspondences to *The Anchor News*, P.O. box 24014, Waco, Texas 76702, or email to theanchornews@aol.com.

ADVERTISING RATES

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

ANCHOR STAFF

LINDA CRAWFORD
Editor-In-Chief/Owner

STASHA AUSTIN MALONE
Associate Editor

FAITH WEAVER
Editor

J.L. CRAWFORD
Director of Operations/Owner

RAY AUSTIN
Website Designer

GALE EDWARDS
Advisor

WANDA B. GUNTER
Contributing Writer

SCOTT NEFF
Design/Layout

NAACP NAMES 2024 SCHOLARSHIP WINNERS



DR. PEACHES HENRY

BY DR. PEACHES HENRY

The Waco NAACP named its 2024 scholarship recipients at its May meeting. "These students are outstanding individuals who are impressive for their academics, work ethic, and community service," declared Scholarship Committee chairman Lovie Langston. "The breadth of their academic achievements and community volunteerism is remarkable," he continued. The NAACP awarded five scholarships.

The Vivienne Malone-Mayes Scholarships, named for the first African American professor at Baylor University and the fifth African American female in the United States to earn a doctorate in mathematics, are awarded to a graduate of a McLennan County high school who will attend a two-year college and one who will attend a four-year college. Sydney McKinney is the recipient of the 2024 two-year and Angel Asare is the recipient of the 2024 four-year Vivienne Malone-Mayes Scholarship.

Daughter of Tonya and Chris McKinney, Sydney graduated from La Vega High School ranking in the top ten percent of her class. While in high school, she earned an associate's degree from McLennan Community College. She was a member of the National Honor Society and GearUP. She volunteered in the La Vega School District, reading to elementary students, helping with the primary carnival, and assisting with the Shepherd's Heart Food Drive at the high school. She was a member of the Lady Pirates back-to-back two-time state basketball championship teams. An active member of the Toliver Chapel Baptist Church, Sydney plans to attend Hill College.

As a student at China Spring High School, Angel was a member of the Debate Team, Social Studies Team, Student Council, National Honor Society, City of

Waco Youth Council, and UIL Team Captain. With a 4.4 GPA, she received many awards in social studies, debate, AP Language, Spanish, and others. Angel's work history includes election worker for the Midterm Election in 2022 and for Dollar Tree. One of Angel's recommendation letters stated that she "is a dedicated go-getter, excelling academically while showcasing remarkable leadership." Though she gained admission to Georgetown University, Angel has decided to attend Princeton University.

Named for Waco's first African-American mayor, the Mae Jackson Continuing Student Scholarship is awarded to a graduate of a McLennan County high school who is a continuing student at a four-year college or university. Carlee Thomas is the recipient of the 2024 Mae Jackson Continuing Student Scholarship.

Daughter of Reggie and Carla Thomas, Carlee completed her freshman year at the University of Texas at Arlington with a major in nursing. A 2023 recipient of the NAACP's Vivienne Malone-Mayes Scholarship, Carlee continues to strive for excellence. According to her high school principal at Connally High School, "There are students who you know are going to do well post-secondary and Carlee has proven that in her first year as a college freshman. I know that her character, discipline, and integrity will play a part in helping her remain successful in her academic pursuits." Carlee will transfer to the nursing program at Texas Christian University.

Named for the first African American graduate of Baylor University and his wife, the Robert and Mrs. Elwayne Gilbert Scholarship is awarded to an African American graduate of a McLennan County high school who will attend Baylor University. Aaron Burks and Heaven Dean are the recipients of the 2024 Robert and Elwayne Gilbert Scholarship.

Son of Elijah and Kimberly Burks, Aaron is a 2022 Robinson High School graduate and a May 2024 McLennan Community College graduate with a GPA of 3.75. He volunteered with the Salvation Army, Caritas, Mission Waco's Walk for the Homeless, and Martin Luther King Jr. Day of Service. As a Presidential Scholar at McLennan Community College, Aaron was "a scholar who also participated in cultural, educational, and volunteer opportunities" and "represented [her] in the college and community," Dr. Johnette McKown, president of McLennan Com-



THE WACO NAACP NAMED ITS 2024 SCHOLARSHIP RECIPIENTS AT ITS MAY MEETING

munity College wrote. Aaron is transferring to Baylor University with an intended major in Health Kinesiology and Leisure Studies.

A student at Baylor University majoring in Communications, Heaven Dean is a member of the Lambda Pi Eta Honor Society. She is a Par-

ents Against Crime Coalition (PACC) mentor where she mentors children and teenagers in life skills, literacy, and emotional creativity. Also, she volunteered for events such as food giveaways, reading events, and toy donations. She was employed as a Federal Court Intern for Judge Jeffery C.

Manske of the United States Western District. Heaven "consistently demonstrates creativity, originality, and resourcefulness in her studies at Baylor University in the Communication Department," wrote one of her recommenders. Heaven is a member of the McNair Scholars Program.

KILLEEN POETRY SLAM AND RHYTHM & VIBES SET FOR AUGUST 21, 2024

Killeen (Aug. 21) Back by popular demand, IMPAC OUTREACH & MODERN TRIBE BOOK SHOP is pleased to present the KILLEEN POETRY SLAM AND RHYTHM & VIBES AUGUST 24, 2024, AT KILLEEN CIVIC & CONFERENCE CENTER. Join National Poets from Austin, Dallas, Houston, and Killeen as they battle for the \$1500 cash prize. These poets will bless the mic with words that will leave the audience spellbound and clinging to the edge of their seats. Your host is none other than the International Poet and Slam Art-

ist, S'CK Mode. Before the POETRY SLAM, enjoy the preshow, "RHYTHM & VIBES." This musical showcase is sure to bring a fresh and unique tone of blending melodies presented by a few of our well known (local) music artists (in the area) Nyaja, Jordan Orionn, Courtney Rose.

KILLEEN POETRY SLAM AND RHYTHM & VIBES:
August 24, 2024
Killeen Civic & Conference Center
3601 South W S Young Drive,
Killeen, TX 76542
5:00PM DOORS OPEN

5:30PM PRESHOW
6:00PM POETRY SLAM
General Admission \$15.00 (in advance); \$20.00 (at the door); Vendor Booths Available
Purchase E-ticket and register your business <https://RN-VKPS.eventbrite.com>
If you should have any questions, please feel free to contact impacoutreach@gmail.com

This event is supported, in part, by funds from the city of Killeen, Texas, Municipal hotel occupancy tax revenues, and other funding sources as stated in the contract.

CHILL OUT... *literally!*

Get the ultimate relaxation experience with our Cryotherapy sessions at just \$100 each! Plus, we've got a little something extra for the cash-paying folks – enjoy an exclusive **20% OFF***.

It's a deal that's not just cool; it's ice cold!

*First-time customers only. Expires August 15, 2024.

HILLCREST CHIROPRACTIC CLINIC

BELLMEAD: 4209 Bellmead Drive, Bellmead, TX 76705 | (254) 224-5344
WACO: 6701 Sanger Avenue, Suite 104, Waco, TX 76710 | (254) 754-4000
GATESVILLE: 606 East Leon, Gatesville, TX 76528 | (254) 248-1335

BACK-TO-SCHOOL IN AUGUST – VOTE FOR ALL KIDS IN NOVEMBER!

