

# THE *Anchor* NEWS

FREE! | JUNE 2024 VOLUME 21, NUMBER 11

## FAMILY POWER TRIO: MINISTER DAD, MILITARY SON, AND ENTREPRENEUR SON TAKING ON THE WORLD!

### —VINCENT CARPENTER, SR.—

Vincent Tyree Carpenter, Sr. lives a life of commitment to faith and family. Vincent grew up in a family who attended church multiple times throughout the week and all day on Sundays. As a youngster, he longed for deeper spiritual fulfillment than just attending services. Searching for more of God, Vincent experienced Jesus through hearing an internal voice inside his heart which convinced him of the reality and presence of God. This Holy Spirit encounter has led him to endeavor to follow Christ throughout his life. His spiritual journey has led him to many opportunities to serve the church and the community including joining the staff of Antioch Community Church,

Waco in 2005. Antioch, Waco is the mothership of a movement of 45 churches, many of which the Waco congregation has planted across the country and has also planted more than 100 mission works around the world. Vincent currently serves as Director of Pastoral Care and was selected as an elder by the church in 2019. As pastoral care director, Vincent ensures that church members receive the appropriate spiritual development including discipleship, mentorship, healing ministry or a referral to a professional counselor, if needed. Vincent also leads an initiative at Antioch called Kingdom Culture which is a biblical approach to racial and cultural issues. He



**VINCENT TYREE CARPENTER, SR.**

further serves on the Antioch teaching team which allows him to preach the Word of God

to the Antioch Waco congregation as well as many of the Antioch churches across the country.

Vincent and his wife Tonia have been blessed with five wonderful children; and currently two tremendous daughters-in-law and two delightful grandchildren. Growing up in the Carpenter household included love and encouragement from both parents, daily morning devotions of prayer and scripture reading and attending many school and Antioch church activities together.

Before joining Antioch, Vincent worked at Baylor as a public relations writer, student services coordinator and as an academic advisor. Vincent

intended to pursue a life-long career at Baylor until He sensed God speaking through that internal voice inside his heart encouraging him to enter full-time vocational ministry. Vincent was initially hesitant to leave the security of his position at the university, but he discovered that following Jesus through the Holy Spirit's leadership has provided him with influence far beyond what he could have imagined for himself.

Vincent earned a bachelor's degree in journalism from Baylor in 1989 while also lettering in football and track. He earned a master's degree in

SEE **VINCENT, SR.**, PG. 15

### —CAPTAIN VINCENT CARPENTER, JR.—

Personnel Staff Officer 1st Squadron, 124 Cavalry Regiment

CPT Vincent Carpenter Jr. was commissioned as an Adjutant General Officer in December 2018. He was commissioned by the Reserve Officer Training Corps at Baylor University in Waco, Texas. He holds a Bachelor of Science in Education in Health, Kinesiology and Leisure Studies.

CPT Carpenter is currently assigned as the Personnel Staff Officer for the 1-124 Cavalry Squadron. He also serves as a collateral duty SHARP Victim Advocate for the 1-124 Cavalry Squadron. CPT Carpenter was previously assigned as the Brigade Strength Manager for the 36th Sustainment Brigade, 36th Infantry Division and served on a full time ADOS status in this role from



**VINCENT CARPENTER, JR.**

January 2021-January 2022.

As the Strength Manager he managed the personnel accountability, replacement operations, personnel manning operations and assisted the Brigade Personnel Staff Officer with all other Brigade Hu-

man Resources operations and tasks. While on the 36th Sustainment Brigade's forward deployment in Support of Operation Spartan Shield, CPT Carpenter served as the Brigade Command Adjutant.

As the Adjutant he managed all the daily administrative tasks for the Commander to include calendar management, event scheduling, travel coordination, officer and NCO evaluation management and correspondence preparation. CPT Carpenter has held Human Resources Officer positions on the Texas Military Department's COVID-19 Response Mission during the onset of the Corona virus Pandemic and the Texas Military Department's Winter Weather Response mission during

SEE **VINCENT, JR.**, PG. 14

### —MICHAEL CARPENTER—

Michael attended The University of Mary Hardin Baylor, where he studied Social Work and played running back on the football team. After graduating in 2016, he spent a couple of years working as a college pastor and foster care case manager in Temple, TX. In 2017, he began working in economic development at City Center Waco and served as a project coordinator and event planner for the new Bridge Street Plaza and other East Waco and Downtown projects. Some may remember him as a food blogger, highlighting all the best places to eat in Waco.

