

# THE Anchor News

## Women In Business Issue

*Celebrating 19 Years!*

**MARCH 2022**

Volume 19 • No. 8

**Free**



## Mom and daughters offer inner peace and outward beauty

"Peace and Beauty Begin Here" – Inner Peace Outer Beauty Salon & Spa, nestled in the heart of Waco, Texas, is one of the few African-American Family Owned and Operated salon and spas in the area. We strive for excellence in everything we do and want clients to walk out looking and feeling phenomenal. We take pride in servicing all with a peaceful and beautiful experience. Our salon has a comfortable and pleasant atmosphere where all are welcome.

"Our favorite part about servicing the community is building relationships with different people and enjoying the unique personalities of the stylist and clientele." We offer a variety of services but specialize in body massages, facials, nail services, natural hair, limitless styles and techniques and are able to accommodate the request of our clients. Our staff strictly abides by Texas Department of Licensing and Regulations standards, as well as stays well informed of current trends. The IPOB Team



**THE INNER PEACE OUTER BEAUTY SALON & SPA FAMILY:  
LADY LORETTA OLIVER (CENTER) AND DAUGHTERS**

consists of three master-stylist, one master-nail technician and one master-massage therapist/esthetician.

This has been a life-long journey, which officially began in 2015. A business plan was formulated and we were blessed to be able to open our doors on November 9, 2015, at our current location.

In the November, 2018 issue of ESSENCE Magazine, Inner Peace Outer Beauty Salon & Spa

was recognized as one of 30 Hot Salons in the magazines coverage all over the world. What an honor bestowed upon the IPOB Team.

We have reached into IPOB Salon & Spa and consciously made efforts to give to our community. In the past we have given backpacks to youths for the beginning of the school year.

See **SPA**, pg. 4

## Christian Brothers Moving Service, a woman owner making history

Janet Chisom is the owner of Christian Brothers Moving Service, a moving company located in Waco TX. The company has prided itself on providing exceptional and reliable service at affordable prices. Christian Brothers Moving Service was founded on August 15th 1995, by Janet's husband Willie Chisom, who is now deceased. In June 2008, Janet dedicated herself to continuing the growth of the compa-



**JANET CHISOM**

ny.

"I have been blessed to become an amazing leader in a very male-dominated industry. I have received awards from Angie's List and hold a BBB Seal as an Accredited Business." Janet is the mother of two daughters and is a faithful member to her church. "As for my future, I look forward to increasing the company's range and carrying out our vision of excellence."

## Cherry Mills Boggess still making history

**BY LINDA CRAWFORD**

Who would have thought Cherry Mills at 17, would become a civil rights activist? Who would have thought Cherry Mills at 17, would be part of the 60's lunch counter sit-in protests? And who would have thought Cherry Mills at 17, would be going to jail for participating in such activities? Yes. Who would have thought? Certainly not her parents, Billy and Cherry Mills. They sent their daughter to Knoxville College to major in music, to get an education, not to do sit-ins and go to jail.

"They were very upset with me when I went to jail," said Boggess, "and pulled me out of school to take me back home to Miami."

Boggess was terrified at the thought of leaving school, and when her Godfather in Waco convinced her parents to let her attend Paul Quinn College, she was very grateful.

However, it just wasn't that easy. This sit-in situation was truly a part of her now. She couldn't stop. At Paul Quinn, she met a group of like-minded students and got an opportunity to receive training to prepare them for more sit-ins....trainings in Tennessee. She had to sneak away to get the training, which eventually kept her from going to jail again. And the good part? Her parents didn't find out.

She and her friends learned how not to respond to violence with vi-



**CHERRY MILLS BOGGESS**

olence. When food was thrown at them, they knew how to keep their composure. When lit cigarettes were put out in their faces, they learned to sit still. When they were kicked, beaten, and called the "N" word, they learned not to react. In these trainings, they learned what it meant to be peaceful protesters.

Lunch counter sit-ins may seem like a passive form of demonstration, but they served their purpose. These students made it known to business owners that blacks wanted the right to sit down and eat wherever they wanted to, and sit-ins also interfered with business profits because regular lunch customers were not able to be served when blacks were sitting in their seats.

Finally, Waco businesses succumbed to the pressure and began serving blacks in areas where they had previously been denied. They

See **BOGGESS**, 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 EDITORS...

For over four decades, March has been designated as National Women's History Month. But from CJ Walker (Business Owner) to Dorothea Dix (Mental Health Activist); from Sonia Sotomayor (Supreme Court Judge) to Ruth Bader Ginsburg (Supreme Court Justice); from Rosa Parks (Civil Rights Activist) to Kamala

## Accidental omissions from the February Black History issue

We omitted these heroes in our February Black History issue. We are so sorry. Please take notice.

Mrs. Marva Harrison is the first African American truancy officer at Midway High and the first black facilitator for the MISD Discipline Alternative Program. Doris Miller was the first African American to receive the Navy Cross. A cook in the U.S. Navy, he was killed when he took action to protect his country during Pearl Harbor. Commissioner Patricia Chisolm-Miller is McLennan County's first African American female to hold the position as Commissioner.



MRS. MARVA HARRISON



MR. DORIS MILLER



MRS. PATRICIA CHISOLM-MILLER

## The Law Office of DeAndrea Petty

The Law Office of DeAndrea Petty is here to help you with your Criminal Cases, Child Support, Divorce, Obtaining your Driver's License or Occupational Driver's License, Tickets, Juvenile cases, or Federal cases. Attorney Petty mainly practices in Bosque, Falls, Hill, and McLennan Counties. However, if you have cases anywhere in Texas Attorney Petty can help you anywhere.

At the Law Office of DeAndrea Petty we know that going through different legal issues of any kind can be difficult. That is why we pride ourselves on ensuring clients understand their legal issues

Harris (VPOTUS), women have been making history since this world began with God's creation of Eve. Sit back and read about some of our own local history makers. Enjoy this month's Women in Business issue.



DEANDREA PETTY

from not only the client's prospective but also from the perspectives of the other party, the State, and jurors.

If you have a legal issue that you are needing help with or advice on call Law Office of DeAndrea Petty at 254.640.6829 or email us at attorneydpetty@yahoo.com.

Remember, Justice is Just the Petty Way.

## She is known as "the real estate lady"

Linda McDonald is a successful real estate professional at Coldwell Banker APEX Realtors where she began her career in 2002 after 28 years at AT&T. She has helped over 500 families from all levels of society and diverse backgrounds with purchasing and selling homes. Her clients often refer to her as a "family friend". It is her goal to exceed her clients expectations with passion, exemplifying Integrity, Trust using her experience for negotiations and roadblocks throughout the entire process. She has earned the designations of Accredited Buyer Representative, At Home with Diversity, Certified Residential Specialist, Graduate of Real Estate Institute, Seller Real Estate Specialist and a graduate of the Texas Realtors Leadership Program.. She has served as President of the Waco Association of Realtors and recognized as Realtor of



LINDA MCDONALD

the Year among her peers. Her current active community involvement includes Waco Central Texas Chapter of Links Inc, Neighborworks board of directors, Central Texas African American Chamber Vice Chairperson, , Oakwood Cemetery board of directors, and a volunteer for Meals on Wheels. She is passionate. Integrity - Trust - Experience

# THE Anchor News



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

#### PURPOSE

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

#### POLICY

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

no time publish information that is potentially libelous material or intentionally malicious, derogatory or irrelevant.