Is there anything in this world more hopeful and beautiful than back-to-school time? I love it! Kids are excited! Parents are relieved! Teachers are planning new plans and getting in a few last naps! School supplies are flying off the shelves! Even trying-to-look-too-cool-to-care middle schoolers are secretly excited to see what the new year will bring!

Amidst all the excitement of going back to school, please make a note to remember in November: the Texas Legislature is responsible for funding and regulating public schools.

In all the hubbub surrounding the presidential election, it may be easy to forget that there are other races on the ballot. But please remember, it's the Texas Legislature - not the President - who will have the biggest effect on our pub-

lic schools.

The next session of the Texas Legislature, which kicks off in January 2025, will be critically important for Texas public schools. That means we need to keep laser-focused on our two races for seats in the Texas House of Representatives: District 56 and District 13.

Because public schools are so crucially important to our community, a group of concerned citizens are working to make sure we elect candidates who we believe will prioritize public schools. We call our group "Vote for ALL Kids" (voteforallkids.org). If strong public schools are important to you, we would love to have you join us. The first item on our "To Do" list is to evaluate the candidates for the Texas Legislature to determine their support for public schools.



ASHLEY THORNTON

HOW DO WE KNOW WHICH CANDIDATES ARE THE BEST FOR PUBLIC SCHOOLS?

Right now, we are using three basic questions to evaluate the candidates: (1) What are they saying and doing regarding school funding? (2) What are they saying and doing regarding vouchers? And (3) Do they focus on real concerns or scare tactics?

Here is the reasoning behind those three questions:

WHAT ARE THEY SAYING AND DOING REGARDING FUNDING?

Year after year Texas ranks in the bottom 10 states for public school funding. Our current annual funding is \$6,140 per student. We would have to increase that by \$3,000 per student just to be average in the country. Teachers and public school employees have been stretching insufficient dollars for years – really decades. At this point they cannot stretch anymore. The result is teacher shortages, larger class sizes, increased behavior issues and other challenges that are interfering with student learning. Texas has a terrific economy – the 8th largest economy in the world! We could have the best public schools in the country if we would allocate adequate funding to move forward. In-

stead, the Texas Legislature had a \$32 billion budget surplus to invest last session and none of it went to fund public schools. So now, instead of moving forward, school districts in McLennan County and across the state are being forced to cut important services and programs due to budget deficits. We must vote for candidates who will prioritize necessary funding for public schools.

WHAT ARE THEY SAYING AND DOING REGARDING VOUCHERS?

The basic idea behind school vouchers is to give tax-payer money to parents who are unhappy with public schools to help them pay for their kids to go to private schools. Voucher supporters say we need vouchers so that low-income students can "escape failing schools." We know from voucher plans in other states, however, that most of the voucher money ends up going to families who can ALREADY afford private schools and whose kids are ALREADY IN private schools. The voucher plan that passed the Texas Senate last session would have provided \$8,000 a year per student for a limited number of students to be funded to go to private schools. (Remember, the annual amount allotted for public schools is only \$6,140 per student.) Why in the world would we spend money to send kids to private schools, when our public schools are desperately underfunded? Thankfully, the voucher plan did not pass the Texas House.

Vouchers are a distraction at best. At worst they drain funds and support from the public schools that serve the vast majority of our kids. We don't need vouchers to "save" a few students from failing schools; we need to fund public schools adequately, so they are not failing.

Unfortunately, Governor Greg Abbott does not understand that. He called four special sessions of the Texas Legislature last year because he is determined to pass a voucher plan. Governor Abbott's support may make it seem like vouchers are a partisan issue, but they are not. Plenty of Republicans in the Texas House voted against vouchers - that's why Abbott's plan failed to pass. People from both parties understand that vouchers benefit only a few students at best. We need to focus on funding our public schools that benefit ALL kids. We must vote for candidates who will vote NO on vouchers or who will at least insist that we fully fund our pub-

lic schools before we even consider funding vouchers.

DO THEY FOCUS ON REAL CONCERNS OR SCARE TACTICS?

Think about the educators you know. Chances are, they are working extremely hard to help their students learn the subject matter at hand, to develop critical thinking skills, to find their place in the world, and to grow into good citizens and good people. They are not "indoctrinating children into radical, leftist ideology" or "hyper-sexualizing" our children. This kind of language is a scare tactic that some politicians use to keep voters worried, angry and agitated. In almost every single case it is simply not true. Public schools face some serious challenges, no doubt. Finding enough qualified teachers, supporting vulnerable students, managing behavior challenges – these are real concerns. We need legislators who understand real concerns -- not politicians who are using scary talk to stir up unproductive and unfounded fear and anger.

SO HOW DO THE CANDIDATES WHO WILL BE ON OUR BALLOTS IN NOVEMBER STACK UP?

Texas House District 13 - Represents most of East Waco and several surrounding counties.

Candidates: Albert Hunter vs. Angelia Orr

Current evaluation: Albert Hunter looks better for public schools.

Here's why:

Funding - Both of these candidates say they support public schools and say they would support better funding. Evaluation: No difference

Vouchers – Hunter says he would vote NO on vouchers. Orr (the incumbent) voted NO on vouchers until the last vote in the fourth special session, when she flipped and voted on the pro-voucher side. Orr is endorsed by Greg Abbott, and he surely would not have endorsed her unless he was sure he would get her vote for his voucher plan. Evaluation: Hunter is better for public schools.

Real concerns/Scare tactics – Hunter is a retired math teacher. He has first-hand experience of the real concerns facing public schools. Here is a quote from Orr's website, "Radical leftist ideologies seeking to indoctrinate our children serve no function other than to distract and confuse our kids when they should be learning. Angelia will keep these radi-

Linda McDonald
REALTOR®
CRS, GRI, PMN, SRS

*Integrity, Trust,
Experience*

**COLDWELL BANKER
APEX, REALTORS®**
18 OFFICES SERVING TEXAS

CELL: (254) 855-1717
LINDAMCDONALDREALTOR@GMAIL.COM
LMCDONALD@CBWACO.COM

BROKEN SILENCE
Books & Publications

WWW.BROKENSILENCEBOOKS.COM

PHONE: 254.458.9254
FACEBOOK: Wanda Gunter
E-MAIL: wbgunter@hotmail.com

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

WANDA B. GUNTER

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

WALTER MAE HARRIS KING, CHILD PRODIGY, NATURAL BORN TEACHER

When Walter Mae was in the fifth grade at Axtell Elementary School, she started teaching. She was taken out of her classes to help the first, second, and third grade students with reading and math. One day the principal asked her to teach the primary students for two days because their teacher was attending a meeting in Austin. She followed the daily routines of the lessons, teaching a science lesson on vegetables. At the end of the lesson, she provided the students with a culminating activity about what they learned about vegetables. The students drew their favorite vegetable, colored it, and wrote a sentence about their vegetables. She displayed each student's vegetable activity around the room.

When their teacher returned, she was very pleased with their behavior and work. She told her that she would make an excellent teacher.

That was the beginning of Walter Mae King's teaching career. She was a natural. In elementary and high school, she was eager to help the students diagram sentences and solve math problems. She



WALTER MAE HARRIS KING

graduated from Dunbar High School in West, Texas in 1963, Valedictorian of the class. King received many HBCU scholarships and a scholarship to the University of Texas. She attended Texas Southern University in Houston, Texas, majoring in elementary education with a minor in mathematics.

