

THE Anchor News

Serving the Central Texas Community

Celebrating 19 Years!

APRIL 2022

Volume 19 • No. 9

Free



The Black & White Soul Jazz Affair planned for May 7th in Waco

Waco, get ready! Coming to the Waco Convention Center May 7th, Waco Jazz Now and Black-Tie Productions proudly presents The Black & White Soul Jazz Affair. Producer, Rick Eddings, has put his heart and soul into this show, offering the audience no short-cuts in his line-up of performers. The show features the legendary Delfonics, the original soul jazz flautist, NAACP image award winning saxophonist Jazmin Ghent, 2x Grammy nominated R&B vocalist, Mary Griffin, and Waco native Dallas based Saxophonist Rob Holbert.

The Delfonics, known for their Philadelphia sound, brought new excitement for R&B lovers, especially during the late 60's and early 70's. The group, consisting of brothers Wilbert and William Hart and high school friend Randy Cain, started out singing at school functions and other community events. Their excellence and popularity even-



THE DELFONICS

tually landed them a contract and the rest is history. Some of their most well-known hits include "Ready or Not, Here I Come," "La-La Means I love You," and "Didn't I Blow Your Mind This Time?"

Jazmin Ghent, female saxophonist, has humble beginnings. Born in Germany and raised in Alabama, her musical interest started at a very young age. By the time she was 8, she was playing the pi-

ano for her church and teaching music lessons. Along with holding the 2019 NAACP Image Award, Ghent is also an elementary school music teacher. Her greatest and most well-known hit is "Heat."

From Houston, Texas, Mary Griffin is a Grammy nominated R&B vocalist. She has 21 Platinum records and has opened

See **JAZZ**, pg. 3

Ja'Nay Ratcliff, founder of Essential Workers' Appreciation Day in Killeen

BY W.B. GUNTER

On March 18, 2020, the nation officially shut down due to the outbreak of COVID-19. Employees who remained necessary for production, safety, public services, the care and health of others became the faces of essential workers. Their day to day work continued as their workloads increased. Ja'Nay Ratcliff, watched her father, Johnny Ratcliff, go to work through the worst days of the pandem-



JA'NAY RATCLIFF

ic and shut down because his job as a sanitation worker remained an essential part of life.

Ja'Nay Ratcliff, a young author of three books, (available through justlovereading.club), knows through her own experiences how frustrating and scary uncertainty is when loved ones are placed in harm's way. She articulated her feelings in a book and had conversations with the mayor of Killeen Jose Segarra and his wife about the

possibility of doing something to show appreciation. Ja'Nay expressed to them how broken hearted she felt knowing her father, Johnny Ratcliff, had to work and face danger while servicing the needs of others. She understood she wasn't the only one with parents who

had to work with the public. She was very aware that other children and families experienced the same fears and concerns. In our candid conversation, Ja'Nay opened

See **RATCLIFF**, pg. 9

Dr. Nadege Gunn, passionate about medical research

Dr. Nadege Gunn is a Gastroenterologist and Hepatologist who focuses mainly on finding therapies for liver related illnesses. She is also a Certified Principal Investigator by the Association of Clinical Research Professionals (ACRP). Her work concentrates on linking cutting edge clinical trials in non-alcoholic fatty liver disease and gastrointestinal illnesses to the populations who need them desperately. She is a fellowship-trained Gastroenterologist and Board Certified in both Internal Medicine and Gastroenterology. She has a broad clinical research and community practice background.

Dr. Gunn is a graduate of the University of Florida College of Medicine. She completed an Internal Medicine Residency at the Greenville Health System in Greenville, South Carolina. Her Gastroenterology and Hepatology Fellowships were completed in Texas at the San Antonio Uniformed Services Health Education Consortium as an active duty member of the United States Air Force.

Prior to separating from her military practice in 2015, Dr. Gunn earned the rank of Major and acted as the Chief of Gastroenterol-



DR. NADEGE GUNN

ogy at Eglin Air Force Base in Florida.

Just prior to founding Impact Research Institute, Dr. Gunn served as Hepatology Consultant to Austin Gastroenterology and as the Site Lead Physician for The Liver Institute of Virginia in Newport News, Virginia. Dr. Gunn is currently an Adjunct Assistant Professor for Texas A&M College of Medicine and Dell College of Medicine at UT Austin.

Dr. Gunn is passionate about the management of chronic liver disease and is committed to providing world class care for patients. She is a Medical Advisory Member for the American Liver Foundation and the Fatty Liver Foundation.



Photo by Any Given Day Photography

J.L. AND LINDA CRAWFORD

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

All elections matter, especially local ones

DR. PEACHES HENRY, TEXAS NAACP CIVIC ENGAGEMENT VICE-CHAIR

Some might ask, What's so important about voting? They should ask: Why did the Texas Legislature impose strict voter ID laws, restrict registration, purge voter rolls, cancel voters' registrations, out-law drop boxes, make voting by mail difficult, and reduce the number of polling places in counties?

Answer: The vote equals power. Our friends and our foes know that.

Look what happened when African Americans voted in numbers starting back in 2008 and culminating in 2020. We elected the first African American president. We elected an African American senator and a Jewish American senator from the Deep South state of Georgia. We elected the first African American and first woman as vice president. In McLennan County, we elected the first African American wom-

an to serve on the McLennan County Commissioners Court. Having a voice in elections is important. Nowhere is the power of the vote more tangible than at the local level, so the NAACP offers this explanation of the importance of local officials in our everyday lives.

CITY COUNCIL

Waco, like many other local governments, has a council-manager form of governing. The citizens of this area are represented on the city council by six elected members—five from single-member districts and a mayor who is elected at-large. The Waco City Council offers services including transit buses, utilities, water and sewage, solid waste, police, fire and the Waco Convention and Visitors Bureau. The city council boosts things like a new downtown public space situated in East Waco, namely the Bridge Street Plaza, featuring its first live event which was a distinctly East Waco Christmas Festival.