#### EDITORIAL POLICY

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

#### ADVERTISING RATES

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

**LINDA CRAWFORD**  
Editor / Owner

**STASHA AUSTIN MALONE**  
Associate Editor

**J.L. CRAWFORD**  
Director of Operations / Owner

**RAY AUSTIN**  
Website Designer

**GALE EDWARDS**  
Advisor

**MIA BAMIDELE**  
Advisor

**WANDA B. GUNTER**  
Contributing Writer

**SCOTT KNAPEK NEFF**  
Design/Layout

**STAFF**



## The Complete Woman Conference planned for August 5-6th

The annual The Complete Woman Conference entitled "DROP the Buckets," is set for August 5 and 6th at 3201 PURINGTON AVE, FORT WORTH, TX 76103 The Complete Woman Conference,

designed with the 21st Century woman in mind, encourages women to actively take charge of their own physical wholeness, wellness, and beauty while it champions the delicate balance of health

and duty with finesse.

For more information, call 1-800-712-ACTA(2282), check the website, JaniceMixonMinistries.org or send an email to Actarms@yahoo.com.

## Ivory and Associates Medicare Plans Brokerage

For 39 years, Margaret Ivory has taught and marketed health insurance products that have helped to enhance the lives of her many clients. Her practice (Ivory and Associates) currently specializes in Medicare Advantage Plans, Prescription Drug Plans and Medicare Supplement Plans.

Her eBook - "What is Medicare?" was placed on the Kindle Best Sellers List in the Medicare and Medicaid category. This same information is available by calling 602-580-9299, using the Access Code: 1050813# along with the Ref-



MARGARET IVORY

erence Number: 1.

Ivory was awarded the Agent Elite status by Humana Insurance Company. As a broker, she represents all three plans available in McLennan County: UnitedHealthcare, Humana and Baylor Scott & White.

Her goal is to educate Medicare Recipients so they can know which Medicare plan meets their individual needs. Please call Margaret Ivory at 254-523-8978 for an appointment or a Group Plan versus Medicare Plan analysis.

## Waco National Women In Agricultural Association

The National Women in Agricultural Association received a grant from the USDA to train beginning farmers. Started in September 2021, NWIAA calls the program L.I.F.T.S., Learning Important Farming Training Skills. The NWIAA each month have trainings or agricultural tours for the participants who are in the program. Participants can be from eighteen years old to one hundred to be enrolled in the L.I.F.T.S. Program. Our goal is to increase farmers in



KAY BELL

McLennan County. For the Month of February workshops, NWIAA had the opportunity to tour Prairie View A&M Agricultural Department, visit a Black owned grocery store in Houston, and a Black own B&B in Liberty, Texas. For March the group will go to Harlingen, Texas for an Agricultural Summit. People who are interested in the program can contact President Kay Bell at bellkay9@gmail.com or Program Manager, Chisa Brigham at chisabrigham06@msn.com.

## Author speaks out on cancer

Author Nanetta Brooks Speaking out about breast cancer, says there are many ways to talk about what we experience in life. "Mammograms are uncomfortable but necessary," says Brooks. "What's feared the most is having lumps and cancer. Are the machines they use accurate? I learned never settle for one opinion. It's better to have two people right than one person wrong." Brooks encourages women to never be rushed "to go under the knife and always have moral support."



NANETTA BROOKS

## Jeffrey Sanders offering two services

Jeffrey Sanders is the owner of two businesses Zariyah-kids 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@tahoo.com,



JEFFREY SANDERS

website: JeffieKaySanders.com.

ADVERTISE  
IN THE  
ANCHOR  
NEWS  
TODAY!



WENDY MICHELLE DAVIS

FINE ART PAINTINGS  
WEDDING & EVENT FLORALS

WendyMichelleDavis.com



*"Disunity is a danger that the nations and peoples of the earth can no longer endure; the consequences are too terrible to contemplate, too obvious to require any demonstration. Mankind is groaning, is dying to be led to unity, and to terminate its age-long martyrdom..."*

— from the Bahá'í writings

To learn more about  
the Bahá'í Faith,  
call (254) 300-4949  
or visit wacobahaicenter.org



bahai.org/beliefs/



## Painted Florals

Painted Florals—where a love for flowers, art and nature thrive!

This business combines the beauty of nature and florals into design for your special event. Offering wedding and event florals by a designer who is also a Waco artist. Hire an artist who can make your bouquet and paint it too.

"I love being able to capture a customer's ideas or vision, then turn their event into something truly special," said Wendy.

Please contact us for questions and/or an appointment. We would be thrilled to make your special occasion a beautiful event!



**WENDY DAVIS**

Wendymichelledavis.com

## Fluff Wash & Fold

Fluff Wash & Fold started as a residential and commercial laundry mobile service in December 2019. Fluff Wash & Fold has endured the pandemic issues like other businesses but has been fortunate enough to survive and thrive. On October 21, 2021, Fluff Wash & Fold moved into its brand-new location. Customers can now walk in to drop off their laundry. For those who still want the pickup service, just give us a call to schedule a time. If you have questions about the services that are available, visit the website [fluffwashfold.com](http://fluffwashfold.com). Gift cards are also available for all occasions. Give Fluff Wash & Fold a call today and let us give you a



**STEPHANIE TOLBERT**

fresh start to your week!, Fluff Wash & Fold, pickup and delivery, 1223 N. 18th St., Waco, Tx. 76707, 254-661-7611.

## Tick Tock Clocks & More

Nature in Art drives the designs from Tick Tock Clocks & More. All items are custom designed by Violetta Butler, retired art educator of 36 years.

Our motto is "Every piece is for someone!"

When working with a piece, inspiration comes as the piece is being shaped and handled.

We offer a variety of products such as clocks, paintings, jewelry and functional art (ceramic coasters, jewelry boxes, and notebooks).



**VIOLETTA BUTLER**

We love using vibrant colors and designs in our pieces that reflect images of nature. Beauty is in the eye of the beholder. It's breathtaking to see when a product finds its owner. It's an awe-inspiring moment when a customer's idea become a reality, whether it's a clock, painting or jewelry. Our designs vary from abstract to realistic.

Let Tick Tock Clocks & More be your experience for unique works of art. Visit our website for your unique piece. [www.ticktockclocksmore.com](http://www.ticktockclocksmore.com).

## Pampered Babies

Pampered Babies, soon to be a licensed day home became registered through the state of Texas August 15, 2019. This daycare is owned and operated by Ms. Linda Davis. Davis has over 30 years of childcare experience. She has worked at many local daycares to include Lakewood Christian Preschool, Spirit of Love, and EOAC Head Start to name a few. Pampered Babies was recently recognized as a Texas Rising Star program. Pampered Babies offers a day and overnight program.



**LINDA DAVIS**

Davis's goal is to transition to an academy that will offer a (STEAM) Science, Technology, Engineering, Arts, and Math curriculum along with a healthy plant based diet menu. The academy will be named E=Mc which is derived from Albert Einstein and Elijah McCoy. McCoy, a black engineer and inventor, had his mechanical device patented. It was deemed the best result in the phrase "The Real McCoy." Visit [www.pampered-babies.com](http://www.pampered-babies.com) to learn more about the program.

## BOGGESS

Continued from page one

had a victory, but there was much more to do and much more to endure.

The public can learn more about the lunch counter sit-ins by visiting Waco's Dr. Pepper Museum exhibit. "Sit Down to Take a Stand" features several Civil Rights activists. Boggess became a part of history when she was just 17, and now at 80, she is making history once again. She is featured in the exhibit as an active lunch counter sit-in organizer and in an interview that is available on Podcast with Dr. Sloan. Visit the museum at 300 S. 5th Street in Waco.

## SPA

Continued from pg. one

We have also been able to purchase quality hair, then make wigs and donate them to cancer patients who were in need.

Stay connected to the IPOB Family! We have many exciting new endeavors.

Please see ad, page 9.