Her advisor encouraged her to take 6 hours of graduate courses in her junior year to complete 30 hours of math. After getting her bachelor's in 1968, she went on to get her master's at William Carey University, Hattiesburg, Missis-

sippi, in 1977. Additionally, she received other credentials in Curriculum and Instruction from Xavier University in New Orleans, Louisiana, and in mathematics and biology, from Loyola University.

King's career as an educator covers a span of more than 45 years. She has taught in Brownsville Independent School District, Chicago Public Schools, Hattiesburg Public Schools, Hattiesburg, Ms., Archdiocese Catholic Private Schools, New Orleans Public Schools, and Waco Independent School District.

During her teaching career, she received many achievements and honors. Just to name a few, they include Teacher of the Year, 1968, and Outstanding Math Teacher Award, 1999. King also received a plaque for two years for having high LEAP scores and mentored and assessed First Year Teachers. King was a math consultant for Andrew Middle School and taught with two professors from Dillard University and Loyola University.

A motivational speaker, King is the daughter of Robert Lee Harris and Ruth Edwards Harris.

CREATING A MEDITATION SPACE IN YOUR HOME

**SUBMITTED BY
LINDA MCDONALD**

A meditation space in your home provides a sanctuary for relaxation and mental clarity. Here are some tips to help you create your own serene experience. Find peace and quiet. Begin by selecting a calm area where you can retreat without interruptions. This space doesn't need to be large; a corner of a room, an alcove or even a closet can suffice. Minimize distractions. Remove clutter and unnecessary items to create a sense of calm and simplicity. Soft lighting is essential; consider using candles or string lights. Natural light is also beneficial, so position your space near a window if possible.

Make it comfortable. Add a plush cushion, yoga mat or a comfortable chair for your meditation sessions. Use soft fabrics and textures to enhance the coziness of the space. Embrace nature. Incorporate natural elements to connect with nature and promote tranquility. Plants, stones or a small water fountain can create a soothing atmosphere. Bring in soothing



LINDA MCDONALD

scents. Consider incorporating calming smells with essential oils, incense or candles. Lavender, sandalwood and chamomile are excellent choices for promoting relaxation.

If you're considering selling or have any questions, I'm here to help! Send me a message and let's chat! 254 855-1717 or lindamcdonald-realtor@gmail.com Real estate transactions are complicated. A Texas REALTOR® will help you with the following steps and much. *Linda McDonald, CRS, GRI, PMN, SRES, TRLP; 254 855-1717.*



You deserve

affordable legal and identity theft protection.

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

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

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



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

WHY DO PEOPLE NEED LEGALSHIELD

BY J.L. CRAWFORD,
LEGALSHIELD,
SENIOR MANAGER

LegalShield offers a range of benefits that make it a valuable service for many people. Here are some key reasons why people

might need LegalShield:

Affordable Legal Access: Legal services can be expensive, often costing hundreds of dollars per hour. LegalShield provides access to legal advice and services for a small monthly fee, making it more affordable for individuals and families.

Wide Range of Legal Services: LegalShield covers a variety of legal issues, including real estate transactions, will preparation, traffic violations, and family law matters. This means you can get help with many common legal problems without incurring additional costs.

24/7 Legal Assistance: Legal issues can arise at any time. LegalShield offers 24/7 access to legal advice for covered emergencies, ensuring you have support when you need it most.

Experienced Lawyers: LegalShield connects members with experienced lawyers who have an average of 22 years of experience. This ensures that you receive knowledgeable and reliable legal



J.L. CRAWFORD

galShield connects members with experienced lawyers who have an average of 22 years of experience. This ensures that you receive knowledgeable and reliable legal

advice.

Peace of Mind: Knowing that you have access to legal help whenever you need it can provide significant peace of mind. Whether it's a minor issue or a more serious legal matter, having LegalShield means you don't have to navigate it alone.

Cost Savings: By paying a monthly fee, you can avoid the high costs associated with hiring a lawyer for each individual issue. This can result in substantial savings over time.

Overall, LegalShield aims to make legal services more accessible and affordable, helping people handle legal matters with confidence and ease.

Choose LegalShield to have the support you need for all of life's legal challenges. We can help you live more and worry less. Call me to get started today. 254-717-4927.

DeAndrea S. Petty
Attorney At Law

Law Office of DeAndrea Petty
Criminal, Family & Juvenile Law

254.640.6829 | 1701 Columbus Ave. | Waco, Texas 76701
Email: attorneydpetty@yahoo.com
<https://deandrapetty.wixsite.com/attorneydpetty>

Justice Is Just The Petty Way



REALITY THERAPY SEMINAR

WACO, TEXAS

Classes are Conducted through Zoom

You will learn:

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

Who will benefit:

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



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

Conducted under the auspices of
Glasser Institute for Choice Theory

THE ECONOMIC OPPORTUNITIES ADVANCEMENT CORPORATION OF PLANNING

Region XI Head Start/ Early Head Start announces the sponsorship of the Child Care Food Program. All children attending Head Start / Early Head Start will be offered the same free meals and will not be discriminating based on race, color, national origin, sex, religion, gender identity (including gender expression), sexual orientation, disability, age, marital status, fam-



*"We didn't know if you'd be a n****r or what."*

My journey in...

Black
White
&
Blue

AVAILABLE ON AMAZON!

Rev. Dr. Richard L. Blanton (Chaplain, LtCol, USAF Ret.)
A riveting account of toiling and transcending!

ily/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

WILLIAMS
CONTINUED FROM PAGE 1

to helping others and enjoys giving back to the community. She plans to continue being a lifelong learner by pursuing a doctorate degree in education, becoming a published author, and doing her part to promote literacy and volunteerism for years to come.

EMPTY YOUR CARRY-ON BAGS

BY EVANGELIST FAN MINNITT, FORMER KILLEEN PRINCIPAL

Urgent note: Always First Put on Your Oxygen Mask

Say the Action Thoughts #1 & #2 out loud! Believe it and receive, and let's Become the Force Behind Your Faith!

Action Thought #3: I bind and dismiss old patterns that hinder my life, NOW!

Action Thought #4: I lose that which is good for my life, NOW

This is one of my timeless secrets shared in my latest book, "It's Not About Reinventing Yourself, It's All About Starting New Patterns".

#1 This is an overlooked, timeless secret that is a critical part of life. The reason: if you do not address the following issues, it will be very difficult to have peace or understanding while moving through this gift called LIFE: EMPTY YOUR CARRY-ON BAGS: if you want a change of mind and want to understand where you stand regarding some things in life, move forward and reinvent yourself and start new patterns, you must empty your carry-on bags. What you carry-on affects your patterns. Are you with me? Old patterns. New patterns will help you to reinvent yourself the right way



FAN MINNITT

in business, your spiritual journey, mindset, relationships, how you view yourself, and so many other things, such as the things that inspired me to write "It's Not About Reinventing Yourself, It's All About Starting New Patterns".

Let's identify some of the things you carry on year after year and, for some a lifetime, hindering or slowing down your visions/dreams. Do you know how many people go to their graves never fulfilling their dreams?

