

# THE Anchor News

## Serving the Central Texas Community

*Celebrating 19 Years!*

**MAY 2022**  
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**Free**



### Linda Weaver, a godly woman for such a time as this

You may know her a Proverb 31 woman. Others may know her as a nurse, but her daughters know her as a mom with superpowers. "She has the ability to see and encourage the best in people. With God she maneuvers this world without fear," said one of her daughters. Definitely, no one can put her in a box. Linda Weaver is all over the place, helping, serving, guiding, nurturing, and giving.

Weaver is a woman on the move. She is the owner and CEO of Franklin Signature Properties L.L.C. in the Central Texas area. She stood up and served our nation during Desert Storm in the Navy Nurse Corps as an ANCC Psychiatric-Mental Health Nurse with 22 years of practice. She is a graduate of the Baylor University Hankamer School of Business Fast Track Entrepreneurial program and holds a Bachelor of Science degree in Organizational Management from Paul Quinn College and became co-founder of Time Out Travel & Tours.

And there's more. She has



**LINDA WEAVER**

been with HTS Construction company, doing business as a prime contractor with the Texas Department of Transportation for 13 years. While she was serving on the Texas 17th Congressional District steering committee, the company adopted a successful "Second Chance" employee policy, working with the Texas Workforce Commission. She has served as construction project coordinator for commercial and residential modernization and is currently perusing a lo-

cal commercial real estate development project to address Waco housing and workforce needs.

As a team player, she has a servant's heart. She serves the Cen-Tx African American Chamber and has a close relationship with the Hispanic Chamber of Commerce. Weaver is on the NeighborWorks Waco Board, Waco City Center Board, and is chair of the Real Estate Urban Design committee, serving the downtown Waco area. She has had the opportunity to jump in and make an impact on Waco's culture and economy. At her church, Greater Bosqueville Baptist Church, she has been a member for almost three decades and has served in every role imaginable, from driving the church van and picking up children, to coordinating and leading Women United In Christ Women's Ministry.

Weaver decided years ago to live her life and raise her children in the ammunition of

See **WEAVER**, pg. 5

### A Rose by any other name is still a Rose

**BY TONJA D. CARPENTER**

Each family has their own name for her: mom, momma, ma, mother, mommy, Madre, mama. Dara Johnson is lovingly called "Mom". Her postpartum doula clients simply call her "Ms. Dara" but she's like a mother to them all the same.

Motherhood is more than just giving birth.

Dara says, "It's a wonderful gift that only God can give. It has brought me so much joy, happiness, and completeness. I wouldn't trade being a mother for anything. It has its ups and downs, but being a mother never stops. That's what I love & live for each and every day of my life. Watching my children grow and excel is a beautiful thing. I thank God for blessing, trusting, and allowing me to be a mother to three beautiful children. Many women haven't been blessed to experience it."

Helping a woman to become a mother is a separate beautiful treasure all of its own.

Dara says, "Helping moms transition into motherhood brings me so much joy. I love being a part of this life-changing experience. When I had my kids, I wasn't blessed to have a Doula, or anyone to be there for me. I just had to pray and do it myself. I love taking care of the mother and baby. Seeing my daughter have a doula made me want to become one. I love it!"

Dara's mothering philosophy comes from Phi-



**DARA JOHNSON**

lippians 4:13, "I can do all things through Christ which strengthens me." They have great assurance that they will be alright no matter how tough it gets or what you're going through. God will bring you out. Just keep the faith and watch Him do it. That's what I live by what I instilled in my children, and how I encourage my clients.

Proverbs 31:28, "Her children rise up and call her blessed."

"My mother is my best friend and my first hero. She never fails to lift me up when I am down. Through her, I've learned that moms do it all from being our counselors and managers to our very own cheerleaders. I'm so grateful to have her as my mother and my children's grandmother."-Lacresha Duffey

"As Maya Angelou says, 'A mother's love liberates'. In every high and every low moment, my mother has been there. From the time I was born, she showed me

See **JOHNSON**, pg. 3

### Rosetta Stone turns 102 years in July

When Rosetta Manning-Mainor Stone came into this world almost 102 years ago, parents Arthur James and Myrtle Holmes Alexander Manning were so excited to finally have a baby girl. Born in a small rural community in Leon County on July 20, 1920, Rosetta brought them great joy as they already had three little boys.

The family moved to Bosque County when Rosetta was six, but discovered the elementary school was quite a ways from their farm. Thus, Rosetta's Aunt Vernon suggested



**ROSETTA STONE**

that she live with her grandmother, Mentha Manning, better known as Big Mama. Big Mama's house was located at 504 Lottie Street in Waco and was truly the place where lots of Mannings hung out.

Here Rosetta met many more of her daddy's family members. She met Aunt Babe, Aunt Ruth, Aunt Glenn, and Aunt Robin. She also met Cousin Julia Ann, Cousin George, Cousin Walter, and Uncle Cicero. Yes, this was the

See **STONE**, pg. 4





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.

### A NOTE FROM THE EDITOR...

Mother's Day is the happiest of times for some, but it is bitter-sweet for others. We are among those who feel glad that our mothers aren't suffering anymore, but we are sad because we miss them so much. We believe we will see them again and wish them an awesome Heavenly Mother's Day. We hope you enjoy this Mother's Day issue of the Anchor News.

