

# THE Anchor News

Serving the Central Texas Community  
Celebrating 15 Years!

FEBRUARY 2018  
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Free



## Midway senior, Joniah Howell, signs with West Virginia Wesleyan

BY LINDA CRAWFORD

Named for her grandfather, former world class athlete, Johnny Sirmons, Joniah Howell, the daughter of William and Shawnelle Howell, has never been the typical little girl. As a matter of fact, her birth was not even the typical birth. The majority of babies are born in a hospital, in a sterile environment, under the supervision and care of a trained physician or perhaps at home or in a birthing center with a midwife. Less than 2% of babies are born outside a hospital, and small percentages are born in cars.

Yes, Little Miss Joniah falls in the "car" category. She was born on June 1, 2000 in the backseat of a four-year-old Nissan. Not only was she born in a car on the side of the highway, but the attending physician was not one you would expect to deliver a baby. When Shawnelle realized she was in



JONIAH HOWELL

labor and was obviously not going to make it to the hospital, she delivered her own baby.

"We knew she was going to be a special child," said William. Shawnelle agreed, explaining that there were so many signs that they had a special baby girl. By the time she was two years old, these proud parents were pretty sure that they

had a gymnast on their hands.

"My parents told me we used to go to the park and I liked to play on the monkey bars," explained Howell. "They stated at that 2 years old, I could pull up on the monkey bars by myself. That's when they knew I had a gift to be a gymnast."

Though she was obviously a natural, Howell didn't actually receive professional training as a gymnast until she was 9 years old. This was the year, 2009, that they moved to Texas, and William and Shawnelle were determined to get their baby girl the training that was way past due. After much research, they settled on Zero Gravity Gymnastics Academy.

I used the word, "settled," but truth be told, that word just does not fit the academy. Many students at Zero Gravity find that they have special talents. Usually, in every competition,

See **HOWARD** pg. 2

## Gospel artist Myron Williams to perform in Waco in April

Save the date for "A Night of Worship," with Dr. Myron Williams, Serena Joy, and Pastor Daron Farmer. The event is planned for April 21 at 6:00 p.m. at Harvest Time Revival Center.

Williams is the President and CEO of the independent gospel label, Flow Records which produced highly successful projects such as *A Piece of My Passion*, *Gospel Goes Classical*, *Made to Worship*, and the latest offering *More Passion*. Known as one of gospel music's most sought after producers, his distinctive sound and writing style has placed Flow Re-



MYRON WILLIAMS

cord's projects at the top of the Billboard Charts since its inception over 4 years ago.

Williams, long time music director for Juanita Bynum Ministries, is credited with the music and sound fans of Flow Records have grown to love. A renowned worship and praise leader, he found a way to harness the power and intensity of a praise service and capture the feeling on a track. This is why his production and writing skills are utilized by some of gospel music's biggest recording artist in-

See **WILLIAMS** pg. 3

## Texas Organization of Black County Commissioners endorses Pat Chisolm-Miller for County Commissioner

Patricia Chisolm-Miller has received the endorsement of the Texas Organization of Black County Commissioners. With more than 22 years of experience in county government administration and over 22 years of knowledge and experience in the office of County Commissioners, Chisolm-Miller is running for McLennan County Commissioner, Precinct 2. Formed on March 14, 1991, The Texas Organization of Black County Commissioners is a professional networking organization comprised of all of the African American County Commissioners in the State of Texas.

The more than a quarter century old organization's mission statement is, "To support the professional development of its membership, serve as a data bank for information critical to those who seek access to the political system, increase the number of African American elected County officials through the support of the one man – one vote doctrine, express concern for the equal rights and opportunities of all people as a primary concern of government, and promote the social welfare and common good of the various peoples of the minority community who look to its African American elected officials for guidance and leadership."

Since 1995, Chisolm-Miller has served as part of the administrative support team for the Texas Or-



PAT CHISOLM-MILLER

ganization of Black County Commissioners (TOBCC). She credits her professional relationship with the organization as a reason for the organization's endorsement in the McLennan County March 6 Democratic Primary County Commissioner Precinct 2 race.

Commissioner Grady Prestage, Fort Bend County, President of the Texas Organization of Black County Commissioners, states the following in the letter of endorsement of Chisolm-Miller:

*This letter of endorsement is extended to Mrs. Patricia Chisolm-Miller for McLennan County Commissioner Precinct 2 based on her professional association with the Texas Organization of Black County Commissioners (TOBCC) for over 20 years. Mrs. Chisolm-Miller exemplifies the ability, commitment, and leadership skills needed to be the next McLennan County Commis-*

See **MILLER** pg. 2



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.

sioner for Precinct 2. She is a dedicated public servant with a knowledgeable, articulate voice for Precinct 2. Mrs. Chisolm-Miller will be a true advocate for all her constituents. We wish her victory on March 6 and urge Precinct 2 constituents to cast their vote for Patricia Chisolm-Miller.

It has been an honor and a privilege to work with Mrs. Chisolm-Miller through the years as the Texas Organization of Black County Commissioners has continued to increase its membership numbers, strengthen its political voice at the state and national levels, and educate the thousands of constituents we serve across Texas. Some of the initiatives of TOBCC, with the assistance of Mrs. Chisolm Miller, have been the formation of

the Texas Juvenile Crime Prevention Center at Prairie View A&M University, tours of the Texas Historical Black Colleges, and the partnership with the Texas House of Representatives African American Leadership. We applaud her for stepping up to serve McLennan County and Precinct 2 and hereby endorse Mrs. Patricia Chisolm-Miller in the March 6 McLennan County Democratic Primary County Commissioner Precinct 2 Race.