For instance, you may have to empty these things out of your carry-on bags. The imposter syndrome, church hurt, procrastination, unforgiving, disrespect for the gift of time, use to be, start-

ing and stopping, not investing in your patterns/habits, neglecting commitments, setting goals without developing systems to manifest your goals. You and I could create an even longer list, but this is a good start

Carry-on bags? — Oftentimes, we carry-on baggage year after year. You cannot reinvent yourself with old patterns and habits. It's time that you empty your carry-on bags. Not until you empty those old patterns out of your carry-on bags will you enjoy the happy life that you deserve. Today, start eliminating old patterns and habits into new jobs, into the way you think, how you handle your business, into new relationships, and how you manage home. Are you with me? Learn to empty the carry-on bag as soon as you reach "Destination New Thing"

Here are a few things to help you get started.

Stop listening to the voice that's always telling you that you are not good enough; you can't do it, you are too old, you are too young, you are not like her/him, you didn't finish school, they are privileged, I am broke, I am tired, I tried this too many times and failed, Stop it! Every time that voice rises in your mind, immediately grab it, then replace it. Just Have Faith and Keep It Moving.

THORNTON

CONTINUED FROM PAGE 2

Thank you, Linda and J.L. Crawford, for keeping us informed, for helping us to get to know each other, for inspiring us!

Now it's our turn to help!

What many readers of *The Anchor News* may not know is that the Crawfords subsidize the cost of this wonderful benefit to the community. They personally pay for whatever the advertising revenue does not cover. Now that they are retired, however, it's up to us to help fill in the gaps in funding.

To help cover the monthly expenses of publishing *The Anchor News*, the Crawfords invite the community to join *The Anchor Club*, a group of community-minded folks who believe in the importance of consistent, high quality, community news — people like you and me who believe in the value of sharing our common story. You can join *The Anchor Club* by contributing a monthly spon-

sorship gift of \$10 or more. If 400 people agree to contribute \$10 a month, *The Anchor News* can continue to fulfill its important role in our community. Without financial support, we will lose this crucial resource. I think we can all agree, we must not let that happen.

I have joined *The Anchor Club*. I am glad to send in my monthly sponsorship. I am grateful to the Crawfords for their hard work, and I am glad to have this opportunity to join them in investing in our community!

Sincerely,

Ashley Bean Thornton

You can join *The Anchor Club* via CashApp (\$Linda-MasonCrawford) or PayPal or credit card at www.theanchornews.org (Click DONATE) or by sending a check or money order to: *The Anchor News*, P.O. Box 24014, Waco, TX 76702. Sponsors name or business will appear on the Friends of the Anchor Club page.

ADVERTISE TODAY!

Hillcrest Chiropractic Clinic

NEW PATIENT SPECIAL

\$125

- Consultation
- Examination
- X-ray
- Report of Findings
- Neuro Scan
- Full Adjustment

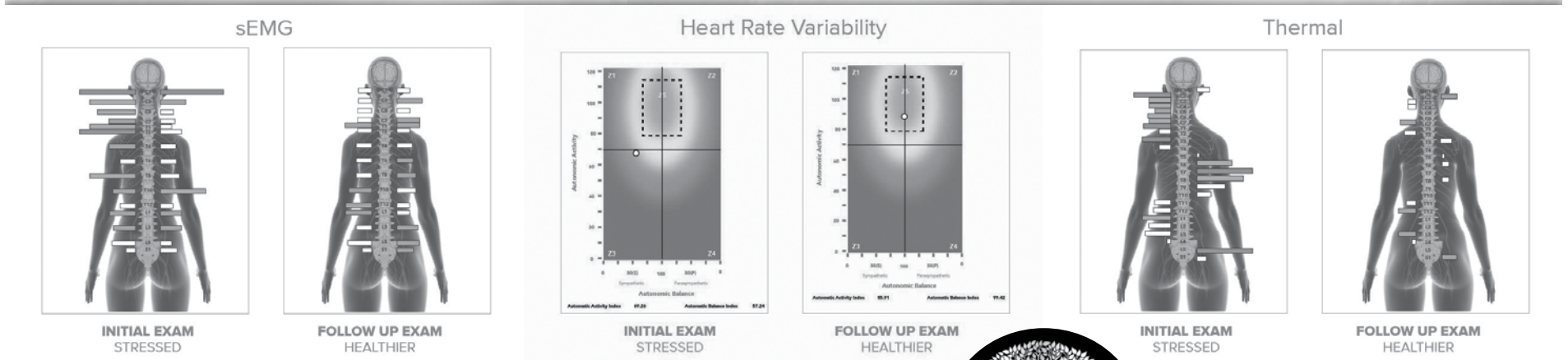
All patients, all locations...ask about the

PAIN MANAGEMENT/ MEMORY LOSS PROGRAM

Call (254) 315-5567!

Dr. Shamonica
Trunell, D.C.

Doctor of Chiropractic



PHI DELTA KAPPA AWARDS 2024 SCHOLARSHIPS

The Gamma Upsilon Chapter Scholarship of the National 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 El-

ementary, 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) Certification. 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 pre-

pare 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."

HOW TO AVOID SCAMS & SCHEMES –PART 2

BY MARGARET IVORY

Continued from the June issue of The Anchor News.

4. Social Media Scams

Social media scams use platforms like Facebook, Instagram, and Twitter to deceive users. Scammers may create fake profiles, run fraudulent ads, or send direct messages offering unbelievable deals, fake giveaways, or requests for personal information.

Be cautious of friend requests and messages from unknown individuals. Verify profiles before engaging.

Be Skeptical of Ads: Research companies and products advertised on social media before making purchases.

Protect Personal Information: Avoid sharing personal information publicly and adjust privacy settings to limit who can see your posts.

Report Suspicious Activity: Report fake profiles, suspicious messages, and fraudu-



MARGARET IVORY

lent ads to the platform.

5. Tech Support Scams

Tech support scams involve fraudsters posing as technical support representatives from well-known companies. They often claim your computer has a virus or issue that needs immediate attention and direct you to download software or provide remote access, leading

to data theft or financial loss.

Be Skeptical of Unsolicited Calls: Legitimate tech support companies do not make unsolicited calls.

Do Not Grant Remote Access: Never allow remote access to your computer unless you are certain of the person's identity and legitimacy.

Verify Claims: If contacted about a technical issue, hang up and contact the company directly using a verified number.

Install Security Software: Keep your computer's antivirus and security software updated.

Remember to stay vigilant, verify sources, and use caution when sharing personal information or making transactions. Educating yourself and others about these dangers is a powerful step toward fostering a safer and more secure environment for everyone.

Are you turning 65 soon? If so, call me. Margaret Ivory at 254-313-7413.

ametex
ROOFING & HOME
IMPROVEMENT

www.ametexroofing.com
info@ametexroofing.com

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

Castle Heights Bijoux
Event Center

WEDDINGS | REHEARSAL DINNERS
REUNIONS | PARTIES

INCLUDED IN RENTAL:
Caterer's Kitchen | Tables & Chiavari Chairs
Unlimited Nugget Ice | Packages Available

For reservations call (254) 498-1015 or (254) 498-3770
2500 Washington Avenue | Waco, Texas
www.castleheightsbijoux.com

**ADVERTISE IN
THE ANCHOR!**

CALL 715-8943 TODAY!

CERISE FRANKLIN RECEIVES HER MASTER’S IN EDUCATIONAL LEADERSHIP

As a single parent to her daughter, Cambrie, Cerise Franklin balanced motherhood with her professional responsibilities, finding strength in their bond. During this time, she met Edward Rhodes, her supportive fiancé, who encouraged her to pursue her dreams. With Rhodes’s support, Franklin embarked on the journey to earn her Master of Education in Educational Leadership.