In 2019, he began an entrepreneurial venture in music marketing, hosting concerts and showcases for local musical artists. After



**MICHAEL CARPENTER**

marrying his lovely wife Sahana and moving to Houston in 2021, he transitioned into real estate marketing. He now runs a marketing

SEE **MICHAEL**, PG. 15



**J.L. & LINDA CRAWFORD**

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

# CONGRATULATIONS CLASS OF 2024

**BY W.B. GUNTER**

Congratulations to the graduating class of 2024! Your freshman year must have felt as if you were being thrust head first into a different world through a time portal. On your own, bravely you arrived, facially masked, in long lines, 6' apart to pick up your iPads, Chromebooks, chargers, and other supplies before immediately being sent home so the next group of freshmen could enter, and do the same. The hellos and goodbyes were distant, swift, and so very meaningful.

As sophomores, you were able to stand within 3' of one another. Lunch was available in the cafeterias, and the decision to attend classes in person or online were your options. Health concerns were prioritized and COVID testing was as common as checking temperatures. Learning continued in spite of glitches. Virtual field trips, AI tutoring, unlimited ZOOM sessions, and online collaborations changed learning environments. Writing supplies were returned

**W.B. GUNTER**

to containers marked, used or

unused, clean or dirty. Most assignments were digital, and you had more in common with other sophomores than you realized.

By your Junior year, the learning environment was reset, it looked the same, but it was intangibly different. The previous senior class experienced a graduation with full regalia, and your opportunity would be next. With more opportunities to participate in activities, you did. Just having the privilege of walking around, being with friends, and coming of age offered insight from a perspective no class before you could grasp.

Now, here you are, Seniors, ready to walk across a stage

to hold a well-earned diploma. As 2024 graduates, I hope you take the time to learn and remember the names of as many of your classmates as possible. Your middle school and underclass traditions were very different than what you expected, and you're stronger and more resilient because of your ability to adapt. As you move forward, take with you the knowledge that you can find innovative solutions. Your youth has been filled with unique global experiences that will remain relevant to how you will navigate life's challenges and decisions. To the graduates, again with sincerity, CONGRATULATIONS!

A NOTE FROM THE EDITOR...

## GET PUBLISHED IN OUR AUGUST ISSUE

August is our traditional anniversary and education issue. Celebrating 22 years in the community, we spotlight students, educators, administrators, staff, educational events, institutions, etc.

The deadline to submit a 250-300 word article on a person of accomplishment or news worthy educational

event, institution, organization, etc. is July 31st.

So come on! Send us your clear, JPEG headshot and a typed article (Word document or typed as an email) via email to theanchornews@aol.com. We will do our best to include every profile that we receive, and who knows? Your submission might be one of our cover stories.

**DR. SANDRA L. M. HENRY**

The Vision of The HERSTORY Women Empowerment Series:

- God's vision is for professional Christian women to engage in conversations designed to empower women pursuing their purpose through Christ.

- When we invest in women, change happens; families thrive, communities thrive, America thrives, and the world thrives. God is glorified.

Mission of The HERSTORY Women Empowerment Series:

- Our mission is to give women a platform to be heard regardless of race, class, or ethnic background.

- Our aim is to build their self-esteem, support their personal and professional success, and acknowledge we need one another as we grow in relationships and communication skills

**DR. SANDRA L.M. HENRY**

through Christ.

Have you ever been in a position where you felt you had no way out and did not know where to turn for help? Have you looked back over your life and knew GOD was faithfully

watching over you? You can forgive yourself for past mistakes because God will when you ask Him? HERSTORY is meant to inspire and aspire every woman and help us to realize we are important.

Women have been silent for far too long. We have a voice and need to share our stories of pain to purpose through Christ with other women seeking answers. Rise up! We are not alone. We can support one another and cheer each other on to success in our dreams and personal triumphs. God's word is our anchor, and "we can do all things through Christ who gives us strength."