DR. PEACHES HENRY

SCHOOL BOARD

School boards oversee the management of local school districts. School trustees' job duties include making decisions on financial situations, policy, teachers' contracts, failing schools, resources and, in some situations, human resource matters. During the pandemic, the local school board decided how students would be taught, would be fed, and would be disciplined. In August 2021, Waco ISD Trustee Jeremy Davis led the fight to implement a mask mandate in the schools despite a threat by the governor to sue school districts who did so. Community leaders like Pastor Marlon Jones, the NAACP, churches, and individual citizens spoke in support

the mandate which the board implemented. When G. W. Carver Middle School burned down in August, it was the Waco ISD School Board that made decisions about whether Carver would be rebuilt and where.

COUNTY COMMISSIONERS

A board of county commissioners is a group of elected officials charged with administering the county government. The commissions administer county services such as prisons, courts, public health oversight, property registration, building code enforcement, and public works such as road maintenance. County Commissioner Patricia Miller and the other commissioners now require businesses that benefit from Waco-McLennan County Economic Development Corporation grants to pay employees at least \$15 an hour. The Commissioners Court is currently considering whether to approve \$10M to build a job training center at Texas State Technical College.

LOCAL ELECTIONS MATTER

Elected officials have a profound effect on our everyday lives. What does voting have to do with you? Everything. So register and vote!

A NOTE FROM THE EDITOR...

Are you having a bad day?

It is 8:15 a.m. and you were supposed to get up at 7:00. You overslept and now, it's quite obvious that you're already having a bad day. But are you? Is it a bad day? You just woke up. The day hasn't really gotten on its way yet.

In your case, with all that's going on with COVID, there

are so many other things you can say or think about. You are running late, but do you have a car? You are going to be late to work, but with COVID, does that mean you still have a job? You are not paralyzed, so does that mean you can get dressed on your own? You are hurry-

ing, out of breath, but does that mean you are not on a ventilator?

Come on! With all of these blessings in place, are you really choosing to have a bad day? Oh give thanks unto the Lord, for this is a great day to have a great day, a "day that the Lord has made." You woke up this morning, still in your right mind. You can praise your way to the victory or whine your way to defeat! I'm just saying!



THE Anchor News



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PURPOSE

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

POLICY

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

EDITORIAL POLICY

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

LETTERS AND ARTICLES POLICY

The comments and opinions of our readers are welcomed. Letters

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

SUBSCRIPTIONS

Subscriptions are \$39 a year (12 issues) and can be paid by check or money order. Send all correspondences to *The Anchor News*, P.O. Box 1206, Hewitt, Texas 76643 or email to theanchornews@aol.com.

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UpSkill & Esther's Closet offer brighter tomorrows for women

BY HEAVEN LEE

Though Women's History Month has passed, it is an annual celebration honoring the contributions of women to American history, culture, and society. We know that women can achieve great things every day.

Serena Williams once said: "The success of every woman should be the inspiration to another. We should raise each other up. Make sure you're very courageous, be strong, be extremely kind, and above all be humble."

I work with two amazing programs that can empower women for a brighter tomorrow — UpSkill Waco and Esther's Closet.

UpSkill Waco is a collaboration of workforce and education partners to provide more flexible and accessible skills training, credentials, and job placement support in high-demand occupations across McLennan county. We currently have two upcoming courses this spring. We are offering Medical Office Certification partnered with McLennan Community College and Waco Family Medicine March 22 - April 14. This training will be at the Bledsoe Recreation Center 6-8:30 p.m. Tuesday through Thursday.

We are looking forward to hosting a Construction Core class in late April during the day at 5749 Bagby, Waco. Within these classes, individuals will also receive job readiness training and wraparound support provided by Heart of Texas Goodwill, which provides many services that help bridge the gap between job seekers and successful employment.

Esther's Closet is a self-sufficiency program providing free business attire and accessories to women who are beginning or restarting their journey into the



HEAVEN LEE

workforce. Esther's Closet provides women with a complete outfit for a job interview and helps with resume writing and mock interviews. After gaining employment, women can choose workplace outfits for seven to

10 days, as well as career development and life skills training. Women enter Esther's Closet, a place of no judgment, to receive professional clothing or new skills but leave ready to conquer all with their clothing and skills!

Oftentimes, women feel responsible for others and put aside their desires. When you empower women, they touch everyone around them.

Esther's Closet and UpSkill Waco are valuable resources for our community! Follow us on Instagram and like our Facebook page to stay updated on the latest information!

UpSkill Waco: Website – UpSkill-Waco.org; Facebook – UpSkill Waco; Instagram – Upskill-waco.

Esther's Closet: Website – Esthers Closet Waco | Linktree; Facebook – Esther's Closet; Instagram – EsthersCloset.waco.

JAZZ

Continued from page one

for well-known artists such as Etta James, Anita Baker, Mary J. Blige, the Temptations and Jennifer Holiday, to name a few. Griffin has sung a number of movie soundtracks, such as "I Wanna Get Back with You" for the movie, Driven, starring Burt Reynolds, and "Speed" for Holiday on Ice.

Waco native, Rob Holbert, is known for his saxophone skills and R & B vocal. He has performed with more artists than we can list here, including Bobby Bland, Betty Wright, and Althea Rene, to name a few. Known for his Smooth Jazz sounds, Holbert is talented in any genre of music and

can perform for any audience, any age, and any occasion.

Born on Christmas Day, Althea Rene is well known to the Waco stage. She began in music at age 4 and rose to the top while working as a deputy sheriff. A renown flautist, Rene had the first flute featured piece to become #1 on the Billboard and Smooth Jazz charts.

The Producer's VIP Reception starts at 6 p.m. and concert time is 7. Ticket prices range from \$45--\$75. For more information or VIP table reservations, call 254-229-0258 for the 2022 Black & White Soul Jazz Affair.

Jeffie Sanders offering two services

Jeffie Sanders is the owner of two businesses Zariyahkids Fashion and Boutique where she sells children (Girls and Boys Clothes and accessories Infant to size 16 and Women's Fashions Size Small to 3xxx email: Zariyahkids_2017@yahoo.com phone 254-498-1346.