### BY DEXTER HALL

In the 1990s, when I was a newly minted vice president/bank manager, I returned to Waco from California to visit my mother. Being nosy and seeing if I could help with anything, I was going through my mother's basket of mail that needed to be acted upon. I noticed a tax invoice from the McLennan County Tax Assessor addressed to Eula Square.

Now, you have heard me talk about my mother, Mrs. Mildred Y. Hall, but let me introduce you to Mrs. Eula Square or MomME as we called her. MomME was my mother's grandmother and my great-grandmother. She and her husband, my great-grandfather, John Square, had built the house (with some neighborhood men) where my mother lived in the '90s.

In my mother's eyes she owned the house and was a fierce protector of the house and land that her grandparents had struggled to obtain.

I pointed out to my mother that although she was pay-

## UnTangling Tangled Titles

ing the taxes, she actually did not own the house/property. MomME, whose name was on the title, had passed away in 1972, and no change of ownership had been executed.

I sat down with my mother at the time and shared with her why she did not own her house and needed to become the actual owner of the property. She didn't realize she was missing out on opportunities to grow and build equity with her property, as well as gain access to other community resources that could help her as a senior with the property.

Realizing what was occurring, she was ready to act. We discussed the process and worked together with others to untangle the title on her home.

### NOT ALONE

Today, about 20 years later, there are still hundreds of families in Greater Waco with "tangled titles;" they do not actually own the homes and property they think they do.

In reviewing the last 15 years' worth of data in our Greater Waco community,

Prosper Waco has found 413 homes have a tangled title issue. These 413 homes represent approximately \$71 million dollars in value that is not being passed to the rightful heirs. As a result, these heirs are not able to utilize these financial resources for the benefit of their families.

And while we looked at the last 15 years of data to obtain a benchmark, there are many more families in our community beyond the last 15 years that are dealing with a tangled title, just as my mother was.

In early 2021, Prosper Waco reviewed the recently completed City of Waco Blueprint for Economic Security, which identified six key focus areas to ensure that all Wacoans could live with financial and economic security. These areas included Asset Building, Banking Access, Consumer Financial Protection, and Financial Education. Community stakeholders also added the areas of Small Business and Workforce Development.

In each area, I was tasked with developing strategies that would give our community the greatest lift. I first reviewed quantitative data showing the Black/White wealth gap, Asset Poverty Rate, Liquid Asset Poverty Rate, and qualitative data gained through insights from members of our low-to-moderate income (LMI) community. Next, I began to rehearse my own "I am Data" story to see what lever or levers could

be pulled that would provide considerable impact to all Wacoans.

I realized



DEXTER AND MILDRED Y. HALL

from my own "I am Data" story that many of our neighbors in Black and Brown communities are sitting on wealth that they have yet to fully realize because of tangled titles.

As we approach Mother's Day, my head is full of varying emotions as I think about my mother. My memories of my mother range from her cooking to her supportive nature to everyone in our family and extended family of friends and neighbors. But I also remember her own situation with a tangled title, and how

See **HALL**, pg. 10

EMMER GLADNEY  
1925-1987

*We miss you so much.*  
Love, Linda & Kenneth

THERESA CRAWFORD  
1919 - 2010

*I miss you every day, Mother.*  
J.L. (Junior)

# THE Anchor News



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

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# Kerry M. Sloan: “Blessed to have received an offer from...”

BY W.B. GUNTER

When Kerry Sloan was on his quest for athletic greatness, he found lessons that changed his trajectory several times. What he learned along the journey, he shared. As he continues reaching for new heights, Kerry M. Sloan shares his knowledge so others may have a blueprint to follow in life, through sports. Kerry M Sloan, author of the book, “Blessed To Have Received An Offer From” is an athlete, teacher, and mentor. The book provides valuable insight as a resource for students, parents, coaches, and mentors.

As a student in high school, Sloan specialized in football. He knew he had the potential, determination, and focus to be a great Division 1 athlete. He learned to check his credits because high school credits are very different from NCAA credits. His grades had to be appealed and put in the work to get the scores where they needed to be. Sloan encourages students to get their foundation secure and to make sure the right courses are successfully completed and will be accepted at their schools of choice.

When the grades are where they need to be, every student-athlete should surround themselves with mentors. Sloan explains, “Having several mentors is important because one person can’t do and be all things. One mentor is the one you see doing what you want to do. He or she may not be one you can just reach out and touch, but watch how they move, handle the press, and build their brand. They model the example to follow. Listen to them and read their material.”

He continued, “The next mentor to have is one who is just a phone call away. These are the mentors with whom you may fellowship, bounce around ideas, and understand that wisdom comes in counsel. Be honest and share so growth can happen. The best mentor to have are the ones who are 100% honest. They are the ones who will be straight up and share resources.”

As an athlete, competing becomes a natural way of doing things, so as athletes are discussing their accomplishments, or just going about life in general, it can be difficult to bring the intensity down. Sloan explained the 3 levels of competition, good, bad, and healthy. “Good competition brings out the best in you. Bad competition is one where the athlete fixates on the success of others. This type of competition isn’t beneficial to growth. It’s dependent on artificial light. Healthy competition means the leader may not always have to lead.” Shaquille O’Neal once stated, “Just because you can shoot from the 3-point line, doesn’t mean you always have to do it.” Let someone else take the lead.