Come join us and share your story; hear from others whose stories will strengthen us all as we walk with the FATHER and receive HIS blessings on our life's journey.



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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.

**EDITORIAL POLICY**

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

reflect the opinions of the editor.

**LETTERS & ARTICLES POLICY**

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

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

**SUBSCRIPTIONS**

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

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

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# DAD AND SON: BOTH PASTORS, BOTH DOCTORS, BOTH EXTREMELY INSPIRATIONAL

## —DR. JIMMY D. HUNTER—

Dr. Jimmy D. Hunter was born the eldest of five to the Late Jimmie D. Hunter, and the Late Georgia Mae Johnson-Hunter. He attended the Austin Public Schools graduating from the (Original) L. C. Anderson High School. He attended Huston-Tillotson College (now University) in Austin graduating with a Major in Vocal Music Performance and All-Level Music Education. He did further study at St. Edward's University in Austin in music and theater. He was Director of Music for 17 years at Mount Zion Missionary Baptist Church in Austin. He served in numerous venues as Musical Director for local and state conventions and congresses.

Dr. Hunter was called into the preaching ministry in April 1986. Realizing a call to preach is also a call to preparation he entered formal seminary study at the Austin Presbyterian Seminary, August 1987. In August 1988, he transferred to the Samuel DeWitt Proctor School of Theology at Virginia Union University, Richmond, Virginia. He was conferred the Master of Divinity degree in May 1990. Returning to Virginia Union September 1995 he was conferred the Doctor of Ministry degree in May 1998.

After returning to Austin following the first seminary degree, he served on the Music Faculty at Huston-Tillotson University as Concert Choir Director and Instructor of Beginning Applied Voice and Piano August 1990 through December 1991. In November 1991 he was called as pastor of the Historic New Hope Missionary Baptist Church, Port Arthur, TX. The church grew spiritually, numerically and financially during his tenure. He was called and currently serves as pastor of Tolver Chapel Missionary Baptist Church since June 2001. The church continues to grow spiritually, numerically, and financially; and numerous ministries have been implemented under his leadership to enhance both church and

community. In 2009 he led the church into a \$700,000 total interior renovation and burned the note August 2016. He has served in numerous capacities: Former Moderator of the Union Baptist District Association, leading them into the building of a new worship \$900,00 facility moving in debt free; Chaplain for a Day for the Texas Senate and House of Representatives; Music Director for the Inaugural Prayer Service for the Late Ann Richards, Governor of Texas; Honor's Day Speaker for Huston-Tillotson University celebrating the merger of Samuel Huston college and Tillotson College, May 2003; Charter Day Speaker celebrating the designation of Huston-Tillotson University being named an All-Steinway Campus, October 2017; Chair of the Faith-Based Committee for the U. S. Census; Co-Chair for the Faith-Based Committee for the Educational Summit for the City of Waco and the Waco Independent School District; Five-Year tenure on the Waco Regional Airport Advisory Board; Three-Year tenure as a member of the Board of Advocates for the School of Social Work, Baylor University; and a Brother of Alpha Phi Alpha Fraternity, Inc. He completed a three year tenure as a member of the Board of Trustees of Hardin-Simmons University, Abilene, Texas, and visionary for Waco's Covid-19 "Souls for Shots Campaign", Co-Music Director for the Baylor University McLane Stadium Palm Sunday Observance, duo-director of 450 voices in the 900 voice multi-ethnic choir, and a former member of the Advisory Board of Prosper Waco. His most recent accomplishment is completing the intensive study and receiving his licensure with the International Fellowship of Chaplains.



DR. JIMMY D. HUNTER

He published in Oxford Sermons in 2007 following an intensive study at Oxford University, Oxford, England, and has received a number of awards from a vast array of religious and social groups far too many to name.

He has been married to Pamela Hytche-Hunter for the past 40 years, and they are the proud parents of two: J'Naudia Hunter-Phillips and Jamison Douglas Hytche Hunter, D.Min. His pride and joy are their four grandchildren: Kaitlyn Hunter Phillips, Jamie DeAnn, Janae DiAnn, and Jamison Douglas Hytche Hunter, II.