Franklin’s journey to her Master of Education in Educational Leadership is a tale of perseverance and dedication, underscored by a commitment to personal and professional growth. Born in Waco, Texas, Franklin was influenced by her mother, Mary D. Franklin, who instilled values of resilience and the importance of education. Growing up with her sister, Felecia, Franklin embraced hard work and determination, excelling academically, and driven by a passion for learning and making a positive impact on others.

Franklin graduated from Paul Quinn College with a Bachelor of Science in el-



CERISE FRANKLIN

ementary education, setting the stage for her future career. She began her career at Alta Vista Elementary in the Waco Independent School District, dedicating 24 years to nurturing a love for learning in her students. Her career spanned various districts, including Rosebud-Lott, Connally, Mexia, and Marlin ISDs, where she made an impact on countless lives. After 34 years, she retired from Mexia ISD, only to return to Marlin, driven by her passion for education.

Determined to effect positive change in education, Franklin dedicated herself to her studies in her graduate program, exploring the complexities of educational leadership. Through rigorous coursework and mentorship from esteemed faculty, she honed her leadership skills and deepened her understanding of new educational challenges.

On May 3, 2024, Franklin graduated with her Master of Education in Educational Leadership from Schreiner University in Kerrville, Texas. She stands poised to embark on a new chapter defined by leadership, innovation, and a steadfast commitment to enriching the lives of students and educators.

Franklin is an active member of Pleasant Olive Missionary Baptist Church, a Life member of the National Sorority of Phi Delta Kappa, Inc., Gamma Upsilon chapter, and a Diamond Life member of Delta Sigma Theta Sorority Inc., Waco Alumnae Chapter. Her life is a testament to service and leadership.

MEDICARE MADE EASY



Turning 65 Soon?

Want to Evaluate Your Group Plan versus a Medicare Plan?

UnitedHealthcare and Humana Plans are both available.

Margaret Ivory - Broker
254-313-7413

[New Phone Number]

The Word of Life
CHRISTIAN CHURCH

WWW.THEWORDOFLIFEWACO.COM

Worship Service
Sunday at 10 a.m.

Bible Study
Wednesday at 7 p.m.

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



YOUR BUSINESS IS OUR BUSINESS



BUILDING BRIDGES WITH
ENTREPRENEURS ACROSS WACO

McGregor
401 S. Main St.

South Bosque
27000 W. Hwy. 84

Triangle Tower
510 N. Valley Mills Dr.

Downtown Waco
901 S. 8th St.

East Waco
715 Elm Ave.



Your Bank for Life
Since 1889

tfnbt.com
Tel: 254-840-2836



LESSONS TO LEARN

BY JERRY SNIDER

With the Olympics happening this summer, I'm reminded of the amount of life lessons we can learn from athletic performances. Perseverance may be the most important lesson we can gain from watching these athletes who train for years for an opportunity to represent their country during a small two week window every four years.

While a very small percentage of the population become Olympic athletes, we all can practice a little more perseverance with our health and wellness. We all know people

(if not ourselves) who try to make healthy life changes and give up after just a few short weeks. A major donut chain has even tracked a drop in their sales from January 1st each year through January 21st, at which point sales return to normal. That signifies the short term commitment that so many people make to New Year's resolutions.

Why is it so difficult for the average person to stick to a healthy lifestyle but yet potential Olympians continue to show up for training day after day for years, even when they know they have a slim



JERRY SNIDER
chance of earning a medal. Many train relentlessly simply

for the opportunity to be called an Olympian.

I think one of the biggest differences is the athlete knows the opportunity only comes around every four years. They have a small window to succeed in that is deadline driven. Once the opportunity is gone, they must wait four more years to try again.

Our health is not typically that deadline driven until we have a major health event. We can go years if not decades without noticing how much our health is declining until one day we wake up and our pants don't fit anymore, we can't seem to walk up stairs without breathing heavily, or we can't sleep solidly through the night.

The athletes persevere through injuries and long training cycles without competitions, focused on doing the little things that they know will pay off in years to come. Most of us give up on or postpone our health goals when we hit obstacles. Whether it's the donuts in the breakroom at work, the weather that makes it harder to get to the gym, that no

one else in the house is trying to be healthy, or healthy food seems too expensive, there is always something that can be found to knock us off our healthy lifestyle.

What we can do is persevere past these obstacles when they show up. Every Olympian makes little mistakes along the way but they adjust and overcome. When we fall off track with our health we simply need to adjust and overcome instead of giving up. If every athlete training for the Olympics gave up when an obstacle got in the way of their training, there would be no Olympics.

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

Jerry Snider is an exercise physiologist, health coach, and owner of All In Health and Wellness. He has authored two books available on Amazon: No More Sugar Coating and Confidence Through Health, and is the host of the podcast Confidence Through Health. Visit www.allinhealthandwellness.com to learn more about Jerry Snider.



You only live once. That's worth protecting.

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

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

 **State Farm®**

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

Temple of Christ — C H U R C H —

MATTHEW REED MINISTRIES, INC.
1710 Monte Vista • Waco, TX 76777 • (254) 753-0772



Church Services

SUNDAY SCHOOL
10:00 a.m.

MORNING WORSHIP
11:15 a.m.

SUNDAY EVENING
6:00 p.m.

MONDAY BIBLE STUDY
7:00 – 8:30 p.m.

WEDNESDAY PRAYER WORSHIP
7:00 p.m.

Pastor Matthew Reed and wife, Helen

HENRY | CONTINUED FROM PAGE 1

Anchor News will cease publication in December.

As the sole newspaper publishing positive stories about Af-

rican American life in Waco, *The Anchor News* is highly deserving of the community's financial support. That's why I, for

one, refuse to let another African American newspaper go under for lack of support. For the cost of two Happy Meals or

two Starbucks coffees a month, we can keep *The Anchor News* alive in print. I have already joined *The Anchor Club*. I invite

you to join me in supporting this worthy cause.

Sincerely,
Dr. Peaches Henry

FRIENDS of THE ANCHOR Club!

A BIG THANKS TO THESE INDIVIDUALS AND BUSINESSES FOR DONATING TO HELP KEEP THE ANCHOR NEWS ON THE SHELVES EACH MONTH!