KERRY M. SLOAN

As students prepare to enter college and high school, balance becomes more important. They must know how to prioritize. As young people, they must make decisions. They must decide how to balance necessities and manage time to gain success. To make sound judgments, students must be able to identify conflicts, make plans, and surround themselves with others on the same path. They have to know how to get along with individuals who may have opposing views and standards. Scheduling time to study, eat, practice, sleep, clean, wake up, socialize, at-

tend class, and more will be 100% on the student.

Sloan, Division 1 athlete, shared his reason for writing the book. He says, “I really believe having information is better. Get the education. Opportunity costs. You have to be willing to learn. In the book, Blessed to Have Received An Offer From...the introduction is written like a jumpstart workshop. It covers how to structure an email, first impressions, resources, and being ready to leave home. Athletes learn they have a personal brand and how to understand their value. Coaches develop an athlete. Students need to have a basic level of understanding of the business and be aware that

colleges and sports programs see the athlete as a business brand. When athletes are seen as a liability, those scholarships disappear. Freshmen have six months to prove themselves. Within 6 months of being on campus, coaches have analyzed grades, study habits, commitment to the team, study habits, and social interactions.”

To learn more about how to “unveil the mystery behind the process,” so you can reach that next level of success, get the book from online bookstores and xLibris publishing. Email Sloan at starsinarms@gmail.com. For a limited time, Sloan is available for seminars, book signings, and motivational speeches.

## JOHNSON

Continued from page one

the way through this wonderful world. She’s taught me to see the beauty in everything. Every day I see more of herself in me, what a great honor to be a part of her legacy.”- NaTasha Hendrick

“Mom, you are the most courageous person I know. The perseverance you have shown

during the recent trials in life has shown me how deep the strength of Christ is in you. I will never forget the many words of wisdom you’ve given me growing up, and even as an adult today. It takes a strong woman to be a mom and even a stronger woman to be My mom!”- Broderick Miller

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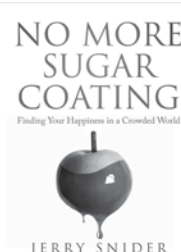
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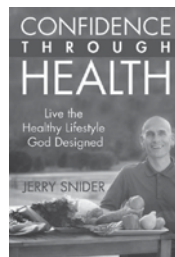
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## STONE

Continued from page one

place where her education began, as she met many relatives across the years and learned how she was related

to them all.

At age six, Rosetta was about to experience many firsts. East Waco Elementa-

ry (now Hines Elementary) was her first grade experience. Professor Hines was her first principal, and Mrs. Hines was her first grade teacher. Throughout the years, many teachers took a great interest in Rosetta, motivating her to go even further. As a result, she attended and graduated from A.J. Moore High. Mr. J.J. Wilson was the principal and Miss Ethel Ophelia King was the class sponsor. Commencement was held at New Hope Baptist Church at 915 North 6th Street in Waco on May 30, 1939.

Following her high school graduation, she enrolled in Paul Quinn College but attended only one year. Due to economic factors and limited financial resources, Rosetta left college and worked at the famous Goldstein Miguel Company taking home a weekly salary of \$9.90 with a 10 cents deduction for Social Security.

But times and needs would change. WWII would cause many young men and women to leave home to serve their country, Rosetta included. Through the local Texas Employment Office, Rosetta was hired to work as a dietary aid at a defense plant in Hanford, Washington. As family members looked at a United States map, they faced the fact that she would be a very long way from home. Still, Rosetta left Waco on October 22, 1943, boarding the MKT Railroad train.

It would be during this time that Rosetta would meet her future husband. As faith would have it, Henry Mainor was looking for someone to

talk to because he, too, was a long way from his home, Yazoo, Mississippi. Rosetta and Henry became good friends and eventually married on January 10, 1944.

During her time on the West Coast and after having six children, Rosetta decided she wanted a career, so she enrolled in Tacoma Technical College and became a Licensed Vocational Nurse (LVN). And even after adding two more children to the fold, she worked at several hospitals and performed private duty care, before finally retiring at age 79.

The Mainors lived on the West Coast for nearly a quarter of a century. Later, they moved to Texas and lived in Killeen, Belton, and Temple, finally settling in Waco. Henry died in 1995. In 1999, Rosetta later married Phillip Stone, who passed away in 2011.

Rosetta and Henry treasured their children. Of the eight, Rayfer Earle, Charles David, and Reuben Gary are deceased. The remaining five live in Waco and continue to love, honor, and respect their mother, and for her 100th

birthday, Henry, Fred (Brenda), Reggie (Tanya), Brenda (Wilson) and Marcia (John) planned a quiet, one-month long birthday celebration. They asked family and friends to send their mom birthday cards, hoping she would get at least 100 cards by July 20, and according to Brenda, they reached that goal long before Rosetta's actual birthday.