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## —DR. JAMISON HUNTER—

Born in Austin, Texas, and raised in Port Arthur, Texas, Dr. Jamison Douglas Hytche Hunter brings both education and experience to his ministry and preaching assignment. Since he was a teenager, he has championed the gospel message with great joy and passion and distinguished himself as one who is truly committed to the rigors of continuing education and academic excellence.

Dr. Hunter studied at the University of Maryland Eastern Shore, Princess Anne, MD, to earn a Bachelor of Arts degree, a Master of Divinity from Howard University School of Divinity, Washington, DC, and completed a Doctorate of Ministry from United Theological Seminary, Dayton, OH.

Dr. Hunter is a 2013 inductee of the distinguished Martin Luther King Jr. Board of Preachers of Morehouse College. Dr. Hunter is the author of "Beyond the Walls: Transforming Worshipers to Witnesses." He served

as the youngest doctoral mentor to the Gardner C. Taylor Scholars from January 2013 to August 2019—a confab of doctoral candidates whose focus centered on prophetic leadership, social justice, and political action. With a love for academia, Dr. Hunter currently co-leads another cohort of doctoral students who focus on Preaching and Leadership for Small to Mid-Size Congregations.

With an overwhelming call to serve and lead, Dr. Hunter began his pastoral ministry at the Macedonia Missionary Baptist Church in Dayton, Ohio, as their 6th Pastor in November 2009. Under the power of God, He was used to effect fresh energy, trail-blazing initiatives, ministry implementations, and notable growth in this traditional church context. Dr. Hunter's leadership led the church in an internal campaign to liquidate the \$600,000 balance owed on the multi-purpose facility. Most notably, a 2.2-million-dollar project



DR. JAMISON HUNTER

was completed for a newly constructed worship and youth center and total renovation of the original sanctuary into administrative offices, all for the glory of God. Doctor Hunter served Macedonia Missionary Baptist Church until his resignation in 2020.

In July 2020, Dr. Hunter was called to be the 8th Pastor of the Mount Jezreel Baptist Church of Silver Spring, Maryland. Amidst

the COVID pandemic, Pastor Hunter faced the major undertaking of redesigning the pulpit and sanctuary, which included adding a baptismal pool, cameras, lighting, media equipment, and upgraded sound system to transform the worship experience to best accommodate and connect in-person participants with virtual viewership. Pastor Hunter has taken Mount Jezreel into the world of technology and streaming by implementing various media platforms to share the Word of God. Under the dynamic leadership of Pastor Hunter, Mount Jezreel is experiencing disciple growth. In response to the growing needs of the membership, the Divorce Care and Rachel's Circle (ministers to women experiencing the loss of children) Ministries were formed. Pastor Hunter's love for the youth has evolved into what is now the E3 Ministry—his vision is to create a safe place where the youth can equip, educate, and empower

themselves to be dynamic disciples and leaders of tomorrow.

He is a life member of Alpha Phi Alpha Fraternity, Incorporated, a financial and active member of Sigma Pi Phi Fraternity (The Boulé), and a silver member of the National Association for the Advancement of Colored People (NAACP). In August 2023, Dr. Hunter was appointed as the Seminary Dean of Maple Springs Baptist Bible College and Seminary in Capitol Heights, MD.

Having been nurtured in a distinguished tradition of Christian servant leaders, Dr. Hunter's father (Dr. Jimmy D. Hunter) serves as pastor of the Tolver Chapel Baptist Church in Waco, Texas. His maternal grandfather (the late Dr. William P. Hytche) served with the distinction (28 years) as President of the University of Maryland Eastern Shore. Family is very important to Dr. Hunter. He is married to Dr. Patrice Hunter, and they have three loving children.