Miss Sanders is also CEO of All about God's Glory Youth Production/Promotions by KKS a Ministry of which will sponsor and coordinate conferences, workshops and concerts for churches, groups or organizations. Email: KaySanders235@yahoo.com, website: JeffieKaySanders.com.



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Pastor Marlon Jones to run for Waco ISD School Board member at-large

Marlon Jones received a lot from his grandmother, Granny, who planted the seed in him of being an advocate for education. He recalls St. Mark AME, the church where he was baptized in Topeka, Kansas. The church had a pianist he knew as Sis. Brown. Our country knows her as Ms. Linda Brown from the 1954 landmark Supreme Court case *Brown v. Board of Education*.

In his young days, Granny explained the story of how Sis. Brown's father, Oliver, felt it was unfair that his young daughter could not attend the school just down the street from their home. Instead, she was bussed to a segregated school far from her home. Outraged and fed up, Brown contacted Charles Scott, a lawyer in Topeka, and the rest is history.

Like Brown's father, Marlon is an engaged parent, the reason his campaign to become an at-large member of the Waco ISD School Board began. Encountering other parents who desire that their children receive the best education possible, he stepped up to lead community efforts to positively engage students, volunteering with Parents on Duty, feeding 400 families during spring break, and hosting community conversations in partner-



MARLON JONES

ship with United Way regarding children's well-being.

"My family's personal experience and the concerns of students, parents, and educators motivated me to run for school board," Marlon stated.

Growing up, Jones was fortunate to have a support system. In sixth grade when his report card contained all Fs, educators and others supported and encouraged him. Early in life, when he had given up on himself, those in his support system cared enough to push him forward.

Despite forfeiting two scholarships and even dropping out of college, Marlon ultimately graduated with honors from Paul Quinn College earning his Master of Divinity from Texas Chris-

tian University and an Executive Certificate in Transformational Nonprofit Leadership from the University of Notre Dame.

"I am living proof of what is possible when children have people who believe in them," Marlon noted.

"I am running for the Waco ISD School Board to do for Waco's children what was done for me. Our children need someone who genuinely cares about their well-being and their future, for parents who, like me, want the best education for their children, for educators and administrators like my wife—who deserve to be treated with respect, honor, fairness, and dignity," declared Marlon. "I am the right choice for our kids because, in many ways, I am our kids. Their story is my story."

Having served in ministry for 21 years, Marlon now leads St. Luke AME Church in East Waco. He wears many hats: Itinerant Elder in the African Methodist Episcopal Church; instructor for the Northwest Texas Board of Examiners; President of the Sons of Allen Men's Ministry, and the Abington School of Religion Dean of Students and the host of the Amazing Dads Podcast. He is and has been involved in several other community organizations.

No matter where you live — East Waco, West, South, Northeast Waco, as an at-large candidate, Marlon says, "I humbly ask for your vote on Saturday, May 7."

Angelo Ochoa to run for Waco ISD School Board

My name is Angelo Ochoa, and I am running for Waco ISD School Board. I was born and raised in Waco, Texas where I work as an Investment Advisor with Disciplined Investors, LLC.

In 2010, after working for Central National Bank as a personal banker, I began teaching in the Academy of Business and Finance at A.J. Moore Academy which later moved to University High School. I taught Dual Credit Accounting, Managerial Accounting, and Banking and Finance, along with other courses. I spent a total of 9 years teaching in Waco schools, 2 years at A.J. Moore Academy and 7 years at University High School. My children are in WISD schools, my wife has taught with WISD for over 15 years, my mother retired from WISD after teaching for 37 years, my brother taught with WISD, his wife is an assistant principal at Waco High, and my granddad retired as a teacher from WISD. These are just a few reasons why I felt called to run for Waco ISD School Board.

Along with my teaching responsibilities, I oversaw the school's volunteer income tax assistance (VITA) program. This allowed me to teach income tax accounting to my business and finance students. In my time there, as IRS certified volunteer tax preparers, my students were able to complete over 10,000 hours of community service, e-filing over 25,000 tax returns, all at no cost to Central Texas families. These returns totaled over forty million dollars in refunds to the Waco



ANGELO OCHOA

community.

In my time at University High School, I also worked together with colleagues and wrote a \$40,000 grant through Educate Texas that helped bring a fully functioning branch of Educators Credit Union to our campus to help promote financial literacy throughout the school. The Trojan Branch is open 3 days a week and is operated by the students of the finance academy and overseen by Educators Credit Union staff.

I currently serve on the Board of Directors for Educators Credit Union, Greater Waco Legal Services, and the Dr. Pepper Museum & Free Enterprise Institute. I also serve on the Advisory Committee for Waco's Hispanic Leaders Network. I volunteer every week at Indian Spring / Carver Middle School in a program called Partners on Duty through Grassroots Community Development.

I grew up in Waco and I care deeply about our children's education. I could use your vote on May 7th.

Linda McDonald
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**Wanda B.
Gunter**

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

Critical information about divorce

SUBMITTED BY J.L. CRAWFORD, LEGALSHIELD, SENIOR MANAGER

Reasons for divorce differ widely and, while couples and their children may be better off after a divorce than before, the unfortunate fact is that all parties lose something. Divorce can be emotionally and financially devastating for everyone involved. It is vital that you understand some important legal issues that frequently arise during a divorce. If you are considering divorce or have any questions call your LegalShield provider law firm and speak with an attorney.

- **Early Intervention** – Starting divorce counseling early in the process may help couples, particularly those with children, create an atmosphere in the divorce that will minimize anger and enmity. Mediation and counseling also help improve communication between the couple and lead to more amicable and less costly divorce proceedings.

- **“No Fault” Divorce** – A “no fault” divorce means that neither party is considered at fault for the dissolution of the marriage.

State or provincial requirements may vary. Some laws may require the parties to live separate and apart for a period of months before the divorce is granted. This period may be extended if there are minor children of the marriage. Talk to your LegalShield provider about the laws where you live.