In an earlier statement to *The Anchor News*, Chisolm-Miller says she believes "those who enter public service should do so out of a desire to serve the public interest and link themselves to a larger community. Public service em-

bodies the ethical principles of the common good, service to others and social equity."

Explaining her reason for running for office, she says she brings a rare perspective in understanding why the system exists, how the system works, and why it needs to work for all of us because she has been part the system for over two decades. "Even though one must run for political office to obtain this position, I don't believe the position's priority is to be political. Governmental services should not be politicized," explained Chisolm-Miller. "County government is charged with providing public services. Those services should be delivered with the com-

mon good in mind. Positioned a level below state office holders and a level above local office holders, the members of the Commissioners Court are among a unique group of local office holders with state authority via the Texas Constitution and as in any arena of power and influence, diversity and a sense of balance ensure equity and equality."

Chisolm-Miller is the only candidate running with hands-on knowledge and experience of being in the office of County Commissioners. With her 22 years of experience, she is asking for your vote in the Democratic Primary on March 6, 2018. Early voting begins on February 20, 2018.

**MILLER**

Continued from page one

**A NOTE FROM THE EDITOR...****Grudges Hurt: How to forgive and forget**

(NewsUSA) - The pace of daily life can be hectic, and when certain personalities collide, sometimes people disagree.

Sound familiar? It's impossible to navigate the world without ever running into conflict with another person. But carrying grudges can be destructive to your emotional and physical wellbeing. In 2009, researchers at the Department of Psychology at Medical College of Georgia published a survey, which revealed that those who don't forgive

can experience more pain disorders, heart disease and stomach ulcers.

"Holding onto negativity causes harm to the one who won't forgive," says Dr. Matthew B. James, president of The Empowerment Partnership.

Refusing to forgive can have widespread effects too; it can create chains of resentment throughout entire communities. "When you point a finger at someone to blame

See **GRUDGES** pg. 8

they have a tendency to bring back major awards in major categories. Howell is no different. She explained that she picked up the basics so quickly that she was "good" enough to compete during her first year of training. But hey, what would you expect? She was hanging from monkey bars when she was two!

Think about it! Many students start training early, early on in their young lives. Not so for Howell. She began training when she was 9 years old. Howell said being able to compete during her first year of training strengthened her and helped her build confidence. Such fast progress gave her the ammunition that she needed to excel.

"It gave me the confidence and experience that I needed to

improve my skills fast, helping me advance to the next levels of competition year after year."

According to Howell, during her time at Zero Gravity, she has won more medals than she can count and certainty more than she ever imagined. However, she touts that her greatest accomplishments happened in the last two years when she went to regionals. There, in 2016 she "placed 2nd overall in [her] level," said Howell, "and the following year I made it back to regionals and placed 1st overall in the competition."

That first place win put her in the spotlight, shining brightly for a coach at West Virginia Wesleyan, so brightly that the coach asked her to come out to West Virginia to see what the school

could offer her. It did not take long for her or the school to realize that WVW was a fit for her. Accepting the college's offer of a scholarship, Howell is excited about being on the acrobatics and tumbling team while majoring in English and minoring in journalism during the 2018-2019 school year.

So many people are proud of Howell, but none more than her trainer, Coach Tracy Cowan. Between Cowan and Waco's KWTX Channel 10, Howell had her own personal signing day, live on national TV. And who is surprised? Not I. By now, we all know that this kid is not the norm. She does everything differently.

"Why is that?" you ask. Well, evidently, that's just the way she rolls.

**HOWARD**

Continued from page one

# THE Anchor News



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**PURPOSE**

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

**POLICY**

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

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

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

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The comments and opinions of our readers are welcomed. Letters

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

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## Living in the age of unapologetic apologies

BY WB GUNTER

Lessons learned in childhood mature and become well refined with age. Following acts of hurt, whether intentional or accidental, children learn to apologize and accept the apology. Its cycle may lead to unintended consequences between school aged children. Whether sincere or genuine, with or without conditions, the cycle of apologizing continues with little to no thought or ambivalence. By adulthood, people view apologies as something to routinely say only after an offense has been revealed, without any care or forethought. The saying, "It's better to ask for forgiveness rather than ask for permission, or be concerned with outcome" reveals a blatant and deliberate act against someone or others is going to occur.

In the news, people request public apologies so the offender can make amends for an action, gesture, or opinion. With more calls for an apology, the obligation to apologize is carried out as a press conference, or news worthy event, but how sincere is it really? At what point is it a hollow gesture? At what point does the acceptance of an apology become a burden, and is it really enough?

Someone posed the question on Social Media, "How well do words affectively apologize for the actions of an exposed character?" According to retired teacher and behavior specialist, Lillian Lennon, "Not at all! Words DO NOT



W.B. GUNTER

affectively apologize for the actions of an exposed character! Just because one apologizes doesn't take it (the offense), back; once it's out, it's out! Just because one apologizes, doesn't mean they mean it; they want you to excuse them! Our jails, detention centers, holding areas, homes, and school suspensions are full of empty apologies that didn't make a difference!"

Businesswoman, Neesy Croft, responded by saying, "We have to determine if it was really character, personality trait, or are we identifying our own character flaws. I prefer to let God judge people's intention and just say, that's just part of their personality... and be more aware of interactions."

Anastasia Meankins Gordon, hair accessory designer states, "We don't know or fully understand why individuals keep repeating the same things. You don't know what was planted in them early on to make people think the way

they do. We can assume anything, but it doesn't make it true. Our upbringing, experiences, trauma, and imbalances of life can topple the most structured person. Let us love from a distance if we can't be REAL!"