**Linda McDonald**  
REALTOR®, CRS, GRI, PMN, SRS

*Integrity, Trust, Experience*

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

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

## Broken Silence BOOKS & PUBLICATIONS

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

[www.brokensilencebooks.com](http://www.brokensilencebooks.com)

Phone: 254.458.9254

Facebook: Wanda Gunter

E-mail: [wbgunter@hotmail.com](mailto:wbgunter@hotmail.com)



**Wanda B. Gunter**

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



## Evangelist McCray, serving clients since 1976

On Monday, August 30, 1976, Ruby McCray began operating her music studio after hearing four words and seeing a vision, two weeks prior. They were going to convert the guest bedroom into a music studio, but the piano wouldn't go through the door. They turned it in different position to no avail. Standing in the hallway behind the piano, hands still positioned to push, frustrated and exhausted, McCray, screamed, "JESUS!" and the piano went into the room.

McCray is still teaching, but she's added harmonica, saxophone, drums bass and lead gui-



RUBY MCCRAY

tars.

She still tutors and teaches Spanish privately with music. She's published three bilingual Spanish books with its CD. She's also published two picture dictionaries using mnemonics to help students remember Spanish vocabulary.

McCray has three Playlists on YouTube: Ruby McCray Conversational Spanish Videos; Ruby McCray Music Videos and Ruby McCray Kingdom of Heaven Citizens Videos. She's been a contributing writer for The Anchor Newspaper for over 19 years. Her website is: [www.rubyhamiltonmccray.com](http://www.rubyhamiltonmccray.com).

## Hillcrest Chiropractic Clinic

"When 'I' in 'illness' is replaced with 'We,' 'illness' becomes wellness!" ... Malcolm X

This Dr. Shamonica Trunell's belief. Dr. Shamonica Trunell, D.C. is the owner of Hillcrest Chiropractic Clinic. She is the mother of Malik, Samiyah and Sarai and the GiGi of Chloe. Dr. Trunell has been serving the Central Texas community since 09/2011. Hillcrest Chiropractic provides corrective chiropractic care, and Dr. Trunell is proud to offer the Gift of Health to all Anchor readers. Your first day initial fee is \$38.00; this includes a consultation, examination, neuroscan and X-Ray. Dr. Trunell and her team will find the root of your problem, correct it and get you and keep you on the road



DR. SHAMONICA TRUNELL

of wellness. Says Dr. Trunell, "Your road to wellness may not always be perfect, but it's worth it!"

## We are Solution Principles...

Owned by Mona Dunkin, Solution Principles specializes in maximum people development, training individuals to be more productive by developing better communication skills, organizational abilities, goal setting, conflict resolution, office protocol, supervisory and employee interactive skills. Dunkin is a motivational speaker and a Personal Success Coach. She is trained in all areas of Basic Inten-



MONA DUNKIN

sive Training and Introduction of Choice Theory Psychology. Dunkin's trainings are conducted Under the auspices the Glasser Institute for Choice Theory.

Call today for PERSONAL SUCCESS COACHING, Mona Dunkin, Motivational Speaker and Personal Success Coach, 254-749-6594 [monadunkin@gmail.com](mailto:monadunkin@gmail.com), Guarantee: Receive two or more life-changing principles.

ADVERTISE *here!*  
Call 715-8943 today!



### Zariyah Kids Fashions

RESSWEAR FOR GIRLS & BOYS

MAILING ADDRESS: 1001 N. MLK BLVD. #302  
WACO, TEXAS 76704 • (254) 498-1346  
[ZARIYAHKIDS\\_2017@YAHOO.COM](mailto:ZARIYAHKIDS_2017@YAHOO.COM)

**JEFFIE K. SANDERS**  
Owner/CEO

**ALL ABOUT GOD'S GLORY  
YOUTH PRODUCTION/  
PROMOTIONS BY KKS**

[KAYSANDERS235@YAHOO.COM](mailto:KAYSANDERS235@YAHOO.COM)  
P.O. BOX 1646 • WACO, TEXAS 76703



*Advertise in The  
Anchor News and get  
article space too!*

The Anchor publishes on the 15th of each month. Submission deadline is the 1st.



**FLUFF**

Wash + Fold  
Pickup & Delivery

**Stephanie Tolbert**  
Executive Director

**254.661.7611**

[fluffwashfold@gmail.com](mailto:fluffwashfold@gmail.com)  
[fluffwashfold.com](http://fluffwashfold.com)

The Anchor News

**NEW PICKUP  
LOCATIONS!**

—CIRCLE K—

Lake Shore & 19th Street

—CEFCO CONVENIENCE STORES—

Lakeshore & Greenleaf | Lakeshore & Gholson | 18th & I-35  
Sanger & Valley Mills | China Spring Road | Highway 84, McGregor

—CHINA SPRING LOCATIONS—

Griff's | Shipster's

—LA MICHOCANA MEAT MARKET—

1300 Richland Drive



# Women of Distinction

BY LINDA DAVIS

Women have been impacting the world from the beginning of time, with their gracious acts of heroism, undeniable courage, unbreakable faith, and remarkable commitment to bring forth positive change. From the time period of slavery to the civil rights movement we salute golden pioneers Sojourner Truth, Harriet Tubman, Ida B. Wells-Barnett, Rosa Parks, Fannie Lou Hamer, and countless of others whom we may never know their names but made countless sacrifices, and unlimited efforts as they trail-blazed through fiery trails and

tribulations, so we could have a brighter future.

Women have been breaking barriers and leaving their marks for centuries. Thank you to the late Mae Jemison, for creating a platform for many girls to follow as you blazed into outer space as the first African American woman. From big screen to late night TV, we can't get enough of Cookie. We roll out the red carpet for this all-star award-winning actress, Taraji P. Henson. She has publicly addressed mental health and suicide prevention in the black community. Simone Biles, Olympic and world champion, we are proud of you for setting the bar high



LINDA DAVIS

and inspiring so many young girls to dream big as they leap for success. Newly nominated Judge Ketanji Brown Jackson,

we say welcome as you prepare to take your seat as the first Black woman to serve as a Supreme Court justice.

Thank you, Commissioner Patricia Chisolm-Miller, as the first woman to be elected to the McLennan County Commissioners Court and the first African American woman to serve on the Court. We appreciate your dedicated service.

Congratulations, Chief Sher-yl Victorian, Waco's first African American woman as police chief. Thank you for your dedication and commitment to protect and serve the citizens of our city.

Cessley Denise Marsellus, MD, a Howard University Col-

lege of Medicine graduate, has over 30 years of work experience in the medical field. Her bedside mannerism, expertise, and compassion for her patients is impeccable. Dr. Marsellus, Waco salutes you for your outstanding service in the health field.

The late and legendary Mae Jackson was the first African American female mayor for the City of Waco. Prior to her death in 2005, she left her footprint in the sand that will long last. Not many Waco city leaders, late or present, can match the mayor's contributions. She touched the lives of many and will forever be remembered.

## 2022 Waco NAACP Scholarships

BY DR. PEACHES HENRY

**Rev. Robert L. and Mrs. Elwayne Y. J. Gilbert Scholarship:** This scholarship will be awarded to an African American graduate of a McLennan County high school who plans to enroll at Baylor University. Preference will be given to students who are interested in Rev. and Mrs. Gilbert's three-fold passions: ministry, public education, or civic activism.

**Vivienne Malone-Mayes Scholarships:** These scholarships will be awarded to a graduate of a McLennan County high school who intends to attend a community college and to a graduate of a McLennan County high school who intends to attend a four-year college or university.

**Dr. Mae Jackson Continuing Student Scholarship:** This scholarship will be awarded to a graduate of a McLennan



DR. PEACHES HENRY

County high school who will be a continuing student at a four-year college or university.