- Pastor Darrell & Jackie Abercrombie
- Dr. Chidi and Dr. Allison Achilefu
- Pastors Richard & Sandra Allen
- Misti Anderson, Anderson Candle Decor
- Ray Austin
- Councilwoman Andrea Barefield
- J. Michael Beard
- Pastor Sabrina Beck
- Kay Bell, Passion Garden
- Dwayne & Marilyn Banks, Marilyn's Gift Gallery
- Pastor Dr. Mary Bethel
- Anthony & Sharon Betters
- Tashita Bibles
- Grace Manning Blackwell
- Dr. Cheryl D. Bohde
- Essie Brooks
- Jacki L. Brown
- Nathaniel & Rolanda Burns
- Professor John E & Dr. Joyce Thomas-Campbell, Life Cathedral
- Kim Carr
- Melvin & Lisa Carter
- Janet Cheeves, Christian Brothers Moving Service
- Mrs. C. Coleman-DeVault
- Gil Collins-Heflin, GG's Flower Hut, LLC
- Rick & Sue Connor
- Teresa Courtney, Over the Top Creations
- Larry & Lovie Cuffee
- Robert Cummings
- LaTonya Curl
- Jeremy and Courtney Davis
- Pastor Timothy & Lisa Drake
- Dr. Rodney L. Duckett, Founder IMPAC OUT-REACH
- Mona Dunkin, Faculty, Glasser Inst. of Choice Theory
- Congressman & Mrs. Chet Edwards
- Lexi English
- Author Mary Evans
- Suzan Falkner, DBA Scrumptious Quisine
- Cerise Franklin
- Bishop Lonnie & Gail Garrett
- Rotunda Goldsberry
- Regina Green
- Keith & Tracy Guillory, LITWaco
- Dexter Hall
- Pastor Nelson & Tina Henley
- Sherry Harris
- Dr. George and Min. Marva Harrison
- Dr. Peaches Henry, President, Waco NAACP
- Dr. Sandra L.M. Henry, Especially for You by Joslin & Associates
- Dr. Jimmy D. & Dr. Pamela Hytchie-Hunter
- Dr. Patricia Iglehart, JUST AS I AM MINISTRIES, INC.
- Brenda Johnson, RN
- Mrs. Erica C. Johnson
- LaKechia Johnson
- Lenoy & LaJuana Jones
- Doris Jordan & Floyd's Audio Capitol
- Ms. Evelyn Jordan
- Lovie & Henrietta Langston
- Shirley M. Langston
- Author Brenda Lee
- Dr. Tyrha Lindsey Warren, Lindsey & Assoc. International Communications
- Pat London, Insurors of TX Insurance Agent
- KeSha Lopez
- Dr. Carol A. Lowe
- The Malones
- Gloria Mann
- Norman Manning
- Lisa Martin, Realtor, Better Homes & Garden Real Estate, Edwards & Assoc.
- Janice Matthews
- Dave McCarroll & Linda Dulin
- Jara McCoy
- Orva McCoy, 2Pickle'd Gourmet Flavored Pickles
- Ruby H. McCray
- Linda McDonald, Realtor, Coldwell Banker Apex
- Lois McDowell, McDowell Funeral Home, LLC
- Iris Miles
- Robert Miller
- Apostle Fanny Minnitt, Author, Speaker, Media, Veteran
- Mia Moody-Ramirez, Ph.D.
- John & Marcia Neal, Sascee's
- Cheryl Nichols
- Dr. & Mrs. Ofobuike Okani
- Pastor Carl Oliver, Pleasant Olive Baptist Church. Malone, TX
- Rev. & Mrs. CJ Oliver
- R.E. Pate & Family
- Pastor Annise Payne
- Dr. Scheherazade Perkins
- Attorney DeAndrea Petty
- Michael, Jocelyn, & Jessica Pierce
- Doreen Ravenscroft
- Syrenthia Tillman Rice
- Anita Rice, Motions
- Chuck & Lucille Scarborough
- Aida Scott
- Dr. Arvis Scott
- Attorney Erin Shank
- Lowanda Sias
- Pastor Waylon Sias, Sr.
- Viviana Smith
- Toria Smith-Loughridge
- Susie Snell
- Pastor Carlton and Joyce Stimpson
- Bobby & Rosemarie Tatum
- Temple of Christ
- Gloria Thomas
- Stephanie Tolbert, Fluff, Wash & Fold
- Dr. Shamonica Trunell, Hillcrest Chiropractic
- Rodrick & Alta Vann
- Gus & Mayra Vargas
- Mary Nell Wagner
- Marcus Ward, General Sales Manager, Mike Terry Ford
- Lisa Ware
- Kathy Washington
- Evangelist Larrye D. Weaver, Good Samaritan Missionary Baptist Church
- Linda Weaver, Franklin Signature Properties
- Dr. Tim & Jo Welter
- Shenequa Williams
- Debra Wilson
- Marian Wilson
- Dr. Cynthia Wise
- Pastor Jovaster & Darlene Witcher
- Dr. Frances Worthey
- Don Wright
- Patricia Young

You can join The Anchor Club via CashApp (\$LindaMasonCrawford), by PayPal or credit card at www.theanchornews.org (click DONATE), or by sending a check or money order to: The Anchor News, P.O. Box 24014, Waco, TX 76702. Sponsors' name or business will appear on the Friends of the Anchor Club page.

Business DIRECTORY

RASHAD
"Chip" Davis
THE GOLDEN SHEAR

HOURS:
 Tuesday - Friday, 10-6
 Saturday, 8-3
 By appointment only

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

511 N. Hewitt Dr. • 254.300.4155

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

COLDWELL BANKER
APEX, REALTORS®
 18 OFFICES SERVING TEXAS

CELL: (254) 855-1717
 LINDAMCDONALDREALTOR@GMAIL.COM
 LMCDONALD@CBWACO.COM

ELIMINATING EXTREMES OF WEALTH AND POVERTY

BY MICHAEL JONES

"O CHILDREN OF DUST! Tell the rich of the midnight sighing of the poor, lest heedlessness lead them into the path of destruction, and deprive them of the Tree of Wealth. To give and to be generous are attributes of Mine; well is it with him that adorneth himself with My virtues." -- *Bahá'u'lláh, The Hidden Words.*

Any mindful person who has ever visited a Native American reservation or the poorest areas of the American south is aware of the terrible effects of desperate poverty and demoralization on human beings. Fully half of the world's 75 poorest countries are experiencing a widening income gap with the wealthiest economies for the first time this century, according to a World Bank report. Furthermore, a mere 100 individuals control more wealth than the billions of the world's peoples living in dire poverty and misery.

Obviously, any solution to the world's present economic crisis will require profound changes of heart and mind on the part of every world citizen. From the Bahá'í perspective, the prevailing assumptions



MICHAEL JONES

about what has become widely acceptable, especially in the West, reflect a profound error of conception about human nature itself. 'Abdu'l-Bahá, son of the Founder of our Faith, wrote that "The fundamentals of the whole economic condition are divine in nature and are associated with the world of the heart and spirit. The disease which afflicts the body politic is lack of love and absence of altruism." This is not a unique idea. Literally every major world religion has exhorted its adherents to love one's neighbor --well beyond paying mere lip service.

That means that the human and material resources at our disposal must be used for the long-term good of all, not for the short-term advantage of a few. This can be done only if cooperation and collaboration become the lodestones of organized global economic activity.

All levels of income should be established within absolute limits. There must be, on the one hand, a minimum income level that meets the basic needs of human well-being and of which all are assured. On the other hand, there should be an absolute maximum income level that would prevent extreme accumulations of wealth.

'Abdu'l-Bahá says that cooperation gives life to society just as the life of an organism is maintained by the cooperation and collaboration of the various elements of which it is composed: "...the base of life is this mutual aid and helpfulness ...The more the world aspires to civilization the more this important matter of cooperation becomes manifest."

To learn more, please visit our local Bahá'í website at www.wacobahais.net or the global information site at bahai.org/beliefs.

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

Marilyn's
Gift Gallery

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

New
fashions
arriving!

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



Owners
 Dwayne &
 Marilyn Banks

ONCE SAVED, ALWAYS SAVED...MYTH, OR TRUTH? PART 8

BY EVANGELIST
RUBY MCCRAY

Continued from the June issue of The Anchor News. To find previous articles about other subjects, please go to 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 of John, Chapter 3, Verses 1 through 31. You'll find a clearer explanation in Part 2 of this series.