Rosetta is blessed with many other relatives. Of her 11 siblings, she has one surviving sister, Lillian Manning. She also has 24 grandchildren, 33 great-grandchildren and 13 nieces and nephews.

The years have been such a blessing to her, even with COVID. Often wondering if she has surviving classmates from that 1926 first grade class and the 1939 high school graduation class, Rosetta is just grateful to be alive. But what's her secret to over a century of living? Rosetta says no matter what she did or where she went, no matter what she said or what she faced—good or bad, happy or sad, her secret to a long life is really simple: "I always put God first."



Attorney Shank with her daughter.

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**Wanda B. Gunter**

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# Getting out of debt

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

(NewsUSA) - Sponsored Content - Debt can be a crushing burden in the best of times. And right now, with more uncertainty in the world than we have ever experienced, it can be more terrifying than normal.

Perhaps you've lost your job, you've gotten sick, or you had to stay home to take care of your kids and now you are in debt (or more in debt than you were before.) What do you do now? Many people are dealing with the same issues, but you can take steps to fix it.

First, write down your budget. Having a clear idea of what money is coming in and what money is going out is a huge step in getting out of debt. Be thorough. It is easy to overlook small expenses that add up over time or underestimate what you are spending on groceries or entertainment activities.

Second, look at your spending and think about expenses you can reduce. If you are spending more than you're

making, you may need to cut costs to make your rent or mortgage payment. Look at such things as coffee shops when considering your wants versus needs. That said, it's also paramount to build small "treats" into your budget so you're not constantly feeling as if you're depriving yourself.

Third, give priority to your secured debt. Secured debt is something such as a mortgage or car loan where there is property used as collateral. After secured debt comes interest-bearing unsecured debt such as a store credit card and finally, debt without interest, such as medical bills. All of your debt is important to pay, but prioritizing will help you come up with a plan, such as the debt snowball method.

The debt snowball method is a popular method of paying down debt. If, for instance, you have three credit cards with payments of \$50, \$100, and \$150, stop using the cards altogether so you aren't building up the balances. Keep making the same payments even as the minimum goes down. If the \$50 payment card is paid off first, take that \$50 and add it to the payment for



**J.L. CRAWFORD**

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sources. Family Credit Management is a non-profit credit counseling agency that has 25 years of experience in helping people get out of debt. So if you would like to talk to someone about your debt, feel free to reach out to one of their experts for a free, no-obligation

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## WEAVER

Continued from page one

the Lord. As a single mom of five daughters, she has always invested in the children, her village, and spoken into their lives, believing they are the leaders of tomorrow. Her girls have not disappointed her.

\* LaJuan, a graduate of cosmetology school, is a seasoned early childhood educator and a Super Mimi (Grandma);

\* Duan has a degree in accounting and currently works with the VA;

\* Chisa has a bachelor's degree in Interdisciplinary Studies and a master's in education administration. She is currently co-owner of H.A.D. Land Farms, studying agriculture and is a leader in the Waco Chapter of National Women in Ag-

riculture;

\* Ashley has a master's in Urban Education Policy and is currently in law school at City University of New York (CUNY);

\* and the baby girl, Jem, has a BS in Human Development & Family Studies and a Master of Social Work. Currently, she is working in the financial industry to ensure black and Hispanic communities have access to home ownership.

As they say, "The apple don't fall too far from the tree," but in this case, there are five apples, still on the tree that is still standing. With five daughters, 10 grandkids and 10 great grands, a business and a life of service, all we can say of this woman of God, is, "Linda Weaver, you rock!"

## The Causes of Wars

**BY PASTOR MATTHEW REED**

James teaches that our lust is the cause of wars and fights (James 4:1). From whence come wars and fightings among you? Come they not hence, even of your lusts that war in your members)? James teaches the church that the way to get what you want is to ask (James 4:2) Ye lust, and have not: ye kill, and desire to have, and cannot obtain: ye fight and war, yet ye have not, because ye ask not). He reasons for those of us who ask and don't receive is that when we ask, it is all about us. Ye ask, and receive not, because ye ask amiss, that ye may consume it upon your lusts (James 4:3).

Here is a word of help: realign your life so that it will glorify God the Father, Son, and the Holy Ghost. When you ask having that in mind, along with helping others, the answer from God will always be ye. Of course, your request



**PASTOR MATTHEW AND LADY HELEN REED**

must always be in the name of Jesus. For God has promised that if you ask, ye shall receive (Matthew 21:22) And all things, whatsoever ye shall ask in prayer, believing, ye shall receive. The condition is that ye ask in the name of Jesus. (II Corinthians 1:20) For all the promises of God in him are yea, and in him Amen, unto the glory of God by us.

To the church, we can have what we desire without resorting to wars.

Amen!

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**J.L. CRAWFORD**

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**LESTER MCDOWELL**

1951 - 2021

*We miss you so much.*  
Lois, Madelyn & Andrea

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

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## Easy container gardening for seniors

BY MARGARET IVORY

When my new next-door neighbor moved into his house, we soon discovered that his pool's drainage system was not configured cor-

rectly. The chemical water ran underneath our conjoining fence right where my garden is located.

A few years prior, I had a no-till garden that was on

the ground, but I had recently changed to a container garden. The dirty pool water ran about three feet into our yard. If my no-till garden had still been there, all my vegetables would have been ruined.