**Eligibility:** Applicant must:

1. Currently be a high school senior,
2. Plan to attend a community college or four-year college/university,
3. Have a 2.5 or higher GPA for graduating seniors.

**Eligibility for Dr. Mae Jackson Continuing Student Scholarship:** Applicant must:

1. Currently attending a four-year college or university,
2. Be a continuing college

student (rising sophomore, junior, or senior),

3. Have a 3.0 or higher GPA.

**Application Requirements:** (Should be submitted via email to waconaacp@gmail.com)

1. Completed scholarship application form
2. Official copy of current high school or college transcript. Contact your school's registrar to have your transcript emailed by the deadline.
3. Two letters of recommendation. Letters should be submitted on letterhead by teachers, employers, or individuals who know your academic performance, service, or character.

4. Proof of community service, leadership, and work ethic. This may be provided as part of a resume or as a list. Please do not send actual certificates, awards, etc.

5. Essay (250-300 words) on the scholarship essay topic (word-processed, double-spaced)

Applications must arrive by midnight on April 4. Applications received after the deadline will NOT be considered. Students unable to email applications may send them by USPS to Waco NAACP; P.O. Box 20511; Waco, TX 76702. Applications must be RECEIVED by April 4; postmarked applications will not be considered.

Applications may be obtained from area high school counselors, emailing waconaacp@gmail.com or by visiting the website www.waconaacp.org.


In Celebration of Women's History Month  
CRRRC Presents a ZOOM Webinar:

*Women Business Owners Who Have Overcome Gender and Color Barriers*  
Milet Hopping, Moderator

**Tuesday, March 22<sup>nd</sup>**  
**6:30 – 8 PM**

Guest panelists will include several area business owners who have challenged and continue to successfully navigate the obstacles to women of color.

**REGISTER**  
to attend this webinar  
by calling  
254-717-7903.



**The Community Race Relations Coalition of Waco**  
is a diverse group of citizens and organizations united to promote racial and cultural awareness through dynamic outreach to strengthen our community.

For CRRRC information, call 254-717-7903 or go to CRRRCWaco.org

**RASHAD**  
**"Chip" Davis**

— Barber on Duty at —

**The Golden Shear**

**HOURS:**  
Tuesday - Friday, 10-6  
Saturday, 8-3  
- By Appointment Only -

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



511 N. Hewitt Dr. • 254.300.4155



# Honoring the community matriarchs

BY W.B. GUNTER

Ask anyone about the candy lady, the kitchen beautician, the house with the fashion boutique in the living room, the safe house, home decorator, music teacher, where to go for cooking lessons, or anything, and you will be guided to one of the most respected women of the neighborhood. You will also be directed on how to carry yourself in her presence, and given basic rules to follow. The reason why is because, she is the block mother, the nurturing guide, and the compass who steers a course for children and adults. There is such a deep appreciation and genuine outpouring of love for the women who give their neighborhood families a sense of home. This month, as we celebrate National Women's Month, let's honor the women who provided and continue providing unending services to so many.

According to Jackie Washington, author of the book, *Life Happens, But God*, "We look at Madea (Tyler Perry's character), and laugh, but there are real matriarchs of the community. They pass on the neighbor-

hood agenda, establish a code of behavior, and ensured everyone had a place of acceptance. Everyone has issues, but there were always watchful eyes. It was a role adopted primarily by women because of their awareness of the human condition." So, becoming the eyes, ears, and heart of the community was something that happened organically, it was their mission to look out. They maintained and some still maintain a viable neighborhood presence.

My aunt, who worked at one of the major tobacco companies, owned a home and rented rooms to tenants. It was called a rooming house. Affordable housing was not always accessible for all. In addition to the rooming house, she stocked clothing, food, and everything anyone can use who was passing through. Like other community matriarchs, it was a calling, a mission. And she took pride in what she did.

Gyvonnia Simmons, Social Services, NC, encountered her first experience with the candy lady while living in Virginia. The candy lady she knew was in the church. The candy kept kids quiet and still. According to Sim-



W.B. GUNTER

mons, her great grandmother was a prayer warrior. That was her role, and "everybody had a role, a duty to fulfill." Having grown up in the church, Simmons knew all about Jesus and Biblical teachings. She said, "My great grandmother would call on Jesus from her room. Now I knew enough about Jesus to know that He answered prayers, and by the way she called on Him, I just knew Jesus was coming. When someone calls on you like that, you have to show up. So, I didn't go in because I just knew Jesus was on the other side of that door."

The community matriarchs looked out for the well-being

of the community. They cared for all of the children regardless of circumstances. They guided young adults, and shared lessons, advice, and wisdom they learned. When a family member was ill, they stepped in and cared, cleaned, and offered compassionate care. In times of grief, they showed up and stepped up, and did what was required. There's something about that type of knowing discernment that's unexplainable and yet so appreciated.

Every kid knew which home you could not fight, cuss, or make a mess in front of. The women of the neighborhood recalled every face and most names. If someone had not been seen, there were questions to be answered. You knocked on the door with respect, stayed off of the grass, and waited your turn. According to Simmons, "She never had an open sign, but you knew she was open."

During the shut-down of 2020, the community matriarchs found it hard to recover losses. In a number of ways, the community changed, but because women filled in the gaps, some of the changes went un-

noticed. Simmons said, "The village changed. The village used to consist of church, the family, and neighbors. It's now a village of courts, social services, and out of home placements. Our community changed when our resources became financed by government agencies and parents lost the power of authority. In other words, the candy lady has aged out! Our society is individualized."

To all of the women who the community and shared so much of yourselves, Thank You! Because of your works, there are ladies who know what it means to have known someone who had growing hands, could rock fussy babies, calm down the voices no one else could hear, and make sure those dates ended without incidence. Poets like Domonique Robinson, Sonia Sanchez, Nikki Giovanni, and others have written and spoken tributes in your honor. As volunteers and business women, keeping neighborhoods safe with a genuine love for community, you will forever be appreciated. To all of the women raising communities today, you are so needed and very much appreciated.



## You deserve

### affordable legal and identity theft protection.

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

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

**J L Crawford**  
**Senior Manager**  
254-717-4927  
jlcford500@aol.com  
[www.legalshieldassociate.com/jlcrawford](http://www.legalshieldassociate.com/jlcrawford)



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



## LOOKING FOR MEMBERS!



National Women in Agricultural Association is looking for members. For more information email [bellkay9@gmail.com](mailto:bellkay9@gmail.com) or NWLAA at [centraltexas@gmail.com](mailto:centraltexas@gmail.com).

## MEDICARE MADE EASY



Humana Plans  
Scott and White Plans  
UnitedHealthcare Plans

### Margaret Ivory - Broker

Represents All Plans in McLennan County

**254-523-8978**

Call or Text Today to Schedule Your Phone Appointment

ADVERTISE  
IN THE  
ANCHOR  
NEWS  
TODAY!

CALL  
LINDA  
—at—  
(254)  
715  
8943

## Greater Shiloh MISSIONARY BAPTIST CHURCH

1100 Gholson Road | Waco, Texas 76704

Sunday School 9:30 a.m.  
Sunday Worship Service 11:00 a.m.  
Wednesday Prayer & Bible Study 7:00 p.m.