- **Uncontested Divorce** – In an uncontested divorce the parties agree on the distribution of property, terms of support and custody without court intervention. Just because spouses agree to a divorce does not mean the divorce is uncontested; they must also agree on all the divorce settlement terms. Uncontested divorces are less costly and may benefit both parties. It is important to speak with an attorney, even in cases of uncontested divorce, to understand the laws in the jurisdiction where the divorce will be filed and because circumstances may change if a dispute arises while negotiating the settlement.

- **Contested Divorce** – Contested divorces are those where there are disputes over spousal support, child support, property distribution, child custody or



J.L. CRAWFORD

visitation. Most attorneys require minimum retainers of at least \$4,000 and sometimes up to \$10,000 to begin a contested divorce. Attorneys may also charge rates exceeding \$250 per hour. Early mediation can help reduce or eliminate the contested issues, significantly reducing the final cost of the divorce. More conflict in a divorce will result in a higher cost for everyone involved.

- **Discovery** – Contested divorces in which spousal or child support or distribution of property is contested will often include extensive discovery of all the financial, insurance, retire-

ment funds, investment funds, real estate, car titles and employment records of each party for several years prior to the filing of the divorce. The time and expense associated with discovery will drastically increase the cost of your divorce.

- **Punishment** – Divorce proceedings are intended only to dissolve the marriage, distribute property and provide for the best interests of the children. Courts will not use the proceeding to “punish” a spouse. Discuss your legal options with your attorney to make sure your decisions are based on legal merit rather than anger and frustration.

- **Unpredictable Outcomes** – Some states do not have a set formula for spousal support or property division in a contested divorce. This may make contested divorces in those state highly unpredictable and costly. Working out a settlement before going to court will help avoid surprises.

- **Attorney-Client Confidentiality** – Attorney-client confidentiality protects direct communication between you and your attorney. These communications, whether in person, by phone or online, cannot be used against you in court. A breach of

attorney-client privilege can seriously harm your divorce case. Avoid discussing your case with anyone other than your attorney.

- **Social Media** – Social media posts and email communications are increasingly being used as evidence in divorce and child custody cases. These communications are not protected by attorney-client confidentiality. No matter what your intention when posting something online, consider how it could come back to haunt you in court. The best advice is to take a break from Facebook or other social media during a divorce or custody dispute.

There are many other issues that affect the emotional and financial cost of a divorce. If you are considering divorce, call your LegalShield provider law firm first. The caring attorneys at the firm will answer your questions and do all they can to reduce the emotional and financial cost of divorce.

Is your challenge listed above? Preexisting problems are covered, so give me a call at 254-717-4927. Hurry. With LegalShield, “...we can help you worry less and live more.” Please see the ad on page 7. J.L. Crawford, Senior Manager.

The consequences of forsaking God

BY PASTOR MATTHEW REED

In Deuteronomy 29 the people forsook God and were cursed. In their disobedience they attempted to bless themselves. Deuteronomy 29:19 says And it come to pass, when he heareth the words of this curse, that he bless himself in his heart, saying, I shall have peace, though I walk in the imagination of mine heart, to add drunkenness to thirst: When man does that, the Lord will not spare. (Deut. 29: 20 The LORD will not spare him, but then the anger of the LORD and his jealousy shall smote against that man, and all the curses that are written in this book shall lie upon him, and the LORD shall blot out his name from under heaven)

This is man’s problem today. We have forsaken God’s way and out of our vain imagination we are trying to establish a right way. We are attempting to have life from our thoughts. God does not like this. Therefore, many of the plagues and sicknesses are a direct result of our disobedience.



PASTOR MATTHEW AND LADY HELEN REED

ence. Some may say we are not under the law any more, but if Jesus is not your Lord and Saviour, you are under the law. Just naming the name of the Lord is not enough (Luke 6:46 And why call ye me, Lord, Lord, and do not the things which I say?). This is the failings of many; they call his name, but do none of the things he says. This the whole thing in a nut shell: until we (Man) start obeying God, the world is going to continue down the path of doom. The good news is you don’t have to go there; repent, obey God, and be saved.

Mother's Day Special

Honor that special someone, whether she's still with you or whether she is gone.

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I love you, Mom!
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We miss you so much.
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The Value of a Doula

BY LACRESHA DUFFEY

I remember having my first child. 18 years old, excited, and terrified, having no idea what I was doing. This baby was an answered prayer, a meeting I would have nightly with God. Pleading with him to open my womb. It was always in my DNA to care and nurture but motherhood was uncharted territory for me. Actual childbirth was a nightmare!

I struggled with pre-eclampsia in the third trimester and needed several medical interventions during delivery. I was not prepared for childbirth. Furthermore, my doctor with whom I had built somewhat of a cordial relationship was not there to help deliver my baby. My postpartum stage was not much better. No one warned me of the changes my body would experience the following weeks and months



LACRESHA DUFFEY

after having a baby. I struggled with breastfeeding and gave up after a week. Formula mixed with baby cereal was my feeding plan for my newborn. Unfortunately, years later, not much had changed during the next pregnancies and births. If anything, I had even more struggle because now I struggled with balancing 2 kids and terrible all day sickness. Even though each pregnancy was hard, things soon changed with baby number three. I remember I went grocery shopping the day af-

ter just getting released from the hospital. I had all three kids with me while trying not to faint in the middle of an aisle. I was stopped on my way to checkout by a lady that had prayed for me when I was hospitalized with severe morning sickness. After asking what in the world was I doing out, she quickly suggested that I get a doula to help out. I had no idea who or what a doula was or how I was even going to afford this service. She explained that a local non profit offered this service to mothers free of charge. She later sent me some articles that explained what a doula is and the evidence that highlighted the importance of having a doula. Having a doula changed my whole postpartum and breastfeeding experience.

WHAT'S A DOULA?