Apologies, when people believe them to be sincere, may prevent arguments, lawsuits, loss of friendships, and jobs. When a person exhibits a consistent pattern of apologizing for the same actions, that person's character flaw or worse may be revealing itself. What then, is necessary for an apology and the acceptance of an apology?

Knowing how to offer an apology is key. When a person states what he/she has done to offend someone, this action is a start to acknowledging the offense. Understanding the impact of the action, and the hurt caused by the action(s) is a start. It's called being accountable, owning up, taking responsibility. The feelings of the person who was affected must be validated without excuses. Only then will an apology come close to being sincere.

In a world of intolerance, lack of patience, and misunderstandings, making amends has to be practiced in order to resolve personal conflicts. When conflicts arise socially, the dynamics of interpersonal relationships can have catastrophic consequences. Whether one is an adult or younger, it is never too late to learn the art of conflict resolution.

## WILLIAMS

Continued from page one

cluding T.D. Jakes, Kim Burrell, Marvin Sapp, DFW Mass Choir, Karen Clark-Sheard, and former Flow Records artist Juanita Bynum of which he produced 7 chart topping CD's.

A successful recording artist in his own right, Williams' first release on Flow Records Made to Worship debuted at #9 on the Billboard Gospel Charts and stayed in the top 10 for several weeks.

Williams originally entered the industry as a member of MDM & Voices, with brother Demarcus more than 10 years ago. They became favorites on local gospel radio programs in

the Dallas/Ft. Worth area. His big break came when he recorded the lead on the single "When My Season Comes," which was on the Grammy Award winning project by Potter's House. From that point his gift as a vocalist, producer, and writer has been in demand.

A loving father, husband and spiritual mentor to many, Williams resides in the Dallas/Ft. Worth area. Information taken from <http://myronwilliamsministries.com/> For more information, contact BMB Ministries and Productions, 254-733-8876.

## Waco's Serena Joy to perform with Myron Williams in April

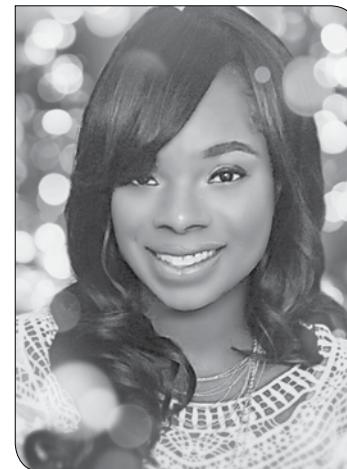
Save the date for "A Night of Worship," with Dr. Myron Williams. Waco's singers Serena Joy and Pastor Daron Farmer will share the stage for this special evening. The event is planned for April 21 at 6:00 p.m. at Harvest Time Revival Center, where Farmer is the pastor.

Joy is an anointed gospel music singer, songwriter, entrepreneur, and speaker. She is a native of Cleveland, Ohio but now resides in Central Texas. Serena came on the scene with her debut album "Merry Christmas" in 2010 with the very profound and heartfelt "Celebrating You", which showcased the writing skills, passion and vocal ability of a young lady in love with the Lord.

Joy is a multi-gifted artist who is also a registered nurse of 12 years, and has seen the hand of God perform miracles of healing through her singing in the hospital setting. In her words, "Every gift and ability bestowed on man is given to glorify God with, and I choose to be available in every capacity to be used by Him. I just want to please Him."

Joy has ministered across the United States as well as overseas. She travelled with several musical groups and was regularly involved with community functions in her home state of Ohio and in Georgia.

At the close of 2016, Joy released her sophomore album titled Faith, Love, and Worship, featuring "No One Compares to U," which has received widespread recognition among her audience. In December of 2017, she released a vibrant and hopeful "We



SERENA JOY

Worship You," a widely received song with a strong international vibe. Joy's music is diverse and she is able to blend in any Christian music setting. All of her music is available on all online music stores.

The Editor of This Is That, an online Christian magazine, since 2015, she is a worship leader at her home church and is currently writing her first book and on a new album, with both scheduled to be released this year. She is set to share the stage with both Grammy & Stellar Award winners, as well as continue in her pursuit of sharing the love of God in all that she produces.

Serena is a dedicated and hard-working young lady whose primary focus is to be an instrument of good, whether in song, healing, writing, or otherwise, according to God's Word, hoping to lead some to salvation.

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J.L. CRAWFORD,  
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cused of shoplifting.

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30. Your long drive off the tee injures another player.
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32. Your son is injured in a football game.
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**J.L. CRAWFORD**

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50. A merchant refuses to honor a guarantee.
51. You have an accident driving your friend's boat.
52. Your spouse claims a right to your earnings.
53. A record club sends merchandise after you cancel your membership.
54. You are refused service at a restaurant.
55. A property manager refuses to rent to you.
56. You are denied credit for no apparent reason.
57. An online auction goes sour.
58. The repair shop threatens small claims court for money you don't owe.
59. Your car insurance is cancelled when your teenager has an accident.
60. Your child needs special education in public school.
61. You made a sizable gift to charity.
62. Angry words result in a slander law suit.
63. You need a patent for an invention.
64. You need a copyright for your manuscript.
65. You are wrongly accused of committing a crime.
66. Your right to privacy has been invaded.
67. Your car is vandalized in a parking lot.
68. A postal carrier slips on your unshoveled walk and breaks his or her leg.
69. You have questions about escrow in a home purchase.
70. You're stopped for speeding and a passenger is in possession of marijuana.
71. Your teenager wrecks the car and a passenger is injured.
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73. You receive disability.
74. You are cheated by a

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75. A repairman charges more than a given estimate.
  76. A creditor tries illegal collection tactics.
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  78. You are scheduled to appear in small claims court.
  79. Your new house has bad plumbing and a leaky roof.
  80. You take a vacation and your room has a view of the trash dumpster.
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  89. You're buying or selling a car.
  90. Your child's school demands a drug or alcohol test.
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**PRIMARY - MARCH 6, 2018**

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# Harvest Time pastor Daron Farmer to perform with Myron Williams

(From <http://htrcwaco.com/staff/>) Save the date for "A Night of Worship," with Dr. Myron Williams. Waco's singers Pastor Daron Farmer and Serena Joy will share the stage for this special evening. The event is planned for April 21 at 6:00 p.m. at Harvest Time Revival Center, where Farmer is the pastor.