# DAD'S SERMONS; SON'S SCIENCE: MEET THE PASTOR-ENGINEER DUO

## —DR. NIKA L. J. DAVIS, SR.—

Dr. Nika L. J. Davis, Sr. is the son of William and Minnie Davis and the youngest of three siblings. He received Christ as Lord and Savior at the age of seven in the Second Baptist Church of Waco, TX. He acknowledged his calling to the gospel ministry and was licensed to preach on the third Sunday of August 1988 also at Second Baptist Church. Dr. Davis graduated from Texas A&M University with a Bachelor of Science Degree in Kinesiology and Social Studies with Cum Laude honors. His seminary studies include a Master of Divinity from South-

western Theological Seminary and a Doctor of Ministry from Houston Graduate School of Theology. He is currently continuing his education by completing his PhD in History with a focus on the enslaved servants of antebellum U.S. presidents at the University of Texas at Arlington.

Dr. Davis was selected to serve on the Waco City Charter Commission; WISD Education Foundation Board, MCC Foundation Board, and Corresponding Secretary of the Good Hope Western District Association. He is now the Vice Moderator of the Good Hope



DR. NIKA L. J. DAVIS, SR.

Western District Association, a member of the Missionary Baptist General Convention of Texas Foreign Mission Board, Institute Chairman S. A. Pleasant, Jr. May Board, and writer of Sunday School lessons for the RH Boyd Publishing Company. His publications include *The Beauty of the Christian Faith*, *Another Perspective: Examining Divergent Interpretations of American History from Colonization to 1865* and several professional academic journal reviews. He has served as pastor of the Second Missionary Baptist Church for over 20 years and teaches as

an Adjunct Professor of History at 4 community colleges.

He is the proud husband of Beverly Michelle Davis and they have three children, Nika L. J., Jr., Samayim Michelle and Shekinah Glory. Their children are professionals in software engineering (son) and nursing (daughters).

Dr. Davis preaches the Word of God in many churches and other venues as well as traveling to other parts of the world to include Belize and Israel to share the good news. His love for the Lord is contagious! You can't be anywhere near him and not catch it!

## —NIKA L. J. DAVIS, JR.—

Nika Davis Jr. also known as L.J. was born November 9, 1995 in Nacogdoches, Texas. His parents are Nika and Beverly Davis. He attended primary school in Lufkin Texas. L.J. gave his life to the Lord Jesus Christ at age seven and was baptized by his father at the Mt. Moriah Baptist Church in Nacogdoches. He moved with his parents to Waco in 2003 and continued to grow as a young man in the Lord. He excelled in school and sports, getting excellent grades and playing football. As a high school football linebacker, L.J. had a goal of wanting to be recognized on the fieldhouse wall as one of the top players at Waco High School. His outstanding play of leading the district in tackles merited him



NIKA L. J. DAVIS, JR.

the privilege of being recognized on that wall of honor. In 2014, L.J. graduated from Waco High School with academic honors and received a football scholarship to play at West Point Military Academy in New York. After two years, he returned to Texas finishing his B.S. degree in Software Engineering from the University of Texas at Arlington in 2020.

Upon graduation, Nika Jr. was hired by O'Neil Data Systems where he works as a level 4 engineer. His projects include providing soft-

ware data services for medical and financial companies. As a proficient engineer, he developed software for automotive inventory record keeping, chat applications, and Android phones. He has a strong commitment to Christ serving as one of the first mime ministry presenters at the Second Missionary Baptist Church. When he ministers, the Holy Spirit takes over his presentation and the congregation is blessed. L.J. continues to be a role model to other youth and adults who admire his Christian conduct. Youth have benefitted from him teaching them how to mime. He has participated in mime workshops and led one at the Greater Rising Star Baptist Church in Ft. Worth Texas. Presently, he lives in Crandal Texas and recently purchased his first new house at age 26. He is a member of the Antioch Fellowship Baptist Church in Dallas, Texas where he worships the Lord. Nika Davis Jr. is an outstanding young man making his parents, family, friends, and those who know him very proud.

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**WANDA B.  
GUNTER**  
Author, Artist &  
Contributing writer  
for *The Anchor News*



# THE EDWIN H. COTTON FAMILY

## —EDWIN H. COTTON, SR.—

Edwin H. Cotton Sr. was born on December 3, 1934 in Waco, Texas, to the parentage of William and Viola Cotton.

He graduated with honors from A. J. Moore High School on Friday, May 31, 1953. On Monday, June 3, 1953, he began his tenure with the City of Waco Housing Authority.