A doula is simply defined as your source of information, comfort and support before, during and even after childbirth. Doulas are not medical professionals but they are trained to help you understand medical terms and procedures. During pregnancy, the birth doula takes the time to get to know you and everyone in the family, including pets. Their focus at this time is building a rapport and a level of trust that evolves up until the big day. They will also help you identify your preferences for how you envision your labor and delivery experience, called a birth plan. The birth doula will also offer a personal childbirth class to prepare you and your significant others for delivery day as well as helping you in making evidence based decisions regarding different birth techniques. The birth doula will provide you with continuous labor support at home and at your chosen birthing facility.

There are also doulas that are trained to support you during the postpartum period. Their focus is assisting with infant feeding, newborn care, emotional, and physical support to assist you with transitioning to life with a newborn. Postpartum doulas also identify early signs of depression and help you get connected to community resources you and your family may need.

DO I NEED A DOULA?

Only you can make that decision, but studies have shown that having the support of a doula can drastically improve the birth experience by reducing the length of labor, easing anxiety during labor and help cut back on the need for medical interventions. Having a postpartum doula helps the mom to take the time to heal and adjust to having a new baby as well as empowering and supporting your parenting journey.

Mother's Day Special

Honor that special someone, whether she's still with you or whether she is gone.

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**(Up to 10 words, not counting dates for the deceased)*

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Palmares by Damon Galgut—A book review

BY JIM MCKEOWN

Gayle Jones was born in Kentucky in 1949. She attended Connecticut College and Brown University and has taught at Wellesley and the University of Michigan. Her landmark books include *Corrigan*, *Eva's Man*, *Mosquito*, and *The Healing*, the last a National Book Award Finalist and New York Times Notable Book of the year. According to the jacket, she was "First discovered and edited by Toni Morrison, Gayle Jones has been described as one of the great literary writers of the twentieth century. Now, for the first time in over two decades, Jones offers a new work of fiction."

The jacket continues, "Palmares is a stunning account of the trials of Almeida, a black slave girl who comes of age on a Portuguese plantation in Brazil in the mid-seventeenth century but escapes and begins a search for the rumored fugitive slave settlement called Palmares." The story follows her trials and difficulties with horrific difficulties. The story is unforgettable.

The story begins: "Mexia: half Black and half Indian, was said to be the concubine of a Franciscan priest, Father Tollinare. It was a rule that Franciscan padres were to take only old black women for their housekeepers, but Father Tollinare had taken a young woman, and not a preto (black), and so it was said that she was not only his housekeeper but his mistress. She was beautiful, more beautiful than a cabocle (A person of mixed Indigenous Brazilian and European ancestry) with dark smooth skin of both the black and the Indian, so that her complexion was like red clay. She was plump but small-waisted, the ideal for a woman then. Her hair was shiny like the Indian's but stood tall and thick on her head like any preto's. Her cheekbones were higher than any I've ever seen, and her large, round eyes were mostly melancholy, but sometimes they'd sparkle (3).

To continue, "I was too young to understand the tale of the priest and his concubine, but no one on the plantation showed and moral out-



JIM MCKEOWN

rage toward either Father Tollinare or his woman—it was only outsiders. It is said that once, for instance, two of Father Toleware's superiors from

Rio came to visit and stayed there expecting to be angry and offended but had ended up themselves developing some attachment to the woman and respected her reserve and dignity. When they left, it is said, they bowed carefully to the woman and had looked at Father Tollinare with what could only be described as envy.

The story resumes, "The Place of the Men and the Women: 'Tomorrow when you go to visit Pao Joaquim you must say nothing, you must observe silence before him. You must be like a little sphinx, do you hear me? A little sphinx. And he'll give you a blessing' // I said yes that I's be just like that. // 'Today I'll tell you a little tale. Come, help me gather palm

leaves for your mother. The priest selected you as one of the bright ones, so you're seeing another little world. You've got nothing to do but smile at strangers and curtsy and let all the women with loose hair lie in your lap while you rub lice from their hair. Isn't that your only little experience in this complex world? (9).

These brief vignettes hardly scratch the surface of the horrific beatings Mexia endured. Gayl Jones suffered many from numerous problems, which led to a twenty-year hiatus in her writing life. *Palmares* is a vivid and terrible story. Unfortunately, it is all too true.

Jim McKeown ©

Jim McKeown is a retired McLennan Community College professor.

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Continued from page one

the conversation by saying, "My Dad is an essential worker. I wrote about him being an essential worker and sanitation worker. I talked about what I learned on my dad's job in my book. Without essential workers like my Dad, the world would be totally polluted.

Ja'Nay spoke essential workers: "Mr. Duckett is a nurse. My aunt, Catherine Golden is a teacher. My mom, Shawn Golden is a social worker. My uncle works at a bank, and Mr. Gregory Johnson is a judge. Some families had to leave their families instead of risking the lives of their family members. When they came home, they still couldn't be a part of the family. They had to change clothes before coming inside, or visit from outside."

Ja'Nay spoke of other recognitions. "Nurses' Week, Teachers' Appreciation Week, Counselors' Week, and so many others, but we don't have an Essential Workers' Day. Essential workers should have a day off too, and it should be celebrated the day the shut-down began. Our custodians clean our class-

rooms and the school. The cafeteria provides free meals. All of these are essential workers and need to know they're appreciated too because without them, certain things would not have been done."

Ja'Nay continued. This year, when my teacher was gone, we had substitutes. They are essential workers too. When we returned to school, we had to distance ourselves safely by standing on rectangular tiles on the floor. Someone had to put them there. Construction workers are essential workers at school." Ja'Nay is adamant about Essential Workers' Day. "It should be celebrated everywhere."

On March 15, 2022, Mayor Jose L Seagarra, awarded Ja'NayGolden with a Proclamation to honor and celebrate Essential Worker's Appreciation Day on March 15th.

It is Ja'Nay's vision to honor and celebrate this day nationally with the help of businesses, organizations, and everyone she meets. Start now by marking the date on your calendar, share it with others, and make plans to appreciate essential workers.

Ja'Nay's books are available online and via mobile devices at justlovereading.club. She is an honor roll student who works hard in her community, a motivational speaker, an advocate for what she believes, a humanitarian, and less than 10 years old. According to her mother, she has always spoken up for what she believes.