Farmer has been working as the associate pastor of Harvest Time Revival Center since its beginning. The son of Pastors Lee and Sha-

ron Farmer, he has been involved in various aspects of this ministry throughout the church's growth. On June 4, 2017, he has accepted the senior pastor passion accepting the call of GOD for the future of HTRC church. He is supported by his two beautiful children, Ethan and Hailey both actively involved in the ministry themselves. Farmer is used in preaching, singing, and playing musical instruments in churches throughout the nation making an



DARON FARMER

impact in the Kingdom.

With a heart for God and a burden for lost and hurting people, Farmer desires to build and equip people from all backgrounds and history, so they, too, can become all that GOD has called them to be in the body of CHRIST. It's this passion that drives him to walk through the doors of opportunity that God opens with a sense of purpose as he shares the message of the Gospel every week.

Farmer and his family are living testimonies that Jesus died so that we might have abundant and blessed lives. He believes in the power of the resurrection that raised Jesus Christ from the dead, and he knows that the power of God is still changing lives today! It is his desire to be a servant of the Lord Jesus Christ and the Body of Christ as a whole in order to get this message out to all who will hear: "Prepare the way of the Lord... Jesus is coming soon!"

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# School Board Trustee to run for Commissioners Court

Waco ISD School Board Trustee Norman Manning is a candidate for McLennan County Commissioner Precinct 2. A Waco native, Manning is a product of the Waco schools including Laura Edwards Early Learning Center, Oakwood Elementary, and A. J. Moore High School (class of 1968). Manning is an Eagle Scout (Boy Scout Troop 806). He is a veteran of the United States Army. While in the Army, he served in military intelligence and received a National Defense Service Medal and an Army Commendation Medal. He earned an associate degree in electronic technology from Tampa Technical Institute.

Manning's affiliations include One Fellowship United Methodist Church, the Willow Grove Cemetery Association, and the Waco NAACP. At One Fellowship, he is trustee and serves on the Finance Team. He is the president of the Willow Grove Cemetery Association. An active leader of the Waco NAACP, he is the chairman of the Legal Redress Committee which handles education, housing, and civil rights complaints. Manning was named the 2016 Waco NAACP Outstanding Member. In 2016, Manning was named the Cen-Tex African-American Chamber of Commerce Public Servant of the Year.

In 2009, Manning was elected to serve as a trustee of the Waco Independent School District. He has been on the school board for eight years. He is a member of the Texas Caucus of Black School Board Members and the Texas Association of School Boards (TASB) Advocacy Agency. He is district representative to the TASB Delegate Assembly.

Manning believes that his

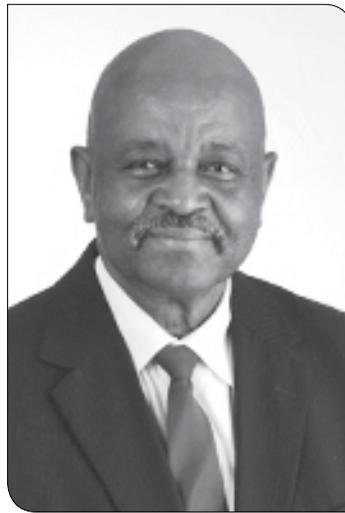
service as a school board trustee will translate well to the Commissioners Court, because they have prepared him to be an effective elected servant to all citizens of Precinct 2. "An important duty of a commissioner is to be a good steward of taxpayers' money," declared Manning. "My experience on as a board trustee has prepared me to be responsible with public funds."

In addition to handling budgets responsibly, Manning sees the improvement of the economic prospects of Precinct 2 as part of a commissioner's responsibility. He intends to "support all positive initiatives and entities that will bring jobs and business opportunities to the East Waco area." He intends to support the Centex African-American Chamber of Commerce and the Centex Hispanic Chamber of Commerce to increase minority businesses in the Precinct 2 area. Further, he will support economic development and improvement in the Axtell, Hallsburg, Mart, and Riesel communities.

If he is elected commissioner, Manning intends to handle to day-to-day business of Precinct 2. He intends to ensure that Precinct 2 road and bridge crew maintain the roads, increase dust control, and mow the grass. Importantly, Manning promises to "respond as quickly as possible to all complaints." Precinct 2 crews will be prepared to respond to emergencies such as flooded roads, says Manning. "Bridges will be sanded during freezing weather in a timely, safe manner."

Above all, Manning says that he will be accountable to all citizens of Precinct 2. He will have an open-door policy. He will be willing to meet with citizens individually, with groups, or in town hall meetings as necessary.

Manning responded to sever-



**NORMAN MANNING**

al questions about how he sees the commissioners court and his duties as a potential county commissioner.

Question #1: Many people do not understand the duties and responsibilities of a county commissioner. Could you explain how you see the job of a county commissioner?