MILES D. ADANANDUS, PASTOR | (254) 229-2354  
[MILES.ADANANDUS@YAHOO.COM](mailto:MILES.ADANANDUS@YAHOO.COM)



*We are blessed!*

## JOCKEY CLUB BARBER SHOP

Barber - Miles D. Adanandus

Tuesday 8 a.m. to 5 p.m.  
Thursday & Friday 8 a.m. to 3 p.m.  
Saturday 6 a.m. to 5 p.m.  
Sunday & Monday CLOSED

809 Elm Street | Waco, Texas  
Mobile: (254) 229-2354

*By Appointment Only*

- Quality Care that goes over and above Texas minimum standards
- Linda Davis has 30yrs experience
- STEM ACTIVITIES
- 6wks - 4yrs

254-392-2588 [www.pampered-babies.com](http://www.pampered-babies.com)



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**

☎ (254) 400-5480 • ✉ [info@mccif.org](mailto:info@mccif.org) • 🌐 [www.mccif.org](http://www.mccif.org)

*We are a non-profit lender here to*  
**HELP YOUR SMALL BUSINESS GROW!**

STAY TUNED FOR THE AUGUST  
**20-YEAR CELEBRATION**  
of...

THE *Anchor* NEWS



# PLACE A COLOR AD IN THE ANCHOR TODAY!

- Restaurants
- Businesses
- Merchandise
- Sales
- Churches
- Garage Sales
- School Events
- Birthday Ads
- Anniversaries
- Weddings
- New Arrivals
- Obituaries

— CALL —  
254.715.8943



T T Clocks & More  
UNIQUE DESIGNS

*Tick Tock Clocks & More*

254.466.1299

*Clocks, Painting & Jewelry*  
www.ticktockclocksmore.com

*DeAndrea S. Petty*  
**Attorney At Law**

Law Office of DeAndrea Petty  
*Criminal, Family & Juvenile Law*

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

*Justice Is Just The Petty Way*

# Sascee's Southern Style Eatery





Serving lunch daily  
from 11 to 3 and Sunday  
from noon to 5.

—CLOSED ON MONDAYS—

719 South 11th | Waco, Texas | 254-339-1455


# "TO GOD BE THE GLORY"

—By Nanetta Brooks—





Available at Amazon,  
Barnes & Noble, and Target.

Call (254) 226-8735 for a signed copy.



INNER PEACE OUTER BEAUTY



Est. 2015

**A Family Owned  
Full Service  
Salon & Spa**

**For Appointments Contact:**

Loretta Oliver  
L.M.T./Esthetician  
254-715-9850

Chloe Oliver  
Master Stylist  
254-717-6718

Loren Oliver Chansler  
Master Stylist  
254-652-9669

Kone'e Oliver  
Master Stylist  
254-717-9857

**Manicure Service**

Latoya Williams  
Master Nail Tech  
254-386-6104

Contact us concerning  
Pop-Up Shops

Nikitha, Chloe, Loren, Loretta, Kone'e

2726 West Waco Drive \* Waco, Texas \* 76706 \* 254-307-2674



# Healthy relationships

BY MONA DUNKIN

The Hippocratic Oath, from Greek medical protocol, is a vow of ethics taken by physicians and passed on in the healing business still today. The dominant pledge is, "First, do no harm."

Perhaps the concept of "First, do no harm" is a good motto for all of us to incorporate. For years Oprah Winfrey ended her daily programs with the caution of "Don't hit you kids."

A woman in the audience spoke up. Initially she had

scoffed at Oprah's suggestion. And then she decided to try it for a week. Then it became two weeks. And then three weeks. The lady intimated she had become a new mother and her children were new kids.

What a miracle kindness is.

Psychiatrists William Glasser isolated seven deadly habits that harm and disconnect relationships. They are criticizing, blaming, complaining, nagging, threatening, punishing, and rewarding to control. None of these activities bring fulfilling results.

Dr. Glasser also picked sev-



MONA DUNKIN

en caring habits that mend, heal, and reconnect relationships. They are supporting, encouraging, listening, accepting, trusting, respecting, and negotiating differences. All these activities bring fulfilling results.

There seems to be two unhealthy thinking patterns associated with change:

1) Thinking you are somebody – and lord it over others to separation

2) Thinking you are nobody – and cower down, exist rather than live

Sigmund Freud, close to the end of his life, said, "We must begin to love in order not to fall ill." Perhaps 'beginning to love' includes the examination of habits and boundaries to be set, expanded, or reduced as needed.

Here is the simple beauty of change and self-evaluation. If the above list of disconnecting habits gives you an "ouch", don't try to stop. Do start to pay attention when you use one or more of them. Not to criticize yourself as increasing your awareness will help you stop without trying. The more you incorporate the seven caring habits, the easier and quicker the transition.

Every human being has infinite worth and value by the simple fact of being created in God's image, whether we believe it or act like it or not. Conflicting emotions produce conflicting behaviors. The belief

that one does not matter (or matter too much) acts out in devious means such as cheating, stealing, over-indulgences, addictions, perversions, and inhumane acts.

Attitude plays a part. Perhaps nothing shapes our destiny more than the attitude we possess. It seems that low esteem, neediness, and a negative attitude hang out together. A person with low esteem becomes his own worst enemy and then projects others to be against him. Get honest with self and ask, "Is the attitude I project helping me or hurting me?" "How is it helping?" "How is it hurting?" "What is my attitude doing to the important relationships in my life?"

Everyone has an inner chamber into which they can retreat at will. It is a sanctuary free from daily cares, free from judgment, free from agitation, change and turmoil. It is a place where your senses can rest, where you are regenerated and recreated. The longer one stays in the secret place, the better equipped to handle the public life of the difficult. Life becomes congruent.

"Work is love made visible," Kahlil Gibran.

Mona Dunkin is a Motivational Speaker, Corporate Trainer and Personal Success Coach. Read past articles at [www.monadunkin.blogspot.com](http://www.monadunkin.blogspot.com). Contact her at [monadunkin@gmail.com](mailto:monadunkin@gmail.com).



**Richard Kruger, Agent**  
7213 New Sanger Ave.  
Waco, TX 76712  
Bus: 254-776-4593  
[www.rkruger.com](http://www.rkruger.com)

**You only live once.  
That's worth protecting.**

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



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

## John saw a great white throne

BY PASTOR  
MATTHEW REED

In Revelation 20:11, John saw a great white throne and him that sat on it; the heaven and the earth fled to no avail. For there was no hiding place to be found. Just as God gave Noah warning of the coming flood, so he warns us of the judgment. Noah took heed to the warning and followed the instructions of God so that when the flood came he was prepared. Noah survived the flood because of his obedience.

John 5:28 says, Marvel not at this: for the hour is coming, in the which all that are in the graves shall hear his voice,

29 And shall come forth; they that have done good, unto the resurrection of life; and they that have done evil, unto the resurrection of dam-



**PASTOR MATTHEW AND  
LADY HELEN REED**

nation. Just as God warned Noah of the coming Judgment of man, so is he warning man today and the church has been given the responsibility to publish the message. Two questions as Noah heard God and followed the instructions, are you making preparation? Second question are you warning the people?



# Heart burn and acid reflux

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 feeling heartburn more and more over the past few months. My doctor ruled out anything to do with my heart and is pretty certain it's acid reflux. I'm 36 years old and really don't want to be on medicine for this for the rest of my life. Is there anything you could recommend trying before trying medicine? Thanks, Diana

**ANSWER:** Hi Diana, there are some things that can relieve acid reflux without medication but it depends on the true cause of the reflux. If the sphincter between the esophagus and stomach is damaged, then treatment with medicine is the initial step to take. Once it's healed though, you should be able to come off the medication.

If there is no damage to the sphincter, the more like-

ly cause of acid reflux is pretty simple. It's the food you consume. How the food interacts with the acid in your stomach is either beneficial to digestion or not.

Stomach acid has a pH level of 2-3. That means it is very acidic. Our bodies, when healthy, operate at a level just above neutral, around 7.2-7.5. Most of the food and drink we consume ranges from 3-10 on a pH scale. A key piece of information is that for food to move from the stomach to the intestines for further digestion, it has to reach a pH of 4-5. If all the foods you consume have a pH of 3, 4, or 5, it's going to be difficult to raise the overall pH level in the stomach high enough. The food stays in the stomach longer. If more food is consumed, it has nowhere to go and therefore the backlog sends acid into the esophagus causing the pain you feel.