A container garden is a great choice for seniors because there isn't any bending or stooping. A chair or a walker can be placed next to the container for easy planting and harvesting. Container gardens can be placed on a balcony, on a patio, or in a yard. If your container garden is as small as a 4 ft. by 4 ft. square, that is sufficient space to feed a family of five.



MARGARET IVORY

There are different ways to set up a container garden,

but I think that my way is unique and very easy to do. I purchased 8 x 16-inch cinder blocks and stood them vertically. On top of each cinder block, I put a 5-gallon Home Depot bucket with a wire plant support inside. You can even paint decorations on the cinder blocks to make your garden more beautiful.

To prep the buckets for our hot Texas heat, burn holes three inches from the bottom of the bucket with an electric Harbor Freight Soldering Iron. I put about 8 holes that are two inches apart across the front of the bucket only. This creates a water reservoir to battle that 100+ degree Texas temperatures.

Next month, we will continue our discussion about container gardens. We will learn how to compost in place, water in place plus I will share the secret soil recipe that has never failed to grow veggies for me.

Are you turning 65 years old? Call me. I represent every Medicare Advantage Plan in McLennan County. Margaret Ivory - Medicare Plans Broker - 254-523-8978.

# RASHAD "Chip" Davis

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Thank you, Linda and J. L. Crawford, for  
**TWENTY YEARS**  
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## Palmares by Gayle Jones—A Book Review by Jim McKeown

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



JIM MCKEOWN

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 outrage 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'll be just like that. // 'Today I'll tell you a little tale. Come, help me gather palm leaves for your moth-

er. 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. Gayle 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.*

### | APOLOGY |

We apologize for the error in April's incorrect title for *Palmares* by Gayle Jones.

We regret any inconvenience which might have occurred.

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# How much do you help?

BY MONA DUNKIN

Reaching out to another is an excellent way of showing that you care. Yet, this noble attribute begs the question, "How much do you help?" Giving too much or too little is based on perspective. From the giver's standpoint, the help may be minimal. From the receiver's view, it may be a boundary breaker.

We are complex individuals comprised of diverse life experiences. Each interaction pits one's life experienc-

es against another's life experiences. All that one can bring to the table at any given time is a collective quality of beliefs, perceptions, thoughts, actions, and relationships. All come up short.

In toxic spills, the first responders are taught key guidelines are for everyone's safety:

- Become familiar with the placards (know what toxin is being hauled)

- Evaluate the situation before engaging (look before you leap)



MONA DUNKIN



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- Determine a plan of egress (when/how to leave or call for other help)

- In wanting to help, dialogue with yourself before jumping in to do for another. Assess the need. Determine your level of expertise and check your motive.

- What is their lifestyle? Their level of cleanliness may not match yours. Their view of organization may be on the messy side. Their style of parenting may be more relaxed than yours.

- Why are you doing this? Is it to impress? Is it to reap personal benefit? Do you keep score? Do you tally rewards? Do you collect favors? Is it an obligation? Is it something you think you "should do"? Or are you pitching in because you think you are expected to do it? It is a duty or a delight? Does helping give you a warm feeling or build resentment? Are you pleased to be of service or is it another demand upon your time? Can you receive? How about a compliment?

- Can you determine when enough is enough? Are you sensitive to another's need for when enough is enough?

Remember the air safety advice: "Put on your oxygen mask first".

After you have taken care of your own basic needs you can better take on a needed sacrifice. Enjoy the feeling of self-worth and maintain a positive relationship with the one being helped

(whether little or much). Do not lose touch with your limitations. Do not neglect your own well-being. Graciously do what is within your scope. Graciously receive thanks. Graciously stop. Effective help assures that on a grand scale everyone gets the support they need.

See a need and fill it. On the day of a teen's funeral, there was a gully washer. After the burial, family and friends gathered at the church for a meal together, honoring his life and comforting each other. Mud-dy shoes were removed and stacked by the door.

In anonymity, without fanfare or recognition, someone cleaned all the mud-packed shoes. Shiny footwear awaited the mourners upon departure. The act was thoughtful; it was just enough. The gratitude was deep.

Whether large or small, genuine good deeds are about the character of the giver. Whether large or small, receptivity to the help given is largely dependent upon giving/doing just the right amount.

*Invite Mona to speak to your group. Whether business, organizational, civic, or faith-based, you will be entertained with her humor, challenged by her gift of uncommon insights, and motivated by her thought-provoking poems. 254-749-6594 monadunkin@gmail.com www.monadunkin.com*

## HALL

Continued from page two

we worked to help obtain full ownership of her home.

The single biggest purchase most Americans will make in their lifetime is the purchase of a home. It is also a source of "generational wealth" that stays within a family for years to come as it is passed down through inheritance. As the equity continues to grow it becomes a source of wealth for families to draw from for things such as college education and how it helps to relieve the burden of "how" to fulfill the "what" that is needed to continue to grow income and help elimi-

nate the wealth gap.

### DID YOU KNOW?

- 51.7% of Waco households are without sufficient liquid assets to subsist at the poverty level for 3 months in the absence of income.