A county commissioner wears many hats. In Precinct 2, the CC is responsible to his constituency which includes East Waco, a portion of South Waco, a portion of North Waco, Lacy-Lakeview, Bellmead, Mart, Riesel, Axtel, and Hallsburg communities. A CC is responsible for maintaining roads, mowing the grass on county property, and responding to complaints and emergencies such as downed trees, flooded roads, and icy bridges. With the other commissioners and the county judge, each commissioner is also responsible for non-elected official departments such as the Elections Office and the McLennan County Human Resources Office. I have three years' experience working in Precinct 2 on the road and bridge crew. Because of this

work experience, I truly understand the everyday problems citizens face when a road or a bridge is out. This understanding will guide my work on behalf of the citizens of Precinct 2.

Question #2: What are the key issues you intend to focus on if you become commissioner?

First, I intend to make sure the roads in Precinct 2 are maintained, dust control is increased, and the grass is mowed. Second, I intend to respond to all complaints in a timely manner. Third, I intend to assess the state of Precinct 2 including the equipment, procedures, and budget.

Question #3: How has your experience as a school board trustee prepared you for becoming Precinct 2 Commissioner?

Being a school board trustee for nearly a decade, I have gained experience and knowledge about funding, budgets, personnel issues, and crisis

management. I believe these skills will translate smoothly to the Commissioners Court. Just as the CC does, the School Board approves the entire district's budget which is approximately \$164 million. Also, like the county, the school board receives city, state, and federal funding. Trustees have to be good stewards of the taxpayers' money. Being a good steward means that we have to be aware of large and small expenses, working to determine whether all the expenses are necessary without being frivolous or penny-pinching. Commissioners must also be able to work with other entities such as local city governments. I understand the importance of developing MOUs with various communities in Precinct 2. I have experience in developing working relationships with smaller communities in Precinct 2.

## It's all about relationship

BY MONA DUNKIN



**MONA DUNKIN**

From the cradle to the grave, one of the most basic universal human needs is love and belonging. Relationship is being accepted for who we are, feeling like we "fit in," and that we matter. It is the mutual exchange of genuine caring and flow of ideas. Relationship is being esteemed as valuable and that your input counts. Relationship is akin to relate, meaning to connect, to understand, to be a part of. No matter the venue, from home life, to the workforce, salesmanship, community involvement, government, law enforcement, or to breakthrough science like Albert Einstein's Theory of Relativity, it is all about the state or quality of

relating.  
Einstein's Theory of Relativ-

See **DUNKIN** pg. 10

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# The world's problem is lack of morals (integrity) not lack of money

BY MATTHEW REED

A lack of morals exist because men are without God our maker. Jesus told us in Matthew 4:4, "It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." The world is trying to have life without God. We keep (wrongly) thinking if we had more money more people would have life. What we can't understand is that peace and joy is not of money. If this were so, why are there people who have money but lack peace and joy?

According to man's reasoning, all people with money should have life (be happy, have peace). We know that's not so. This reasoning has found its way into the church. Let's see what life is according to the scriptures. Romans 8:6 says For to be carnally minded is death; but to be spiritually minded is life and peace. 1 John 5:11 And this is the record, that God hath given to us eternal life, and this life is in his Son (not money). John 1:4 In him was life, and the life was the light of men. Matthew 6:25 says Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment (there is more to life than tangible things)? John 6:53 says Then Jesus said unto them, Verily, verily I say unto you, Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you. John 17:3 says And this is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent.

1 John 1:1-2 speaks of Jesus as being a product of the word. It declares that his coming and all the things he did opening blind eyes, healing the lame, giving hearing to the deaf, delivering an accused woman from the curse of the law, raising the dead, forgiving sins and etc. to be a manifestation of life that is in



**PASTOR MATTHEW AND HELEN REED**

the word of God. These He did because he was a doer of God's word. Jesus trusted God, knew

God and being found in the fashion of a man he humbled himself and obeyed God. All he accomplished and did, he did by being a doer of the word of God. Proving that life is in the word of God. We the church having the word of God has let the world beguile us and cause us to think that life is of something other than the word of God Jehovah. We've got

the word. Let us once again become doers of the word. And that same life that was manifested in Jesus will

manifest itself in our lives. Not only should we be doers of this word but we should teach (encourage)

others to be doers of God's word having full faith that if God said it he will uphold it. Amen!

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# GRUDGES

Continued from page two

them, there are always three fingers pointing back at you," says Dr. James.

But letting go of old hurts isn't easy. Dr. James suggests that grudge-bearers take the

following steps to seek true forgiveness:

- Tell the other person that you forgive them. Don't say that you will "forgive, but not forget" because the goal is to

release negative feelings.

- Ask the other person to forgive you. Ask for forgiveness even if you believe that you did nothing wrong. "Saying, 'I forgive you; please for-

give me, too' brings the other person into the picture and gets them actively involved," says Dr. James.

- Have a conversation. Create enough space for you and the other person to say everything that needs to be said. Stay calm and speak in normal tones, even if you don't like what you hear. At the end of your talk, you should feel relieved to have gotten your thoughts and

feelings into the open. Give and ask for forgiveness once more.

- Move on. Ask yourself what you have learned from the situation, and use it to make better decisions in the future.

"To forgive and to never forget is to never forgive in the first place," says Dr. James. "We owe it to ourselves to experience true forgiveness."

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DUNKIN

Continued from page six

ity applied to physics, and the same principles apply to human relationships. 1) the laws of love and belonging are the same in any system regardless of its velocity. 2) light (conscience) is a constant, independent source of the system. 3) an entity flowing in successful relationships, to a passive observer, appears to have happened with little or no

effort.

Relationship is about people skills. People skills is about healthy tension.

**1. Choose to respect others**, while earning respect from them. It's more about you than them.

**2. The only person you can control is you**, but do you? Things over which you have con-

trol includes your words, your attitudes, your facial expressions, your actions, your thoughts, your choices, your feelings, your schedule, your spending, your whereabouts, your associations. If you do not set the tone and pace of your life, then someone else will set it for you.