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Listening to Lead

Stopping stress

BY MONA DUNKIN

Stress is the body's response to pressure. Your body goes into overdrive with the "fight or flight" syndrome in an attempt to protect you. Less necessary systems shut down so the main focus is on overcoming the present danger. Temporarily, this is wonderful; long-term, it is destructive. The body stays revved up in an altered state of alert and minor inconveniences become a crises. Here are a few thoughts to bring a conclusion

to menacing residue stress.

Develop a mantra. Use your self-talk in a positive manner. Repeat over and over a guiding phrase such as, "Not helpful" or "I choose to take the high road." A synonym for mantra is song or hymn. Allow this soothing refrain to connect you with the divine so you can accept your humanity.

Reframe. In stress overload nerves are raw and the smallest slight can seem devastating. Choose to see the offending party as a person of worth and value in spite of their



MONA DUNKIN

flawed character. When you feel threatened, look around to confirm that a big Mac truck is not barreling down on you.

Breathe. Shallow breathing incites panic. Deliberately take a few seconds to breathe deep. Imagine a deflated balloon in your diaphragm. Slowly inhale through your nose, taking the air down, down, down and in full force until the balloon is inflated. Hold it for a second to relish the oxygen, and then slowly release the air through pursed lips. Repeat two or three times. Feel the tension and overwrought emotions leaving your body and your brain reconnecting with rational thinking.

Reflect. "The last time I hastily engaged in non-productive, frenzied behavior, the outcome was less than honorable." Think about how you would have liked to have handled the situation had you been in a calm state.

Picture it. See yourself responding differently. Practice it in your mind and then accomplish in Reality.

Develop appreciation. Thank your body for doing what it is designed to do. Focus on the competent work your co-workers do accomplish. Watch for the positive things your family members

do carry out. Be thankful that the car or appliance lasted and functioned admirably for as long as it did.

Bio-Feedback. Continually check in with the body's pain alert system for levels of tension or relaxation. Tell yourself: "Rest eyes. Flex shoulders. Unclench jaws. Drop the back-pack. Breathe. Appreciate. Live. Love."

Say "No" and feel good about it. Say "No" to accepting responsibilities beyond your resources. Say "No" to running amok. Say "No" to berating the offender, both verbally and mentally.

These principles not only work to stop distressing, they also are preventative measures to ward off attracting negative situations to you. Just as a healthy body wards off infection, so also an emotionally nourished individual fends off negative responses. The result is the ability to deal pro-actively with everyday predicaments while reserving your Herculean strength for real emergencies. Blessings.

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



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Do we really need supplements?

BY JERRY SNIDER

As a health coach, I'm excited to offer a Health Q&A column for the readers of the Anchor News.

QUESTION: Hi Jerry, My sister keeps telling me I should start taking supplements, but I just don't think they are necessary. I'm not overweight, I eat healthy, and I exercise. Even if I wanted to take a supplement, I wouldn't know where to start. So my question is: should I be taking supplements? If so, what do I take? Thanks, Erin

ANSWER: Hi Erin,

This is a great question and a subject that can be very confusing. First off, a supplement is something that is added to your daily food intake in order to benefit from its nutritional value. This includes vitamins, minerals, protein shakes, etc. The issue that is confusing is which types do you actually need and which are a waste of money. The reality of supplements is if you don't absorb the nutrients for any reason,

they simply pass through your body and out in your waste.

Before we dive into which supplements you should be looking to take, we need to understand why they are becoming so popular. Some for good reason and some are simply marketing tools for companies to make money.

In the US, there is a very valid reason for including supplements in your daily life. It is well documented that the nutritional value of the food being produced today is far below what it was decades ago. Not only the processed foods with high sugar content, but also the crops are being grown in soil that is lacking in minerals due to over farming.

With that knowledge, supplements become something that Americans need to be taking - but which ones are best for you?

There are lab tests you can have done to determine which areas you are low in. You can also go off statistics that show which vitamins



JERRY SNIDER

and minerals are most lacking in our food sources and supplement with those. You can also use trial and error to see which ones make you feel and perform better.

There are some ingredients that you should look to avoid depending on what your goals are. Supplements that include whey will help you bulk up by building muscle fast, but if you aren't lifting weights with that as a goal they can cause you to gain excess fat weight. The goal of whey in the body is to

build tissue, either muscle or fat.

It does take a little research to find the best fit for you, but remember what works for your friend may not work for you. Your body's are different and your goals might be different as well.

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

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

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Let's not give the devil legal rights, Part 4

BY EVANGELIST
RUBY MCCRAY

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

"Therefore, putting away lying, 'Let each one of you speak truth with his neighbor,' for we are members of one another. 'Be angry, and do not sin': do not let the sun go down on your wrath, nor give place to the devil." Ephesians 4:25-27

Read that Verse again, paying special attention to the last part which says, "...nor give place to the devil." Each time we sin, no matter the size, we open a door for the devil to have legal rights to anything we own, whether it be our children, our spouse, our assets or even our own body. God cannot go against His Word. Heaven and earth will pass away before that happens. I just came in the house by walking on earth, and the sky certainly was in tack.

"Then I heard a loud voice saying in heaven, 'Now salvation, and strength, and the kingdom of our God, and the

power of His Christ have come, for the accuser of our brethren, who accused them before our God day and night, has been cast down.'" Revelation 12:10 The devil will be cast down in the last days, but as of today, he's still being himself: stealing, killing, and destroying. John 10:10

"We know that whoever is born of God does not sin; but he who has been born of God keeps himself, and the wicked one does not touch him. We know that we are of God, and the whole world lies under the sway of the wicked one." 1 John 5:18, 19

Did you understand that? If we keep ourselves away from sin, the devil does not touch us; he cannot touch us. Why? Because our lives are hidden with Christ in God. Colossians 3:1-4. Precious people, we human beings are no match for the devil; ask Adam and Eve. Genesis, Chapter 3

Let's look at this account where the innocent wives and children had to suffer because of the sins of the husbands/fathers:

In the Book of Daniel, Chapter 6, we find that Daniel was in captivity in Babylon, but his



EVANGELIST
RUBY MCCRAY

spirit was not in captivity. It is said that he had an excellent spirit within himself. The naturalized citizens didn't want him, being a slave, over them. They devised a plan to have him killed. They couldn't find one thing of which they could accuse him, because he always did his work well. The only thing that they found to snare him, was that he also had an excellent spirit in serving his God.