The easy fix is to know what items are acidic, which are alkaline (have a high pH level), and which are more neutral. Then simply start consuming



JERRY SNIDER

items of higher pH with your meals and you should be far less likely to experience heartburn.

In general, what you will find is that processed foods, sodas, and meats are acidic. Foods from plants in their natural state (not processed) have a higher pH level. There is a trick though in that you can't always assume what the food item does in nature will be the same in your stomach. Many people think of lemons as acidic but they actually raise

your stomach pH levels. That's why I always refer people to a food pH chart for accurate pH levels.

The other not so small thing to do is chew your food more. Not only does that allow your saliva to start the digestive process on the food, but it gets the food into smaller pieces. This creates less work for the stomach acid and can move things out of the stomach quicker.

*Have a question for Jerry? Send it to [jerry@allinhealthandwellness.com](mailto:jerry@allinhealthandwellness.com). Jerry Snider is an exercise physiologist, health coach, and owner of All In Health and Wellness. He has authored two books available on Amazon: No More Sugar Coating and Confidence Through Health, and is the host of the podcast Confidence Through Health. Visit [www.allinhealthandwellness.com](http://www.allinhealthandwellness.com) to learn more about Jerry Snider.*

*Advertise in The Anchor News and get article space too!*

The Anchor publishes on the 15th of each month. Submission deadline is the 1st of each month.

## Hillcrest Chiropractic Clinic

"BY THEIR WORKS THEY SHALL BE KNOWN"

*Find relief for the following & more:*

- Arthritis
- Back & Neck Pain
- Migraines
- Muscle Spasms
- High Blood Pressure
- Carpal Tunnel
- Pinched Nerves
- Sinus / Allergies
- Sleep Disorders
- Ear Infections
- Numbness
- Neuropathy
- Vertigo
- Diabetes
- Infertility

6701 SANGER AVENUE, STE. 104 • WACO, TX

[www.drtrunell.com](http://www.drtrunell.com) • [drtrunell@gmail.com](mailto:drtrunell@gmail.com)

**254-754-4000**



**DR. SHAMONICA TRUNELL**

Doctor of Chiropractic



## Let's not give the devil legal rights, Part 3

BY EVANGELIST  
RUBY MCCRAY

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

Here is an account where once again King David allowed the devil to influence him, and thousands lost their lives. Sin doesn't only give the devil legal rights to the one who committed the sin, but to all the lives and things that belong to him/her.

Before I begin with this account, I must clarify that King David wasn't a sinful man, because he didn't commit many sins. Here's what the Bible has to say about him.

"And he [Abijam] walked in all the sins of his father [Rehoboam], which he had done before him; his heart was not loyal to the LORD his God, as

was the heart of his father [great grandfather] David. Nevertheless, for David's sake the LORD his God gave him a lamp in Jerusalem, by setting up his son after him and by establishing Jerusalem, because David did what was right in the eyes of the LORD and had not turned aside from anything that He commanded him all the days of his life, except in the matter of Uriah the Hittite." 1 Kings 15:3-5 Now, to the account as recorded in First Chronicles, Chapter 21.

The devil revolted against Israel, entered King David's mind, and caused him to take a census of Israel. Joab, his Commander in Chief tried to dissuade him by saying that he would bring guilt upon Israel; but it was to no avail. Therefore, Joab and the captains of the army went throughout all Israel. The Book of Second Samuel, Chapter 24 gives the route taken, and that it took nine months and twenty days to finish the count.

They returned and gave the report to the king. In Israel, there were 1,100,000 men who could handle swords; and in Judah, there were 470,000 men who drew the sword. David realized that he had sinned, and asked God to forgive him.

God sent the prophet Gad



EVANGELIST  
RUBY MCCRAY

to tell King David to choose one of the three choices for punishment: "either three years of famine, or three months to be defeated by your foes with the sword or your enemies overtaking you, or else for three days the sword of the LORD—the plague in the land, with the angel of the LORD destroying through all the territory of Israel. Now consider what answer I should take back to Him who sent me."

David didn't want to have to deal with his enemies, so he chose to fall into the hand of God. He knew that God is merciful whereas one's enemies wouldn't show mercy.

The Lord sent a plague upon

Israel and 70,000 men of Israel died. He also sent an angel to Jerusalem to destroy; but while he was destroying, God couldn't bare to see anymore, and asked the angel to stop. David also saw the angel of the LORD standing between earth and heaven with a drawn sword in his hand stretched out over Jerusalem. The king and the elders were dressed in sackcloth and had fallen on their faces.

By King David knowing that it was his sin that had caused the destruction of the people, he pleaded that God would punish only himself and his household, not the rest of the people who were innocent. David had given the devil legal rights.

James 1:13-15 says that's what happens when our own desires are conceived, they bring forth sin. And when sin is fully grown, it brings forth death. The devil is faithful to his purpose—to steal, kill and destroy. John 10:10a

King David ended up building an altar to the Lord on the threshing floor of Ornan to offer a sacrifice. Ornan wanted to give the king the oxen, the threshing implements for wood, and the wheat for the grain offering. The king said that he wouldn't dare offer to

God something that costed him nothing. He insisted on paying the full price. There, he offered burnt offerings and peace offerings.

When David prayed, God heard his prayer, sent fire down from heaven to burn up the sacrifice, and told the angel of the LORD to put his sword back into its sheath.

Oh, if only the leaders of these great United States would turn back to God, stop legislating and passing abominable laws, we would be free of this COVID-19 plague. As a matter of fact, it never would have come to our shores. God is the same today as He was in the beginning. He's not going to change. He's still requiring holiness. Malachi 3:6; Hebrews 13:8; 1 Peter 1:16; Leviticus 26:1-46

Please join me in April 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](mailto:rubyacorm@yahoo.com) or write to A City of Refuge Ministries, P. O. Box 2025, Waco, Texas 76703.*

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

*Marilyn's  
Gift Gallery*

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



*New  
fashions  
arriving!*

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

*Owners*

Dwayne &  
Marilyn Banks



## 7 ways seniors should prepare for the future

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

Growing older comes with many challenges but estate planning does not need to be one of them. It is important to prepare for medical emergencies and the distribution of your estate. Take advantage of your LegalShield membership to begin the estate planning process. Your LegalShield provider law firm is ready to draft your will and help answer your questions.

Prepare a will and estate plan so that upon your death your assets will pass exactly as you intend. Do you want a state law, rather than you, to decide who inherits your estate? Completing a will questionnaire is the first step to creating your will. You may now access the LegalShield will questionnaire directly through the LegalShield app. You may download the Le-

galShield App for your iPhone or Android device. You may also call LegalShield Member Services or your provider firm to have a questionnaire mailed to you.

1. Prepare a durable power of attorney so that someone you trust can make decisions on your behalf in the event you are unable to do so. Who do you want to handle your affairs if you are unable to?

2. Prepare an advanced medical directive (living will) so that someone is empowered to make medical decisions on your behalf and in accordance with your wishes if you cannot. Do you want life support if you become totally and permanently incapacitated?

3. Prepare retirement and disability plans so that your care upon retirement or disability is not left to chance. Is Social Security (Old Age Security in Canada) enough to sustain you?

4. Review all private and



**J.L. CRAWFORD**

governmental benefits to which you may be entitled, including life and health insurance, government assistance programs, private pension and benefit plans, to insure that you receive the maximum benefits to which you are entitled. Do you know all of the military, retirement and other benefits you are entitled to?