Feelings? Yes, you can control your feelings, but it starts with

controlling your thoughts and actions. It is easier to think and act yourself into feeling differently, than it is to feel yourself into thinking or acting differently.

**3. You are always influencing others**, either positively or negatively. Once words are harshly uttered - even if true - enormous damage has occurred in the relationship. Choose to be a

positive influence by remaining pleasant, even in a difficult situation. Hold the person in high regard as a human being with infinite worth and value, even if you disagree with his/her ideas or politics. Find something good in each person and in every situation. See problems as solvable and as a challenge to build godly character in you.

**4. Discover the door-way to communication.** Your attitudes and behaviors create a door-way to you as well as away from you. If someone behaves according to your specifications, it equals an open door. If the person interacts (intentionally or unintentionally) against your specifications, your door closes - partially, all the way or locked and bolted. Set the pace as the relationship builder by choosing to adjust your style so the result is open communication, win/win relationships, and lessening or removal of tension.

**5. Provide an inclusive, accepting environment** that gives room to grow. The tension here is that acceptance does not mean approval. Many relationships are harmed by failure to accept the person as he is because of disapproval of how he thinks or behaves. Trying to make this person change results in resistance. As relationship is built, the other person is in a greater position to receive your vast wisdom.

**6. You do not have to attend every argument to which you are invited.** You do not have to acknowledge or try to correct every comment, behavior or attitude. Ignore as much bad behavior as possible and commend acceptable behavior. Accentuating the positive sets the environment to empower eliminating the negative. As Ann Landers says, "Just because a donkey brays, does not mean you have to acknowledge him." But you do need to be kind to him.

**DON'T COPE, OVERCOME:** Power is the know-how to make things happen. Authority is the license to make things happen. Relationship is the ability to influence to make things happen. Influence supersedes power and authority in effective relationships to make things happen.

For all your speaking and training needs, contact Mona Dunkin, Motivational Speaker and Personal Success Coach, 254-749-6594 monadunkin@gmail.com www.monadunkin.com." Basic Intensive Training, Introduction of Choice Theory, Psychology scheduled in Waco, Tx for April 27-29. Call me today. 254-749-6594

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# NAACP Launches Community STAAR Test Tutoring Program

The Waco NAACP and the Concerned Citizens Coalition (CCC) launched a community STAAR test tutoring program called Lean on Me Mondays on Monday, February 12 at the Dewey Community Center. The Concerned Citizens Coalition is a group of community leaders who meet and brainstorm on issues of concern to the African-American community. During 2017, the CCC was concerned with the plight of struggling Waco ISD schools. According to NAACP President Peaches Henry, who convened the CCC in 2016, Lean on Me Mondays is the next step in the to CCC's plan to re-engage the community in helping our school become successful again. "The first step was to get a superintendent who was committed to our students and parents, and in Dr. Marcus Nelson, we believe we have

one," declared Henry.

Now the CCC is ready to move on to the next stage—helping our students pass the STAAR tests. For several months, a team of local educators and community people has been developing a community-based tutoring program to help students pass their STAAR tests this spring. "Our mission is not to duplicate the excellent teaching and learning that has already been going on in our target schools," declared retired former principal Jocelyn Pierce. "Rather, we are going to reinforce what the children have been learning all year. Most importantly," says Pierce, "we are going to provide encouragement and motivation."

Tutors will reinforce methods and strategies that are being taught at the three schools. While tutoring will focus pri-

marily on reading and math, students will also receive help in writing, science, and social studies. All necessary study materials will be provided.

The Lean on Me Mondays program will tutor scholars from J. H. Hines Elementary, G. W. Carver Middle School, and Indian Springs Middle School on Monday nights beginning February 12 and going seven weeks to Monday, March 26 at the Dewey Community Center from 5:30PM-7:30PM. Volunteers will tutor scholars from third to eighth grades. They will also provide early learner prep for pre-k through second grade. Dinner will be provided.

The program needs volunteers to help with the effort. "We need volunteers to work with all age groups and in every subject. We have consulted with Waco ISD educators

and will train all volunteers," said Henry. Volunteer tutors do not have to be teachers. "After all, children's first teachers are their mothers and fathers," said J. H. Hines teacher Marian Wilson. "We cannot under-estimate the impact of motivation and encouragement," commented a G. W. Carver math instructor. Organizers of Lean on Me Mondays are hoping that the number of volunteers will increase each week. Volunteers are also needed to help in various other ways: greeters; food setup, service, and take-down; chair set up and take-down; and classroom helpers.

Individuals wishing to volunteer should contact Dr. Peaches Henry at [waconaacp@gmail.com](mailto:waconaacp@gmail.com) or 733-5261.

Henry says that churches and other organizations can help the effort by getting

the word out to parents and their children. The NAACP and other groups will be providing incentives to children who attend the Monday night tutoring sessions. "The first fifty children who came out on the first Monday night, February 12, received a gift card," declared Henry. "The incentives will continue each week, and children who attend multiple sessions will be eligible for one of our grand prizes." Parents who want to sign their children up may contact Dr. Peaches Henry with a text at 254-733-5261 or email at [waconaacp@gmail.com](mailto:waconaacp@gmail.com). Parents and children should also just show up at the Dewey Community Center starting on Monday, February 12 at 5:30 PM. Dinner will be provided.

The Waco NAACP meets the 4th Monday at the Texas Rangers Education Center.