- 36.6% of Waco households are without sufficient net worth to subsist at the poverty level for 3 months in the absence of income.

- In 2019, the median White household held \$188,200 in wealth — 7.8 times more than Black households at \$24,100.32

*To be continued in the June issue of the Anchor News.*



# Is diet causing bloating and achy joints?

BY JERRY SNIDER

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

**QUESTION:** Hi Jerry. I've been dealing with a lot of bloating and achiness in my joints. I'm curious if these could be related. I've had a couple of friends tell me they think it's because of how I eat. I'll admit, I'm not the healthiest eater. I'm in my early 40s and it seems to be happening more often over the past two to three years. Can you give me some advice on how to stop this from happening? Thanks, Kim

**ANSWER:** Hi Kim. This is a common issue happening to Americans as we age. It doesn't have to be an issue, but it is happening as a result of the way most of us eat. A majority of people are following what is called the Standard American Diet. Unfortunately, this way of eating does have side effects that include bloating, inflammation in joints, brain fog, and several others.

In short, the human body is not capable of properly digesting some of the food that is readily available to us today. We don't

see it cause any problems when we are early in life because the issues tend to be caused by continued consumption and not just a single exposure.

A common mistake is thinking these issues you are feeling are due to a naturally slowing metabolism that comes with aging. The body's metabolism slows more because of the food we feed it than it does simply because time passes.

Since we know food is the culprit, what should you avoid so that you don't experience these issues? Here are a few items that are known to be inflammatory - animal milk, cheese, gluten, and processed sugar. The tricky part of the puzzle is identifying which foods are specifically inflammatory to you as an individual.

The easiest way to go about finding them is to keep a detailed food log for several days to weeks. Keep track of everything you eat and also how it makes you feel over the next 72 hours. When you feel bloated or achy, note what foods you ate and take them out of your diet. Continue to do this until you aren't feeling any negative symptoms. After a few weeks of no symp-



JERRY SNIDER

toms, you can slowly bring the items back one by one to see if they truly are causing a problem for you. Sometimes we take foods out of our diet because we think they are causing an issue when it's actually something else we ate with that food - guilt by association.

It does take a little discipline in order to find out which foods are causing the problem, but it's a lot easier and healthier than being on medication for the side effects you are feeling.

*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](http://www.allinhealthandwellness.com) to learn more about Jerry Snider.*

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## Let's not give the devil legal rights, Part 5

BY EVANGELIST  
RUBY MCCRAY

*Continued from the April edition of The Anchor News. To review the previous article, please go to [www.theanchornews.org](http://www.theanchornews.org), 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

Precious people, I believe that you will agree with me when I say that many of us want to eat three meals every day, and some want snacks between. That physical food will only feed the physical body; but we have more than a body. We are a spirit being with a soul that lives in a body. The Word of God is the only thing that can feed our spirit; but most of the people don't care about eating the spiritual food. That's why we are having so many problems in our individual lives, in our homes, states, world and even in our churches. Feeding on the Word of God is so easy

now. All we must do is download a FREE Bible App on our smart devices and they'll read the Bible to us.

How many of you remember the saying, "Tide in, dirt out!" The Word of God is just like a Good Detergent when you are washing dirty laundry.

"Sanctify them by Your truth. Your Word is truth." John 17:17

"Husbands, love your wives, just as Christ also loved the church and gave Himself for her, that He might sanctify and cleanse her with the washing of water by the word." Husbands, if you have a dirty wife, start washing her with the Word of God, Amen?

It is sad that so many innocent children must suffer for the sins of the parents. It is true that they won't have to go to hell because of the parents' sins, and vice versa, (Ezekiel 18:20), but they suffer sicknesses, both physical and/or mental, because of the parents' sins. Many of the parents have no idea that their sins caused the sickness because they don't know the Word of God. Many of them blame God for the sicknesses. Proverbs 19:3

God allowed my mentor,



EVANGELIST  
RUBY MCCRAY

Pastor Thurman Scrivner, to heal many of the terminally ill children in the name of the Lord Jesus Christ who were at Cooks' Medical Hospital in Fort Worth, Texas. He was not a pastor at that time, but a deacon at a Baptist Church. The first thing he did was interrogate the parents to find the root cause of the child's illness. He wouldn't pray for the babies until he found the sin and had the parent(s) confess and repent to God. He said that God wouldn't answer the prayer until they did. Repent simply means to turn from that sin and stop doing it completely.

Scrivner said that one tod-

dlar with a death sentence was born at Cooks' and had turned two-years old. After he got the parents to confess and repent, he prayed for him. He was out of Intensive Care in a day and dismissed within the week.