I thought I had finished this series, but Holy Spirit impressed upon my heart to mention two more Scripture passages.

Christianity has been watered down so much that it's very difficult to recognize that Jesus Christ has anything to do with it, although one can see "Christ" in the word, Christianity. People think that they can continue living their immoral lives and still go to Heaven. That's not true!

It's sad to say, but many of the pastors and leaders of the church are living so immorally that sinners have no model to copy, and that's just what the devil wants. He has convinced many that they are eternally secure, and can NEVER be lost, although they live like him.

Precious people, that's why we MUST study the Bible for ourselves so that we will be able to tell the difference between holy and unholy. Paul said, "Imitate me, just as I also imitate Christ." 1 Corinthians 11:1 NKJV Let's see what the Bible has to say about this.

"But some of these branches from Abraham's tree—some of the people of Israel—have been broken off. And you Gentiles, who were branches from a wild olive tree, have been grafted in. So now, you also receive the blessings God has promised Abraham and his children, sharing in the rich nourishment from the root of God's special olive tree. But you must not brag about being grafted in to replace the branches that were broken off. You are just a branch, not the root.

"Well, you may say, 'those branches were broken off to make room for me.' Yes, but remember—those branches were broken off because they didn't believe in Christ, and you are there because you do believe. So don't think highly of yourself, but fear what could happen. For if God did not spare the original branches, he won't spare you either.

"Notice how God is both kind and severe. He is severe toward those who disobeyed, but kind to you if you CONTINUE to trust in his kindness. But if you STOP trusting, you also will be cut off. And if the people of Israel turn from their un-



EVG. RUBY MCCRAY

belief, they will be grafted in again, for God has the power to graft them back into the tree. You, by nature were a branch cut from a wild olive tree. So, if God was willing to do something contrary to nature by grafting you into his cultivated tree, he will be far more eager to graft the original branches back into the tree where they belong." Romans 11:17-24. Please read the entire Chapter for a better understanding.

Lucifer and one-third of the angels rebelled against God while living in heaven. Michael and two-thirds of the angles went to war against them, angels prevailed and they were cast out of heaven. Can one truly say that they never lived in heaven? Isaiah 14:12-15; Ezekiel 28:14-19

"So, I want to remind you, though you already know these things, that Jesus first rescued the nation of Israel from Egypt, but later he destroyed those who did not remain faithful. And I remind you of the angels who did not stay within the limits of authority God gave them but left the place where they belonged. God has kept them securely chained in prison of darkness waiting for the great day of judgment. And don't

forget Sodom and Gomorrah and their neighboring towns, which were filled with immorality and every kind of sexual perversion. Those cities were destroyed by fire and serve as a warning of the eternal fire of God's judgment.

"In the same way, these people—who claim authority from their dreams—live immoral lives, defy authority, and scoff at supernatural beings. But even Michael, one of the mightiest of the angels, did not dare accuse the devil of blasphemy, but simply said, 'The Lord rebuke you!' (This took place when Michael was arguing with the devil about Mo-

ses' body.) But these people scoff at things they do not understand. Like unthinking animals, they do whatever their instincts tell them, and so they bring about their own destruction. What sorrow awaits them! For they follow in the footsteps of Cain, who killed his brother. Like Balaam, they deceive people for money. And like Korah, they perish in their rebellion. Jude 5-11

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

JUSTIFICATION

BY PASTOR MATTHEW REED

There are three scriptures in the Bible that speak of justification. These scriptures are found in Romans. Romans 4:25 says, "...Who was delivered for our offenses and was raised again for our justification. Then, Romans 5:16 says "... not as it was by one that sinned, so is the gift: for the judgment was by one to condemnation, but the free gift is of many offenses unto justification. Romans 5:18 says, *Therefore as by the offense of one judgment came upon all men to condemnation; even so by the righteousness of one the free gift came upon all men unto justification of life.*

God is a just God and will not do anything that is not justifiable. So this is the message: receive Jesus Christ as Your Lord and Savior; be a doer (obey) of his word. Your obedience



PASTOR MATTHEW
AND LADY HELEN REED

is yours and God's Justification. All promises of God, healing, delivering you out of the hands of your enemies, etc. depend on God's Justification. Obey God's word so that God may be Justified in blessing you. Remember God is a Just God.



To give and to be generous are attributes of Mine; well is it with him that adorneth himself with My virtues.

— Bahá'u'lláh

Bahá'í Faith

Join us for Devotions

Sunday, August 11, 10AM

2500 Bosque Blvd. (at 25th Street)

To learn more, call (254) 717-7903

or visit wacobaicenter.org



bahai.org/bellefs/

NO MORE
SUGAR
COATING

Finding Your Happiness in a Crowded World



JERRY SNIDER

All In HEALTH AND WELLNESS

CONFIDENCE
THROUGH
HEALTH

Live the Healthy Lifestyle God Designed



Transformation Starts Here

Gain Confidence

Build a Healthier Body

Enjoy a Happier Life

For Adults

- Nutrition Guidance
- Exercise Prescriptions
- Weekly Coaching Sessions

For Athletes

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

www.allinhealthandwellness.com

THE ANCHOR HOLDS

Few people are brave enough to explore the unknown or challenge the difficult. God chose to leave poetry unwritten, cities unbuilt, innovations unfounded, and space unexplored so that we, you and I, might participate in the act of creation. Scary though it may be, calling bids us to step from the comfortably known into the tumultuous unknown.

Such is the example of Linda Mason Crawford and twenty-two years of *The Anchor News*. To have a dream and see it manifest. To be a role model.

I define synergy as "all of us are smarter than any of us." We need community; each bringing his gifts, talents, and life experiences to the table makes for a wonderful blending of insights – some right on, some a little off key.

The Word of God is inexhaustible, and the depth of its meaning will never be mined this side of eternity. It is a living Word that gives new meaning to life as we grow. Each one has something poignant, different, a relevant slant not previously considered---which brings me to ponder over the words "Anchor" and "Armor."

Anchor is a mainstay, a support against a raging sea. The ship may be battered, and sails torn, yet the Anchor is "stayed," a nautical term meaning "to hold



MONA DUNKIN

the mast upright in the worst of storms."

Armor is protective paraphernalia. In the late 70's, I attended different Bible studies, but every one of them seemed to be about "putting on the Armor of God." When yet another teacher began with Ephesians 6, my response was "All right, all ready, enough, enough. I know. I know." Only I did not know. They were all the same, yet different.

Through prayer and meditation, God has given me additional insights into wearing the armor of God. Mainly, that it is not to be something we take off and put on like a warrior going into bat-

tle, and then relaxing in a favorite pair of pajamas. It is to be something we become comfortable in and wear continually as an exoskeleton. It is something we live in; we dwell in.

Left to our own devices, humanity is thin-skinned and hard-hearted. The thin skin causes us to be easily offended and the hard heart results in scorning the offender. The Apostle John said, "The Word became flesh and moved into the neighborhood." God, as Jesus, became flesh and blood and lived on planet Earth as a human being. Every word he spoke was from the Father and was life-giving bread.