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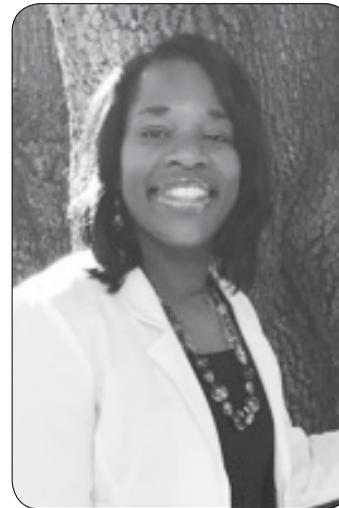
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**How older Americans can benefit from Chiropractic care**

(NewsUSA) - It's not just you. As a nation, America is getting older - with another 10,000 Boomers turning 65 every day. And whether you like to admit it or not - and who does? - odds are you're probably already experiencing at least some of the same nagging health issues you once thought only happened to your parents. What's also likely, assuming you're one of the nation's 100 million chronic pain sufferers, is that you're seeking a safer alternative to opioids after being scared off by news headlines of people becoming addicted and even dying from them.

Read on to see if drug-free chiropractic care may be right for what ails you. \* Back and neck pain. It's the primary reason older Americans visit doctors of chiropractic every year. And as Dr. Phillip Pizzo of Stanford University's School of Medicine has said, "We see that for many patients, chronic pain becomes a disease in its own right." Blame the



**DR. SHAMONICA TRUNELL-MORGAN**

aging process itself for why even the most active seniors - weekend athletes, say - aren't immune from such pain: Our muscles, spinal discs, facet joints and ligaments simply become less hydrated, weaker, and less able to withstand normal stresses.

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# Book Review: Wench by Dolen Perkins-Valdez

BY JIM MCKEOWN

I love coming across a new author and a first novel. According to her website, Dolen Perkins-Valdez's fiction has appeared in *The Kenyon Review*, *Story Quarterly*, *Story South*, and elsewhere. In 2011, she was a finalist for two NAACP Image Awards and the Hurston-Wright Legacy Award for fiction. She was also awarded the First Novelist Award by the Black Caucus of the American Library Association. She received a DC Commission on the Arts Grant for her forthcoming second novel, *Balm*. Dolen teaches in the Stonecoast MFA program in Maine. She is a graduate of Harvard and a former University of California President's Postdoctoral Fellow at UCLA. She is a popular guest for Black History and Women's Month programs. Dolen lives in Washington, DC with her family. *Wench* is an absorbing, heart rending story of a group of women slaves in the middle of the 19th century.

I have read a number of African-American novels in my time. Among these are *Beloved* (and others) by Toni Morrison, *Eva's Man* by Gayle Jones, and of course, the novels of Zora Neale Hurston. While they all contained horrific accounts of African-Americans, and all were compelling and well-written, none had the lyric beauty of Dolen's prose. The novel has a number of pastoral scenes frequently interrupted by the horrors of slavery.

The novel centers around four slaves, Sweet, Lizzie, Reenie, and Mawu. All are owned by men with a varying degree of concern for the slaves. Lizzie was the mistress of Drayle, who treated her better than most slave owners, but, nevertheless he was not above slapping or raping her. She knew early on Drayle's wife was unable to conceive, and so after Lizzie twice became pregnant, her focus shifted to her son Nate and her daughter Rabbit in hopes of earning their freedom.

Perkins-Valdez writes, "The slaves had been back at Tawawa house for only a short time before Mawu was spotted sweeping her cottage porch as if she'd never left. As they passed one another, they gave the silent signal to meet at the stables that night: eye contact, a glance in the direction of the stables, and brushed fingertips down the forearm to signal dusk" (34). These women were resourceful.

As the women became acquainted with Mawu, she told her story. Dolen writes, "Mawu told them she was telling her story so they would know why she couldn't go back to Louisiana, why she didn't feel the same pull they felt toward their children. She didn't live in the big house like Lizzie. Her children did not have special favors like Sweet's. She hadn't had a cabin built for her like Reenie. She was just a slave like any other - beaten, used, and made to feel no different than a cow or a goat or a chicken" (42). Later in the nov-



JIM MCKEOWN

el, Wamu was whipped into unconsciousness because her owner, Tip, heard she was thinking about running away.

Because of her special "relationship" with Drayle, Lizzie was taught to read. Perkins-Valdez writes, "As Lizzie learned the meanings of new words and what the letters looked like on the page, it became more difficult to hide the fact she could read. She wanted to read everything. She scanned the spines of books along the shelves in Drayle's library. She looked over [Mistress] Fran's shoulder as she cleaned around her, straining to make out the handwriting of Fran's mother. She wanted to read to the slaves in the cabins. There was only one man among them who could read the newspaper, and Lizzie thought she might be able to read as well as he could. She wanted to show him up, prove that women could learn, have everyone's eyes hungry for her mouth to open and turn the piece of pulp in her hands into

hope" (94-95). Despite living under the most extremely horrific circumstances, the thirst to learn burned in Lizzie's heart.

Time and again, when things seemed hopeless, and one of the women said they needed the help of a man, Reenie said, "No. [...] Us can do this our own selves" (187). Near the end of the novel, Lizzie thinks about her daughter. Dolen writes, "As she leaned against the porch post, she thought of Rabbit and what she would teach her. This was what she would say: Don't give in to the white man. And if you have to give in, don't give your soul over to him. Love yourself first. Fix it so you don't give him children. If you ever make it to freedom, remember your mammy who tried to be good to you. Hold fast to your women friends because they are going to be there when ain't nobody else there. If you don't believe in God, it's all right. God believes in you. Never forget your name. Keep track of your years and

how old you are. Don't be afraid to say how you feel. Learn a craft so you always have something to barter other than your private parts" (287-288). I find it difficult to imagine a mother having to give her daughter advice like this. It reminds me of the mothers in Ferguson, Chicago, Philadelphia, and other cities where women have to teach their children to fear the police and how to act if stopped.