Edwin, being employed by the Housing Authority, held the title position of foreman, Senior Employee, and Trainer for the Texas Housing Association and National Association of Housing and Redevelopment Officials. He held these positions advocating the belief that caring for others along with understanding

the value of endurance, discipline, and doing a good job, would yield long-term positive results.

His dedication to his long tenure with the Housing Authority is as he states it, "Taking care of the residents." When a home needed repairs and he was on the job, the residents were guaranteed to get a "Good Morning" and a warm smile. With forty six years of experience working in the communities of housing, he always knew what was what and how to fix it. He hired and mentored staff members since their high school years. He witnessed over four generations of families come and



EDWIN H. COTTON, SR.

go through the communities

of housing. He has been and will continue to be an inspiration to many people in the communities and to the staff at housing even though the "Warden" has retired.

"Warden," was the title bestowed on him because of the tireless efforts to "Get the job done." When you worked under Mr. Cotton's supervision, he demanded the best quality work in a reasonable time. Fall short and you knew when you had missed the mark. He was not a tyrant who hovered over you as you worked because he also pulled a load and led by example, holding himself to the same or greater standards. Being fair and car-

ing about the residents is the fondest memory those who have had contact with him will remember. His "Good Morning" with a cheerful smile, always lending a hand without a second thought when someone needed help and the fact that he would help you and teach you how to get it done will forever be his trademark.

Edwin is married to Madelyn C. Tomlinson-Cotton. He is father to five children, Lois J. Cotton-McDowell, the late Edwin H. Cotton Jr., LaNell C. Cotton-Curtis, Charlayne M. Cotton-Foster, and the late Chad L. Cotton. He is a member of Toliver Chapel Missionary Baptist Church.

## —THE LATE EDWIN H. COTTON, JR.—

Edwin H. Cotton Jr. entered into this world as a seven month old preemie on July 31, 1951, in Waco, TX to the parentage of Edwin H. Cotton Sr. and Madelyn C. Tomlinson Cotton. He was affectionately called "Little Brother" a name his big sister Jacqueline called him when she first saw him and it stuck. Other names included Cotton, the name his friends called him and Leroy, a name he and his son Derrick called each other.

Edwin Jr. grew up knowing the Lord. At an early age, he accepted Christ as his Lord and Savior at Toliver Chapel Missionary Baptist Church. Later in life he became a member of New Mount Olive Baptist Church. He was an active member in the church. He served on the Board of Trustees, Men's Chorus, Church Choir, mentoring to the youth and serving on the Kitchen Committee.



EDWIN H. COTTON, JR.

Edwin Jr. received his formal education from Waco Independent School District. He graduated from Jefferson Moore High School, class of 1974, where he played football, and baseball. Coach Cotton served the community of Waco by coaching Pee Wee Football for the Elks and the Raiders. He was employed with Parkside Apartments

and Robinson Garden Apartments in the Maintenance area and he worked for M&M Mars. He served in the United States Army from

1975 to 1978, then reenlisted in 1978 and served until 1980. He was a big fan of the Oakland Raiders and a member of the Wrangler

Posse Horse Riding Club.

His siblings are, Lois J. Cotton McDowell, LaNell C. Cotton Curtis, and Charlayne M. Cotton Foster.

## — THE LATE CHAD L. COTTON I —

Chad Lamont Cotton I, was born on August 20, 1973 in Waco, Texas to the parentage of Edwin H. Cotton Sr. and Madelyn C. Tomlinson-Cotton. He was the baby of five children.

Chad grew up knowing the Lord. At an early age, he accepted Christ as his Lord and Savior at Toliver Chapter Missionary Baptist Church. He was very active in the church where he served on the Usher Board and as a mentor for the Youth Usher Board.

Chad received his formal education from the Waco Independent School District and graduated from Waco High



CHAD L. COTTON I

School in 1991. He attended

McLennan Community College for two years and then on to OG's Barber School in Killeen, Texas.

Chad served the Waco community in various ways as professional barber; operated Cotton Lawn Service along side of his father since he was six years old; escort for the Road Runner Club. He worked at H.E.B, M&M Mars, Inc, and Brook Haven Youth Ranch, where he enjoyed mentoring youth and cutting their hair.