While he was hearing the testimony of a man who had his terminally ill child healed, a lady came in screaming because her six-year-old son had been shot in the back at a park in Dallas, Texas. He told her that she needed to have Scrivner, who was standing beside him, pray for her son. When she asked Scrivner, he told her that he needed to ask her some questions. He noticed that she was pregnant, to find out that she was living with her boyfriend. When he got her to confess to God and promise that she or he would move out and not let him touch her again, he prayed for the lifeless boy after the nurse told him that he would die. To shorten the story, the next day, that nurse told Scrivner she knew that the boy would die that night, but thirty-minutes after he left, he was out of danger and taken out of ICU. He would be going home in a few days, which he did. Scrivner discovered that eczema is a

common disorder that plague children conceived out of wedlock. Abortion is, too. Proverbs 26:2

As a Baptist deacon, Scrivner began to study the Bible and believe everything that's written in it. He began operating in faith by praying for the sick and seeing mighty miracles. Jesus said that laying hands on the sick and having them recover is just one of the signs that would follow any believer. That means anybody who has confessed their sins, repented, and received Jesus Christ as Savior and Lord, been water baptized, and living holy, (set apart from sin), can have Jesus doing those mighty works through them. Mark 16:17, 18; Acts 2:38, 39; Romans 10:8-10

Please join me in June 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, but just what if I'm right!

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

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## The dos and dont's of accent wall design

**SUBMITTED BY  
LINDA MCDONALD**

An accent wall's main function is to provide contrast to a space. It's an easy and affordable way to express yourself and breathe life into a room. It will look great just about anywhere in your home— if you do it right. Here are some general rules to keep in mind if you're considering adding one.

Do give wallpaper or contact paper a try. Wallpaper is durable, easy to maintain and relatively simple to install.



LINDA McDONALD

And we're not talking about that outdated floral wallpaper in your grandmother's bedroom—wallpaper these days is much more stylish, and there are endless design options for you to choose from.

Do add accessories. If you pick a solid color for your accent wall, you may want to add some artwork to create a gallery wall. This will make the wall stand out and make even more of a statement. A big mirror centered on the accent wall will look nice, too, depending on the purpose of

the room.

Don't be afraid of bold colors and patterns. Lively colors and unique patterns are what make accent walls special, so don't shy away from them. Follow the 60-30-10 rule: 60% of the room is the dominant color, 30% is the secondary color and 10% is an accent color. For the accent color, choose something that's completely different than the dominant and secondary colors to make it pop.

Don't choose the wrong wall. When deciding which wall you'd like to accent the

room, it's important that you choose the right one. You'll want to go for the wall that naturally catches your attention when you enter the space. It should be mostly uninterrupted and rectangular. You'll want minimal obstruction from windows and doors unless they provide symmetry to the wall.

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The best Christmas gift sometimes comes in a small package. Such is the case with *God, Destiny and a Glass of Wine*. All chapters begin with one of Linda Crawford's own "true-story" personal narratives that she later connects to a point that is relevant to this journey called destiny. The book is an easy read. Several readers have told her that they couldn't put it down once they started. It is available on Amazon.com for \$15.99. You can also go to [lindacrawford.org](http://lindacrawford.org) to order there. *God, Destiny, and a Glass of Wine* is sure to open your heart to receive healing, encouragement, and a different outlook on life.

## CHAPTER 1: THIS TOO SHALL PASS, BUT WHEN?

I was almost out of breath by the time I made it to the car. Though it was just a few feet away, it seemed like 100 miles. I had parked my car in the back yard to hide it from the bank. Let's face it. It was an old piece of stick-shift junk, but it was all I had, and I was behind on the payments. But tonight, in my panic to get out of the house, maybe the backyard wasn't so smart. Dressed in a gown, house shoes, and a thin jacket, I gripped the keys that were pinned inside my bra. Oh yes, my bra. That

was the safest place to keep my valuables, like my car keys and what little money I had. I had learned a lot in my 29 years. With lightning speed, I dashed out the backdoor, tripping over the threshold, but still holding my balance and determination. Thank God my boy was spending the night with a friend. It was pitch-black dark outside, as I had no time to flip on the outside lights. I just needed to get out. Once inside my car, I let out a sigh, unaware that I had been holding my breath. Quickly locking the car doors, I knew I was on my way. The car was run down and bent up, but it was my path to freedom tonight and my only means of transportation. I'll never forget it. It was a gray and black Toyota, well....a fading gray and a fading black, a hatchback, about 8 years old at the time, and a stick. Ha! A stick. That could be a holdup since I was still in the learning stage, but I could handle it. I tried to crank the old trap, but it just clicked. I tried again, combining my efforts with a plea. "Please God, I need my car!" Just as the motor turned over, I heard that dreadful sound, a swatch-type sound, like an old screen door dragging. My God! He knew I was going to try to get



LINDA MASON CRAWFORD

away. He knew, so he had unlocked the hatch back, ahead of time! He was in the back so fast; all I could do was bite my lip and jerk forward. "Stop the car, Lynn, and give me the money!" he yelled, as he swiftly crawled into the back seat. He lurched through the bucket seats so fast that my head literally seemed to spin, like the girl in the Exorcist. Grabbing the steering wheel, he yelled again, "Gimme the money, Lynn!" The Exorcist...I was sure that his voice changed. But tonight...no, not tonight. I kept driving, the car swerving across into the other the lane and back

again as he, too, gripped the wheel. We came within inches of hitting a minivan. I saw head lights of an 18 wheeler that we also barely missed as we sped into the on-coming traffic. Hands pinned to the wheel, I was driving to my pastor's house, and no one was stopping me. That was the life I lived for most of my 16 years of marriage to a crack addict, one that was much different from my single days of the quiet, country, church girl. I had never touched drugs in my life. I smoked only one cigarette that nearly killed me. And here I was, 29 years old, married to a drug addict. I had so many similar stories to contend with, jumping fences to get my car back from the drug dealers, standing toe-to-toe and nose-to-nose with dealers who threatened to kill me if I didn't leave them alone about getting my car back, knocks on the door in the middle of the night from thugs demanding money my husband owed them, stealing my own car back and driving backwards, trying to miss the flying bullets. You name it; I just about dealt with it. Many times over the years, I walked into my house to find that every piece of furniture and every appliance was gone—sold in exchange for drugs.