5. Prepare a comprehen-

sive summary of assets and benefits, including all bank accounts, savings accounts, CDs and other assets together with all benefits for which you are or may be eligible. Can your attorney in fact readily identify all of your assets and benefits?

6. Prepare an Important Papers Packet containing vital documents and your comprehensive summary of assets and benefits. The packet should include copies of your Social Security card, life insurance policies, will, military discharge papers, medical alerts, names and addresses

of your physicians, immunization records, other important medical information, including allergies, deeds, and titles or bills of sale of particularly valuable property, such as fine jewelry. How will your attorney in fact or executor find your important papers?

*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.*

## Church Directory

### High Point Church



[www.highpointchurchwaco.com](http://www.highpointchurchwaco.com)

#### HOLLYWOOD THEATER

Highway 84 | Woodway, Texas

**John Rambeau, Senior Pastor**

*Sundays at 10:30 a.m.*

### Temple of Christ Church

*Matthew Reed Ministries, Inc.*

**Sunday School:** 10 a.m.

**Worship:** 11:15 a.m.

**Evening:** 6:00 p.m.

**Monday Bible Study:** 7:00 p.m.

**Wednesday Prayer Worship:** 7:00 p.m.

609 N. 5th Street • Waco, Texas 76701  
(254) 753-0772



### Temple of Deliverance Ministries



**Apostle Sadie L. Henderson**  
Overseer

**Sunday Worship**

10:00 a.m.

**Tuesday Bible Study**

7:00 p.m.



1121 N. 18th St.  
Waco, TX 76707

Church: (254) 754-2102  
Mobile: (254) 498-1707

**ADVERTISE**  
*Call 715-8943 today!* **here!**

## WHERE CAN I PICK UP AN ANCHOR?



#### —WACO—

Many Area Churches  
Bebrick Collision  
Cen-Tex African American Chamber of Commerce  
Cen-Tex Hispanic Chamber of Commerce (LaSalle)  
CenTex Spine & Rehab - 7111 Bosque  
City of Waco  
Doris Miller Y  
Dorsey-Keatts Funeral Home  
Hillcrest Chiropractic and Wellness Center  
Kelly-Napier Justice Ctr. (Elm)  
Lula Jane's  
Luna's Juice Bar - 1516 Austin  
Marilyn's Gift Gallery  
Mitch's Corner Stop  
NeighborWorks  
Public Library (Elm)

Public Library - South 18th Street  
Public Library - Austin Street  
Public Library in the Target Shopping Center  
Records Building  
RocMyStyle  
Sascee's  
Texas Star Properties (Pro-Life Office on Waco Drive)  
TFNB (Elm)  
Tony DeMaria's Bar-B-Que  
Tru Jamaica Restaurant (Taylor Street)

#### —HEWITT—

IGA  
The Golden Shear

**—KILLEEN/HARKER HEIGHTS—**  
Fay's Gift City

Geechies  
George's Auto  
Glendora's  
Harker Heights Driving School  
The Jewelry Lady  
Village Co-op  
7-11 Convenient Stores on Clear Creek Rd and Fort Hood St.  
So Fresh So Clean Barbershop  
Mais Souffle Bistro  
Ruth's Chicken and Waffles  
Divine Radiance Healthy Hair Care Services  
Butler's BBQ  
Bobby B's Soulfood Restaurant

#### —WOODWAY—

Allstate - 7213 New Sanger Ave.



## McLennan County senior discounts

BY MARGARET IVORY

These local Waco restaurants love senior citizens and

have fabulous discounts for you. I have dined at each restaurant, was treated with great respect and highly rec-

ommend each one. Delivery may be available.

Applebee's – 15% over 55 years, 614 N. Valley Mills, Waco.

Arby's – 10% over 65 years, 723 N. Valley Mills, Waco.

Bush's – 10% off single meal, 1425 N. New Road, Waco.

Catfish King – Special Senior Meal, 1201 S. Valley Mills, Waco.

Chili's – 10% over 55 years, 1800 S. Valley Mills, Waco.

Dairy Queen – 10% over 60 years, 1424 N. New Road, Waco.

Denny's – 15% for AARP members, 2409 S. New Road, Waco.

Dunkin Donuts – 10% over 55 years, 1200 N. Valley Mills, Waco.

Fazoli's – Special Senior



MARGARET IVORY

Meals, 5200 W. Waco Drive, Waco.

Golden Corral – 10% over 60 years, 618 N. Valley Mills, Waco.

IHOP – 10% over 55 years, I-35 and New Road, Waco.

Luby's – LuAnn Plat-

ter \$7.99, 951 N. Loop 340, Bellmead.

McDonalds – 54 cent coffee/drinks, 4330 Franklin Ave, Waco.

Outback Steakhouse – 10% AARP members, 4500 Franklin Ave, Waco.

Rosa's Mexican – 10% over 60 years, 4200 Franklin Ave, Waco

Salt Grass Steakhouse – 10% AARP members, 5600 Legend Lake, Waco.

Tru Jamaica – 10% over 65 years, 937 Taylor Street, Waco.

Wendy's – Free Drink w/ Meal, 1015 N. Valley Mills, Waco.

Whataburger – Free Drink w/Meal, 1101 N. Valley Mills, Waco.

Are you turning 65 years old soon? Are you retiring soon from your job?

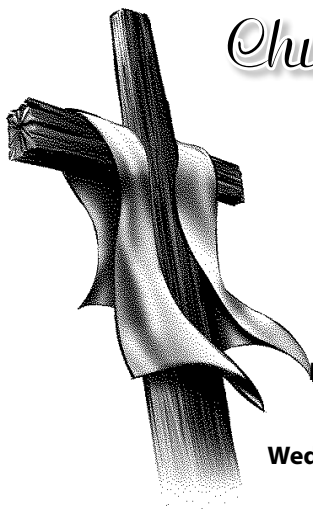
My goal is for all senior citizens to understand Medicare options and how to make Medicare work best for them. I represent all plans in McLennan County but am totally concerned only for what is best for my clients. Call today to learn more.

Praying this is a great day for you. Stay Safe! God Bless! Margaret Ivory - Medicare Plans Broker - 254-523-8978.

### Temple of Christ Church

**Matthew Reed Ministries Inc.**

609 N. 5th St., Waco, TX. 76701 • (254) 753-0772



#### Church Services

**Sunday School**  
10:00 AM

**Morning Worship**  
11:15 AM

**Sunday Evening**  
6:00 PM

**Monday Bible Study**  
7:00 PM – 8:30 PM

**Wednesday Prayer Worship**  
7:00 PM

Pastor Matthew Reed and Wife Helen

## Advertise In THE ANCHOR!

Call 715-8943 today!

#### 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."

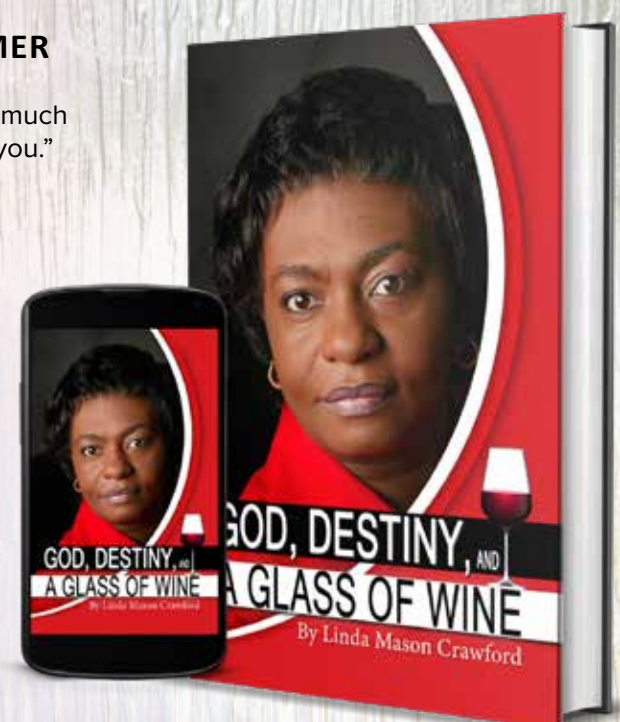
Rey

#### 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  
AVAILABLE ON AMAZON**



## Your REALTOR gives you resources you can trust

SUBMITTED BY  
LINDA MCDONALD

(From Texas Realtors.com)

You know that REALTORS® are knowledgeable, trusted professionals who can help you buy or sell a home, lease a property, or assist with other real estate transactions.