It is through eating the strength-giving word-bread of God that we supernaturally take effective control of our thoughts, actions, and emotions. Through allowing the Word of God to become flesh within us – letting the armor become an exoskeleton – the supernatural transformation is that we can become thick-skinned and tender-hearted. The thick skin allows slights to fall off without penetration, and the tender heart has godly compassion toward the offender. "Father, forgive them, they do not know what they are doing". This prayer was not only for the crucifiers but also for me and for you.

ADVERTISE
Call Linda at
(254) 715-8943 today! *here!*

RASHAD "Chip" Davis

— Barber on Duty at —

The Golden Shear

HOURS:

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

- By Appointment Only -

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



511 N. Hewitt Dr. • 254.300.4155

ETJ Life Coaching

ENJOY THE JOURNEY

ETJ PREPAID PACKAGES:

One 1-hour session	\$90
Two 1-hour sessions	\$160 (\$20 savings)
Three 1-hour sessions	\$240 (\$30 savings)
Four 1-hour sessions	\$320 (\$40 savings)



Linda Crawford
CERTIFIED LIFE COACH
(254) 715-8943 | etjlifecoaching.org

HILLCREST CHIROPRACTIC
WELLNESS CLINIC
4209 Bellmead Drive | Bellmead, TX 76705

VIRTUAL | FACE-TO-FACE | OFFICE LOCATION (BY APPOINTMENT ONLY)

FALKNER | CONTINUED FROM PAGE 1

as a skilled trainer of new management trainees. The ability to educate comes in many forms and I used my training to go back home to Fort Wayne and manage Brooks Barbecue for 5 years before moving to Texas packing over 28 years of food service in

VOTE

CONTINUED FROM PAGE 4

cal policies out of schools so our teachers can focus on doing what they do best, preparing our kids for success.” Her scare tactic language is concerning and unnecessary. Evaluation: Hunter is better for public schools.

Texas House District 56 - Represents most of McLennan County except for East Waco.

Candidates: Erin Shank vs. Pat Curry

Current evaluation: Erin Shank looks better for public schools.

Here's why:

Funding - Both of these candidates say they support public schools and say they would support better funding. Evaluation: No difference.

Vouchers - Shank has repeatedly said she would vote NO on vouchers. She has written several blog posts and op-eds opposing vouchers. Curry says he supports Abbotts' voucher plan, but wants to see a pilot version of the program to make sure it will work before it is widely implemented. Curry is endorsed by Greg Abbott. Abbott surely would not have endorsed him unless he was confident Curry would vote YES on vouchers Evaluation: Shank is better for public schools.

Real concerns/Scare tactics - Neither candidate seems to be using scare tactics. Evaluation: No difference.

At Vote for ALL Kids our plan is to keep an eye on these candidates and to keep our members informed of any changes to what they say they will do regarding public schools. When it comes time to vote, we plan to remind everyone to get out and vote for candidates who will prioritize public schools. Please join us! You can either volunteer to help, or just sign up for the email so we can keep you informed. Either way, please visit our website, www.voteforallkids.org, and click on the big blue “Click here to Join Us” button.

Here's wishing you a wonderful start to the new school year! See you at the polls in November!

my arsenal.

A new chapter began, and I opened Texas Treats-N-Treasure, BBQ that will make you slap yourself outside of the Fort Hood Military Installation. The location proved to be detrimental due to the bombing of the Twin Towers which literally stopped my customer flow after two years of operation. To assure my brand didn't die, I coined To-Go-Catering. The premise was I cook it, deliver it, and you serve it. Wing baskets, baked chicken, collard greens, mac-n-cheese, home-

made dressing, lemon pound cakes, peach cobbler, and sweet potato pie were a favorite as well as barbecue ribs for church picnics and weddings. A major accomplishment was catering the Thanksgiving Dinner for Bravo Company of 4th ID on Fort Hood now known as Fort Cavazos. My crew and I served over 700 military personnel with turkey, dressing, mash potatoes, corn, cranberry sauce, rolls, lemon pound cake, tea, and coffee. My experiences add to my chef credentials.

How do I use my chef credentials. I have recently acquired the nickname as “the pie lady” from the men of Kappa Alpha Psi. I attend community shows and sell my signature creations, sweet potato pies and pecan pies. When ordered I whip up a peach cobbler, apple pie, mac-n-cheese or macaroni salad. In addition, I take orders for the holidays and random times during the year with a minimal 2-week notice. My motto for Scrumptious Quisine is SuzyQ says, “Just Eat It!” Why because you will only come back

for more. This unknown chef made it to the top 1% in the Carla Hall Favorite Chef competition and ended in 4th place in the semifinal round. Yes, I am a science teacher in Waco ISD, a Sunday School teacher and Assistant Superintendent of Sunday School at Jesus Name Apostolic Ministry, a minister who teach the gospel, but put me in the kitchen or on the grill and I will make your taste buds sizzle with excitement as you devour SuzyQ's Scrumptious Quisine, from the “Unknown Chef.”

Church DIRECTORY

Tree of Life NDC

1612 Austin Avenue, Suite A | Waco, Texas 76701

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

SUNDAY SCHOOL - 9:30

MORNING WORSHIP - 10:30

WEDNESDAY INTERCESSORY PRAYER - 6 to 6:30

BIBLE STUDY - 6:30 to 7:45

254-339-9375

HIGH POINT CHURCH

www.highpointchurchwaco.com

SERVICES EVERY SUNDAY AT 10:30 A.M.

JOHN RAMBEAU, SENIOR PASTOR

WACO HIPPODROME : 714 AUSTIN AVE : WACO, TEXAS

BETHEL BREATH OF LIFE Ministries Church

SERVICE TIMES:

Sunday School - 9 a.m.

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.

JOIN US AT LINK

<https://global.gotomeeting.com/join/203878837>

The access code is 203878837

Or dial in to 1-646-749-3122. Access code: 203878837

2300 SCHWERTNER DRIVE | KILLEEN, TEXAS 76543

Rising Star MISSIONARY BAPTIST CHURCH

1408 EAST WACO DRIVE | WACO, TEXAS 76704

WEDNESDAY BIBLE STUDY 6:30 to 7:30 p.m.

SUNDAY SCHOOL 9:30 to 10:30 a.m.

SUNDAY MORNING WORSHIP 11:30 a.m.

PASTOR ROBERT CUMMINGS

Temple of Christ — CHURCH —

SUNDAY SCHOOL10:00 a.m.

MORNING WORSHIP11:15 a.m.

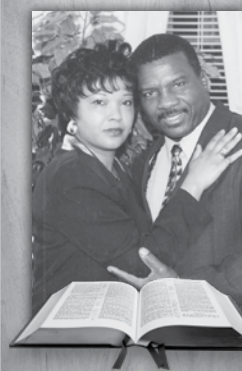
SUNDAY EVENING.....6:00 p.m.

MON. BIBLE STUDY.....7:00 p.m.

WED. PRAYER WORSHIP...7:00 p.m.

1710 Monte Vista • Waco, TX 76777 • (254) 753-0772

MATTHEW REED MINISTRIES, INC.



The Word of Life CHRISTIAN CHURCH

Worship Service Bible Study
Sunday at 10 a.m. Wednesday at 7 p.m.

WWW.THEWORDOFLIFEWACO.COM

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

The FOREVER FUND EST. 2024



DEREK & VERONICKA SMITH

Young Wacoans committed to improving
quality of life by leveraging small gifts to
make a *big* impact in our community.

join at

WACOFUNDATION.ORG/FOREVERFUND