His siblings are Lois J. Cotton-McDowell, the late Edwin H. Cotton Jr, LaNell C. Cotton-Curtis, and Charlayne M. Cotton-Foster.





# THE RAULS FAMILY

## THE LATE PASTOR ARA L. RAULS, SR.

Pastor Ara L. Rauls Sr., was the 5th child born to the late Mr. Norman Rauls Jr. and Mrs. Rosie Lee Watson. A lifelong native of Waco, Texas, Pastor Rauls attended GL Wiley School, and was a proud 1970 graduate of Moore High School. He loved football and baseball and was a great quarterback and the best short stop ever. His outstanding athletic ability and skill at playing baseball allowed him to further his education on the college level and attend Paul Quinn College, Ranger Jr. College and Texas Southern University. Those same skills also allowed him the opportunity to spend a brief period of time in



**PASTOR ARA L. RAULS, SR.**  
Cocoa Beach, Florida playing

semi-pro baseball. He enjoyed playing ball so much he continued playing for Waco Mission Ball Club and Charlie's II. Proving that there is nothing too hard for God and that you are never too old to learn, Pastor Rauls was blessed to continue his education much later in life by receiving his Bachelor's and also his Master's of Theology from Guadalupe Theological Seminary, Seguin TX. In 1972, Pastor Rauls met the love of his life, Barbara L. Wyatt. They were married June 28, 1975 and to this union 4 children were born and raised, namely: Yvonne Michelle, Ara Lee Jr., Joseph Lee, and Ira Lee

### PASTOR ARA L. RAULS, JR.



**PASTOR ARA L. RAULS, JR**

Pastor Ara L. Rauls, Jr., Son of the late Pastor Ara L. Rauls Sr. and Mrs. Barbara Louise Rauls. Pastor Rauls Jr. currently serves as Pastor of the New Mt. Olive Missionary Baptist Church. Pastor Rauls received his Bachelor of Science degree from Baylor University and is currently the Alternative Education Instructor employed with LaVega ISD. Pastor Rauls Jr. is married to Kylie Rauls and they have 1 son Ara L. Rauls III.

### COACH JOSEPH L. RAULS



**COACH JOSEPH L. RAULS**

Coach Joseph L. Rauls, son of the late Pastor Ara L. Rauls Sr. and Mrs. Barbara Louise Rauls. Coach Rauls is currently Athletic Director and Head Football Coach at Austin LBJ High School, Austin ISD, Austin, TX. Coach Rauls received his Bachelor of Science degree from Sam Houston State University and his Master of Science degree from Baylor University. Coach Joseph is currently married to Marianne S. Rauls. Joseph has 3 children, Jayden, Haley and Kaitlynn Rauls.

### COACH IRA L. RAULS



**COACH IRA L. RAULS**

Coach Ira L. Rauls, son of the late Pastor Ara L. Rauls Sr. and Mrs. Barbara Louise Rauls. Coach Rauls is Head Varsity Cheerleading Coach, Asst. Girls Track Coach and CTE Teacher for George Dixon Campus, LaVega ISD. Coach Rauls received his Bachelor of Science degree from Baylor University. Coach Ira although single, is a fantastic uncle. He spoils his nieces and nephews, (Barvion, Larry III, Ara III, Jayden, Haley and Kaitlynn) his cousin's twins (Phor and Phallon) and several friend's children. He deserves an Uncle-Daddy shout-out!

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Chapter 1: This Too Shall Pass, but When?

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

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



LINDA MASON CRAWFORD

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

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

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

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

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

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### 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)

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Dr. Mia Moody-Ramirez



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# HOW TO AVOID SCAMS & SCHEMES

BY MARGARET IVORY

Senior Citizens are the prime targets for scams and schemes. I just saw a YouTube video where an older black lady was nearly scammed out of her home by a person who said she was chosen to get remodeling assistance. She contacted Legal Aid and was able to thwart the scamming company before her home was stolen. There are many ways that senior citizens are scammed. We will review some of these scams and schemes in this issue and will review the rest next issue.