Those wicked men went to King Darius and presented their plan which caused the king to be filled with pride. "All the governors of the kingdom, the administrators and satraps, the counselors, and advisors, have

consulted together to establish a royal statute and to make a firm decree that whoever petitions any god or man for thirty days, except you, O king, shall be cast into the den of lions. Now, O king, establish the decree and sign the writing, so that it cannot be changed, according to the law of the Medes and Persians, which does not alter." Verses 7-9

Daniel knew that the decree had been signed; yet he went home and in his upper room, opened his window toward Jerusalem, knelt and prayed three times every day, giving thanks to his God which was his custom from his youth. Daniel knew about 2 Chronicles 6:24, 25 Will YOU do that?

Those wicked men went to King Darius, reminded him of the decree, and was so happy to tell him that they found Daniel praying to God. The king was so very sorrowful and displeased with himself, but there was nothing he could do, although he tried. So, he gave them permission to throw Daniel in the den of the hungry lions; but he told Daniel that his God would deliver him. The king didn't eat, didn't want to hear any music, and he couldn't sleep.

Very early in the morning, he hurried to the lions' den, crying out in a loud voice, addressing him as the servant of the Living God and asking if his God whom he continually serve was able to deliver him. Daniel assured him that God had sent an angel to shut the lions' mouth because he was innocent.

King Darius gave a second command to have all the men who had accused Daniel, their wives, and children to be cast into the lions' den. Those hungry lions were breaking their bones before they fell to the floor.

The king made another decree that everybody of whom he had rule had to tremble and fear before Daniel's God, because He is the only true God.

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

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

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SUBMITTED BY
LINDA MCDONALD

Radon is a naturally occurring, radioactive gas that has no color, odor, or taste. The gas can sometimes find its way into your home; however, it's best to keep those levels as low as possible, as exposure to it may cause adverse health effects. The only way to determine the radon levels in your home is to test. Technology has advanced to the point where most homes with elevated radon levels can be properly treated.

The Environmental Pro-



LINDA McDONALD

tection Agency (EPA) recommends that homeowners reach out to a qualified pro-

fessional for testing. If your test results show a level of 4.0 pCi/l or higher, the EPA recommends professional radon mitigation. Here are the most common ways to eliminate radon from your home. The passive method of radon mitigation consists of sealing any obvious entryways, such as cracks in the foundation, gravel crawl spaces and groundwater sump pump pits. Experts have found that simply sealing and caulking these cracks in the foundation of your house is an inadequate technique on its own.

Sealing is much more effective in conjunction with other mitigation methods. Active Soil Depressurization (ASD) is the most common way to reduce radon levels. During this process, a sub-slab ventilation system is installed. The radon is ventilated underneath the building using pipes and fans before it reaches the inside. The passive method is usually done after the ASD is completed.

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How to become a senior citizen with no ailments

BY MARGARET IVORY

My maternal grandmother lived to be 102 years old. She didn't have any physical ail-

ments. No high blood pressure. No diabetes. No arthritis. She did not need nor did she take any prescriptions.

She only took vitamins.

Widowed at 40 years old with eleven children to care for, she didn't have time to mourn. With her husband's \$100 death benefit, she buried him in our family cemetery and purchased 80 acres of land. This property had huge pecan trees.

My grandmother worked her pecan farm until she was 80 years old. Proceeds from the pecans financed the lower half of her children through college plus her retirement. Each day, she got her exercise by climbing up into her many trees and flaying the pecans off the branches. Then the pecans had to be picked up one by one, sacked up and taken to the market.

She also had her own chickens plus a big garden. She believed in growing your



MARGARET IVORY

own food and eating your own food. As an "elderly" lady, she would stay active by growing her food, by growing her "income" and eating healthy.

In the evenings, she sewed her suits, hats and quilts. On Sundays, she taught the Bible

to her rural grandchildren in Sunday School at Mount Olive Baptist Church. She also studied her children's college textbooks and understood everything in them.

During the down season, she flew or took the bus to see her eleven children and her 66 grandchildren across the United States. There were times when her sons in Oklahoma City, all wanted to pick her up from the bus station but she had walked to our home before they could decide on who would drive.

I am sharing this about my beloved maternal grandmother to encourage every senior citizen to turn off your televisions, turn off your laptops and turn off your cell phones. Go outside and plant some veggies in containers or in the ground. Take a brisk walk each day even if it is in your own backyard. Let the sunshine heal you with Vitamin D.

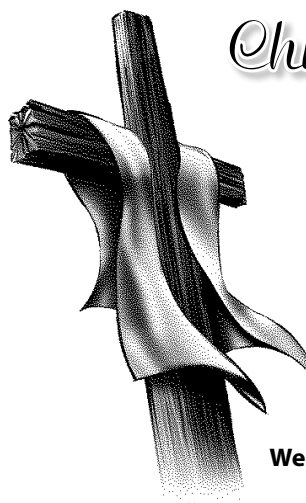
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Rey

5.0 OUT OF 5 STARS | EXCELLENT BOOK

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

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

Dr. Mia Moody-Ramirez



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

Need a business loan? We can help.

BY CHRIS GONZALES

McLennan Community Investment Fund (McCIF) is a Non-Profit Financing Entity in Waco, Texas. McCIF is dedicated to assisting small business owners in underutilized or underserved areas of McLennan County with access to small business loans and developmental services. We strive

to be a resource for minority owned businesses. We offer fixed rate loans with flexible terms of repayment. Our loans require collateral. We accept many forms of collateral such as equipment, trailers, restaurant furniture, business vehicles and investment properties. If you have some type of collateral and you feel it will help you secure a loan for your



CHRIS GONZALES

business, call us. Our interest rates are reasonable and allow for the borrower to take on debt without a lot of fees or interest. Additionally, we strive to promote our clients and their businesses. We look for opportunities to tell our client's story and promote their small business when possible.