I remember waking up one Christmas Day to find that my babies' gifts were gone, sold for drugs. Once, I frantically searched the streets of Tampa because my husband put our 6-year-old out of the car since it was "too dangerous to take him to the crack house," he said. This was before the days of cell phones. I don't even remember how I found my baby boy. I could go on and on, but the only thing that matters is that one day, I accepted the truth that I had to forgive if I expected to move on with my life. I have since come to grips with the truth, that my now ex-husband was a good person, who loved people. When he was straight, he would give away his last. When he was not, he would take another person's last. I literally saw him take his shirt off and give it away. Once he pulled off his watch and gave it away, and then took my watch and gave it away, too. He had a heart of gold, but in addiction, he was the devil. Still, I had to find a way to forgive. I owed it to myself, my children, and my God.

To order *God, Destiny, and a Glass of Wine*, paste the following into your browser: <https://www.amazon.com/Destiny-Glass-Linda-Mason-Crawford/dp/069211761X>.

## 5.0 OUT OF 5 STARS | INSPIRING & ENCOURAGING | KINDLE CUSTOMER

(Reviewed in the United States on August 20, 2019)

"I absolutely love this book! I could not put it down and read it in two days. There is so much good stuff in this book that I am reading it again. It is inspiring, encouraging and will bless you."

## 5.0 OUT OF 5 STARS FIVE STARS | AMAZON CUSTOMER

(Reviewed in the United States on May 21, 2018)

"This is an amazing book. It is entertaining, compelling and convicting. A definite must-read for everyone!"

## 5.0 OUT OF 5 STARS | EASY READ AND APPLICABLE TO MY LIFE

(Reviewed in the United States on March 27, 2019)

"After *God, Destiny, and a Glass of Wine*, I felt like I could take the author's response to certain circumstances and apply to my own life. Each chapter is a life learning lesson of praising God through hard times, and walking into God's plan for my life. It may appear as an easy read, because I read it in one day my first time reading it. Then I had the opportunity to re-read and breakdown each chapter week by week."

Rey

## 5.0 OUT OF 5 STARS | EXCELLENT BOOK

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

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

Dr. Mia Moody-Ramirez



**GOD, DESTINY, AND A GLASS OF WINE  
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# Sally's Maid Service

BY CHRIS GONZALES

This month McCIF is featuring a Local Business Owner, Sally Rodriguez the owner and founder of Sally's Maid Service in Waco, Texas founded June 20th of 2017. Sally's Maid Service provides residential and commercial cleaning services for Waco, Hewitt, Woodway and the surrounding area. Sally was born and raised in Waco, Texas and is married to Isidro Rodriguez a business owner himself.

Prior to opening her business, Sally Rodriguez was working in construction with her father. She dedicated herself to keeping up with the men on the job site and held her own. She took on every task with a diligent mindset and it helped her earn the respect of her fellow coworkers. She did not complain or feel like she did not belong because she was working just as hard as everyone else and got the job done right. Sally said she enjoyed the work and she appreciated working alongside her father.

It was not long before someone took notice of this impressive young woman working



CHRIS GONZALES

hard on the construction site and offered Sally work cleaning her house. Sally agreed to take on the job and impressed the client so much that Sally was asked to come back once a week. After some time, Sally's client urged Sally to go into business, but Sally was reluctant. After more urging and convincing by her client Sally finally decided to go for it and start her business.

Sally said that it was difficult at first. She had trouble finding

the right staff. She found that the people she was hiring did not have the same work ethic and Sally ended up having to do it all herself. This is common among business owners because their business is their life. So, Sally decided to seek help from a mentor, and she is glad she did. Fast forward to today Sally's Maid Service has created fourteen full time jobs. Sally spends her days running a remarkably busy and successful enterprise that not only serves residential homes but commercial businesses as well.

Sally told me that her story was not easy. She overcame anxiety, fear and doubt. She looked to the Bible for comfort and answers. She also shared that her mentor was key in helping her organize her strategy. Her Mentor would say things like "Math is the Path," and to watch the numbers like a hawk and adjust. All of which are important activities and concepts for a business owner to grasp. I asked Sally what advice she has for others that may be thinking of a start-up and she said that you must find purpose and understand why you are doing what you are doing. Great advice.

We hope this story may serve as an inspiration for those that have wondered if they should go out and take the risk in starting a new business. There will not be clear answers on whether you are making the right decision and the work will be difficult, but you will never know unless you try. Theodore Roosevelt, said "It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold timid souls who neither know victory nor defeat." In this case the Man in The Arena is a strong woman like Sally Rodriguez and many more strong women just like her. Hats off to you all!

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