You may be tempted to ask your REALTOR® subjective questions, such as “How are the schools around here?” “Do you know if there are many families with young children in this neighborhood?” or “Is this a high-crime area?”

You may be surprised to learn that REALTORS® are prohibited from offering their opinions in these areas. Instead, they are required to point you toward unbiased, third-party resources on these matters.

Why? As a member of the local, state, and national REALTOR® organization, your REALTOR® has prom-



LINDA MCDONALD

ised to uphold a Code of Ethics to maintain the highest standards of professionalism.

That means your REALTOR® avoids exaggeration, misrepresentation, or concealment of pertinent facts related to the property and transaction.

That means your REALTOR® will not discriminate against anyone on the basis of race, color, religion, sex, handicap, familial status, national origin, sexual ori-

entation, or gender identity, which includes volunteering information about the composition of a neighborhood.

That means REALTORS® are prohibited from providing any specialized professional service outside of their area of expertise. For example, they cannot tell you if that water heater will last a few more years or whether the foundation is a problem.

What your REALTOR® will do is guide you through the steps of a complex transaction, share with you the best market data available, explain your options, and help you achieve your goals. Your REALTOR® will also recommend you contact a lawyer if some aspect of the transaction requires it. Your REALTOR® brings industry know-how and professional connections you can't get anywhere else. Your REALTOR® can help you with negotiations, pricing, and advice—and will always do so with the highest level of integrity.

When you hire a REALTOR®, you are hiring a trusted professional. You can count on the information you receive from a REALTOR® as you make one of the biggest financial decisions of your and your family's life.

Call Linda McDonald, ABR, CRS, GRI, PMN, SRS, TRLP, “The Real Estate Lady,” for all of your real estate needs: Coldwell Banker/Apex Realtors, 254-855-1717.

ADVERTISE *here!*  
Call 715-8943 today!



### REALITY THERAPY SEMINAR WACO, TEXAS

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  
254-749-6594  
monadunkin@gmail.com

Conducted under the auspices of  
Glasser Institute for Choice Theory

## Business Directory

**RASHAD**  
“Chip” Davis

THE GOLDEN SHEAR

#### HOURS:

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

By appointment only

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

511 N. Hewitt Dr. • 254.300.4155



500 N. Valley Mills Dr.  
Waco, TX 76710

Business: (254) 776-0000  
Fax: (254) 776-4417  
Cell: (254) 855-1717

[lindamcdonaldrealtor@gmail.com](mailto:lindamcdonaldrealtor@gmail.com)  
[www.lindamcdonaldrealtor.com](http://www.lindamcdonaldrealtor.com)



Linda McDonald, ABR

Vegetarian and  
Vegan options

Salads Wraps  
Toasties Paninis  
Waffles Soups

Healthy Smoothies  
Fresh Pressed Juices  
Juice Cleanses

Luna Bowls:  
Acai  
Pitaya  
Charcoal Coconut  
Matcha

HELP PEOPLE. GET HEALTHY.



1516 Austin Ave., Ste.3  
Waco, TX 76701  
254-498-5122

[www.lunajuicebar.com](http://www.lunajuicebar.com)

\$1.00 off Smoothies  
with this ad

Monday - Friday  
8am - 5pm  
Saturday  
9am-4pm  
Closed Sunday

Dine-in  
Pick-up  
Delivery  
Catering



## —Christian Brothers— MOVING SERVICES

ChristianBrothersMovingService.com  
Email: Christianbrothers1@yahoo.com

Janet Chisom, Owner

(254) 757-0505 office  
(214) 505-0686 cell  
(254) 732-0301 fax



**An Affordable Company who Guarantees Reliable Service.**

- Local & Long Distance Moving
- Large or Small Moves
- Apartment - Home - Office
- Fully Insured
- Delivery Service Available
- FREE Estimates!

## THE WORD OF LIFE CHRISTIAN CHURCH

www.thewordoflifewaco.com

### LOCATION

824 Longfellow Dr., Waco, TX 76710

### WORSHIP SERVICE

Sunday at 10 a.m.

### BIBLE STUDY

Wednesday at 7 p.m.

### CONTACT INFO.

Church - (254) 772-1371  
E-Mail - twolcc@grandecom.net



Nelson R. Henley, Sr.  
Pastor & Founder

## ADVERTISE HERE TODAY!

Call The Anchor News at 715-8943!



**WANNIKA  
MUHAMMAD**  
(254) 339-4443

**MAYMUS MUHAMMAD**  
—President—  
(254) 339-4476

912 E. Calhoun Ave. | Waco, Texas 76704  
Fax: (254) 339-1165 | 4sonstruckinginc@gmail.com

## CELEBRATING WOMEN'S HISTORY MONTH 2022

*"Women  
Providing  
Healing,  
Promoting  
Hope"*

*This year's theme honors the talents and the tireless work of women who serve our country, county, and community at this time of COVID-19, as well as the many women who have provided both hope and healing throughout history. To the frontline workers, EMS, women of fire/police, doctors, nurses, medical personnel, and hospital staff persons... thank you. And, to all of the "sheroes" throughout history who paved the way for the stunning accomplishments of women that we see today...thank you.*

*And, to all...  
Happy Women's  
History Month 2022!*



**COMMISSIONER  
PATRICIA  
CHISOLM-MILLER**

Mclennan County,  
Precinct 2

*\* Experience \* Effective \*  
\* Excellence \**

CHRIST CATHEDRAL CHURCH | 3201 PURINGTON AVE | FORT WORTH, TX 76103

## The Complete Woman **WORKOUT**

# Drop the BUCKETS

ST. JOHN 4:28

**AUGUST 5TH - 6TH 2022**

**NtheStretch**

**REGISTRATION \$40.00 BY APRIL 15TH**

**AUGUST 5TH 7:00PM**  
OPEN TO MEN & WOMEN

**AUGUST 6TH 9:30 AM**  
OPEN TO WOMEN ONLY  
REGISTRATION REQUIRED

**GUEST SPEAKER: Dr. McMe Brown**  
HOUSTON, TEXAS

**DENISE FORD**  
WELLNESS PRACTITIONER

**ANITA SEVEN MISHAW**  
MOBILE MASSAGE

**GUEST VOCALIST**  
Lady Darcia Jacobs

**Janice Nixon**  
INTERNATIONAL MINISTRIES

FOR MORE INFORMATION  
1-800-712-ACTA (2282)

GIVELIFY - JANICE NIXON MINISTRIES / A CALL TO ARMS

f i s SACTARMS

## 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.

### HOW TO APPLY

Online through  
upskill-waco.org  
Available at the Cen-Tex  
African-American Chamber  
of Commerce

### UPCOMING COURSES

Construction Core  
Optional specialty track:  
Industrial Maintenance

Hospitality Fundamentals  
Opportunity for employment  
with Hotel Indigo and other  
IHG Hotels.

upskill-waco.org  
(254) 741-0081