If you are a business owner in McLennan County and need financing, we want to meet with you. Call us at 254-400-5480. We will assess your small business needs and help you develop a plan of action. Our staff has many years of experience in banking and business. We would like to use our expertise to help you. We are located at 605 Austin Ave in Waco, Texas on the 2nd floor of the Woolworth Building Suite 3.

Additionally, we offer small business educational seminars to sharpen your business acumen. We bring in business experts from various fields to help you develop and plan strategies to improve your business. Our next seminar is May 5th at 12:00 PM at Startup Waco. Space is limited so contact us to reserve our spot.

We look forward to serving you. Hablamos Espanol.

Qué hacemos y a quién servimos

Aquí en McCIF estamos listos para ayudar a los propietarios de pequeñas empresas en áreas subutilizadas o desatendidas en el condado de McLennan con acceso a préstamos para pequeñas empresas y servicios de desarrollo. Nos esforzamos por ser un recurso para que las empresas propiedad de minorías hagan crecer su pequeña empresa. Ofrecemos préstamos a tasas fijas con términos de pago flexibles. Además, nos esforzamos por promover a nuestros clientes y sus negocios. Buscamos oportunidades para contarle una historia y promover su pequeña empresa cuando sea posible. Nuestros préstamos requieren garantía. Aceptamos muchas formas de garantía, como equipos, remolques, ve-

hículos comerciales y propiedades de inversión. Si tiene una forma de garantía y cree que le ayudará a obtener un préstamo, llámenos. Nuestras tasas de interés son razonables y permiten que el prestatario se endeude sin mucho interés.

Estamos ubicados en el 605 Austin Ave en Waco, Texas en el segundo piso del edificio de Woolworth Suite 3. Llámenos o envíenos un correo electrónico para programar su evaluación comercial. También ofrecemos seminarios educativos de negocio para desarrollar su visión. Nuestro próximo seminario es el 5 de mayo a las 12:00 PM en Startup Waco. El espacio es limitado, así que contáctenos para reservar su lugar. Traemos expertos en negocios para ayudarlo a desarrollar a su negocio. Esperamos poder servirle.

Mother's Day Special

Honor that special someone, whether she's still with you or whether she is gone.

Color \$45.00

B&W \$35.00

I love you, Mom!
Love, Corey

**(Up to 10 words, not counting dates for the deceased)*

DEADLINE IS MAY 1ST.
Limited spots available! To secure your spot, call 254-400-5480

Business Directory

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

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During Covid, Classes are Conducted through Zoom

You will learn:

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

Who will benefit:

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



Mona Dunkin
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monadunkin@gmail.com

Conducted under the auspices of
Glasser Institute for Choice Theory

—LADIES NIGHT OUT—August 5, 2022 | 6-10 p.m. | **Waco Lion's Den***Free attendance - Free massages, free pedicures, free facials, free makeovers, free manicures, free food and so much more.***Vendor space available - \$75 (first-come, first-serve)***To secure your space, cashapp \$anchornews...then send verification to theanchornews@aol.com*

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WORSHIP SERVICE

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BIBLE STUDY

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CONTACT INFO.

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Nelson R. Henley, Sr.
Pastor & Founder*Are you ready for a small business loan at a reasonable interest rate?**Could you use some help with your important business documents and records?***GIVE US A CALL OR EMAIL
US WITH YOUR QUESTIONS**

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We are a non-profit lender here to
HELP YOUR SMALL BUSINESS GROW!**UPSKILL
WACO****WHO WE ARE?**

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

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Available at the Cen-Tex
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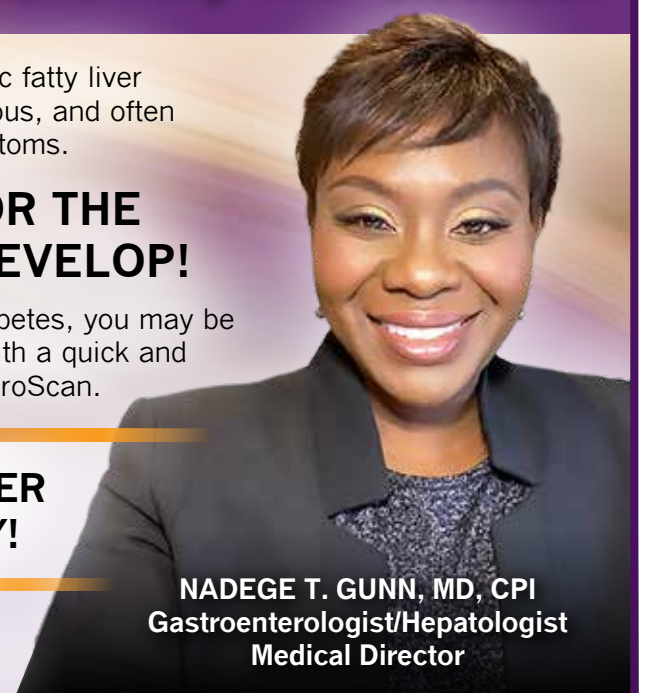
IMPACT RESEARCH INSTITUTE

Could **YOU** have fatty liver disease?

Symptoms of non alcoholic fatty liver disease are not always obvious, and often has little to no symptoms.

**DON'T WAIT FOR THE
SYMPTOMS TO DEVELOP!**

If you are overweight or have diabetes, you may be at risk. Check on your liver with a quick and painless liver scan, FibroScan.

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HEALTH SCAN TODAY!**6600 Fish Pond Rd. #103 | Waco
254.294.4780 | impactresearchtx.com**NADEGE T. GUNN, MD, CPI**
Gastroenterologist/Hepatologist
Medical Director