The strength, courage, intelligence, and persistence of these four women was heart-warming, and, sometimes, horrific. But against overwhelming odds, they managed to maintain their dignity and raise children, all the while under the constant threat of the whip. *Wench* by Dolen Perkins-Valdez is a tremendously inspiring story. While not sugar-coating the horrors of slavery, it demonstrated how - under incredibly difficult circumstances - they were able to maintain a sense of decency to pass onto their children. 5 stars.

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## We are all God's creation, but we are not all His children, Part 2

BY RUBY MCCRAY

Continued from the January issue of *The Anchor News*.

If you haven't read Part 1 of this series, please log on to: [www.theanchornews.com](http://www.theanchornews.com), click Archives, then click the month of January or the current issue.

I can't begin to express just how much God loves each and every one of His creation. However, His creating us doesn't automatically make us His children—only His creation. I've heard pastors, preachers, evangelists, apostles, etc. say that we are all God's children, and no matter what one does, how badly one acts, He still loves you. Yes, it's true that God loves all souls, but the souls that continually sin, disobeying God's Word will go to hell. Their father is the devil—not God.

Even if you've confessed and repented of your sins, made Jesus the Lord of your life, baptized in water and the Holy Spirit, and are now God's child, you can cancel that experience if you choose. There are two things God doesn't remember: past sins and past righteousness.

"Once again a message

came to me from the LORD: 'Son of man, give your people this message: 'When I bring an army against a country, the people of that land choose one of their own to be a watchman. When the watchman sees the enemy coming, he sounds the alarm to warn the people. Then if those who hear the alarm refuse to take action, it is their own fault if they die. They heard the alarm but ignored it, so the responsibility is theirs. If they had listened to the warning, they could have saved their lives. But if the watchman sees the enemy coming and doesn't sound the alarm to warn the people, he is responsible for their deaths.'

"Now, son of man, I am making you a watchman for the people of Israel. Therefore, listen to what I say and warn them for me. If I announce that some wicked people are sure to die and you fail to tell them to change their ways, then they will die in their sins, and I will hold you responsible for their deaths. But if you warn them to repent and they don't repent, they will die in their sins, but you will have saved yourself" (Ezekiel 33:1-9).

That passage is talking to



EVANGELIST  
RUBY MCCRAY

all of us [watchmen] who are children of God. "For God was in Christ, reconciling the world to himself, no longer counting people's sins against them. And he gave us [watchmen] the wonderful message of reconciliation. So we are Christ's ambassadors; God is making his appeal through us. We speak for Christ when we plead, 'Come back to God!' For God made Christ, who never sinned, to be the offering for our sin, so that we could be made right with God through Christ" (2 Corinthians 5:19-21). This is what I'm doing right now—sounding the

alarm.

"Son of man [watchman], give the people of Israel [America] this message: You are saying, 'Our sins are heavy upon us; we are wasting away! How can we survive?' As surely as I live, says the Sovereign LORD, I take no pleasure in the death of wicked people. I only want them to turn from their wicked ways so they can live. Turn! Turn from your wickedness, O people of Israel [America]! Why should you die?"

"Son of man, give your people this message: The righteous behavior of righteous people will not save them if they turn to sin, nor will the wicked behavior of wicked people destroy them if they repent and turn from their sins. When I tell righteous people that they will live, but then they sin, expecting their past righteousness to save them, then none of their righteous acts will be remembered. I will destroy them for their sins. And suppose I tell some wicked people that they will surely die, but then they turn from their sins and do what is just and right. For instance, they might give back a debtor's security, return what they have stolen, and obey my

life-giving laws, no longer doing what is evil. If they do this, then they will surely live and not die. None of their past sins will be brought up again, for they have done what is just and right, and they will surely live.

"Your people are saying, 'The Lord isn't doing what's right, but it is they who are not doing what's right. For again I say, when righteous people turn away from their righteous behavior and turn to evil, they will die. But if wicked people turn from their wickedness and do what is just and right, they will live. O people of Israel [America], you are saying, 'The Lord isn't doing what's right.' But I judge each of you according to your deeds" (Ezekiel 33:10-20).

All Scripture and Scriptural passages are taken from the New Living Translation. Please join in next month as we continue to expound on this series. 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 [rubbyacorm@yahoo.com](mailto:rubbyacorm@yahoo.com) or write to A City of Refuge Ministries, P. O. Box 2025, Waco, Texas 76703.*



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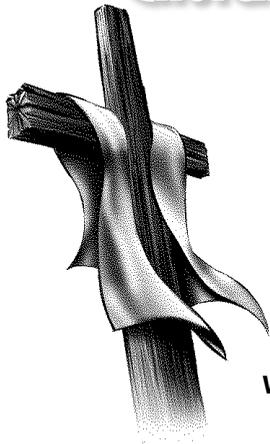
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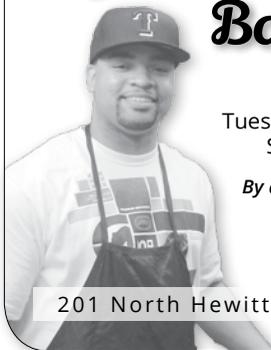
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**Wanda B. Gunter**

Author, Artist &  
Contributing writer  
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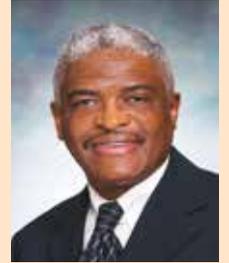
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