1. Phishing scams involve fake email or text messages that appear to be from reputable sources, such as banks, online retailers, or government agencies. These messages often contain links that direct you to fake websites designed to steal your personal information.

a. Verify the Sender: Check the sender's email address for inconsistencies or suspicious domains.

b. Don't Click Links: Do not click on links or download attachments from unknown or untrusted sources.

c. Use Security Software: Install and update antivirus and anti-phishing software on your devices.

d. Contact the Institution Directly: If you receive a suspicious email, contact the institution directly using a verified phone number or website.

2. Phone Scams



MARGARET IVORY

Phone scams involve fraudulent calls from individuals claiming to be representatives of legitimate organizations, such as the IRS, tech support, or a charitable organization. They often pressure victims to provide personal information, make immediate payments, or buy gift cards.

a. Hang Up: If you receive a suspicious call, hang up immediately. Do not talk with the caller.

b. Do Not Share Personal Information: Never share personal information, such as Social Security numbers or bank details, over the phone unless you are certain of the caller's identity.

c. Verify the Caller: If the call seems legitimate, verify it by contacting the organization directly using a trusted phone number.

d. Register with the Do Not Call List:\*\* Add your number to the National Do Not Call Registry to reduce unwanted calls.

3. Online Shopping Scams

Online shopping scams occur on fraudulent websites or through fake ads on legitimate sites. Scammers create counterfeit websites that look like real online stores, offering products at prices too good to be true. Once payment is made, the product is never delivered, or a substandard item is sent.

a. Research the Website: Before making a purchase, research the website for reviews and ratings. Look for contact information and verify its legitimacy.

b. Use Secure Payment Methods: Pay with credit cards or secure payment services like PayPal, which offer protection against fraud.

c. Look for HTTPS: Ensure the website uses HTTPS (secure) rather than HTTP (unsecure) in the URL.

d. Be Wary of Too-Good-to-Be-True Deals: If an offer seems too good to be true, it likely is. Proceed with caution.

Next week, we will review more ways that senior citizens could be victims of scams and schemes.

*Are you turning 65 soon or would like to get an analysis of your current Group plan versus an individual Medicare plan? If so, call me. Margaret Ivory at 254-313-7413.*

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# IS IT WORTH OUR HEALTH?

BY JERRY SNIDER

Someone mentioned a phrase to me the other day that is true when it comes to our health - every purchase has a cost. They were not specifically speaking about health, but I believe that there is both an immediate and a hidden cost with each health decision. Especially when it comes to what we eat.

We all know what the immediate cost is with the food we eat. Foods high in sugar will give us a short term energy boost and probably make us feel good emotionally in that moment. Foods high in fats typically make us feel a little sluggish, full, and maybe even

bloated right after eating them. Shortly after eating all these foods our energy levels tend to crash as our body decides to spend more energy digesting than being awake.

Those are all more immediate costs of eating, but what about those hidden costs that don't show up for years? That's the real danger because we can make changes in the short term if we feel bad in order to feel better. If we decide not to make those changes though, our ability to tell the difference between feeling bad or feeling good disappears. We start to feel bad all the time and forget that there even is a good feeling for our body.



JERRY SNIDER

This is the most dangerous cost of our nutrition decisions. Our poor eating habits create

a cost that is becoming more and more financially expensive. The vast majority of individuals that are taking medication daily for chronic diseases are doing so because that is the cost of their health decision from years in the past.

How do we avoid these hidden costs? The first step is acknowledging that we truly do feel bad most of the time. Then we must start changing our daily decisions so that we can feel good again, even if just in a short moment. Once our body starts to feel that difference again (and if we stay focused on the right decisions) our body will help direct us to a healthier outcome. Believe it or not, none

of our cells want to die. They want to live a long and healthy life and will help us achieve that if we can understand the costs involved with every health decision.

Have a health 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.*



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## PROTECTING SENIORS ONLINE FROM SCAMS, HACKS AND TAX FRAUD

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

(NewsUSA) - The vast majority of seniors today are using the Internet at least once a week to check email, pay bills online and keep in touch via social media. But all that time online puts them at risk for scams and hacks, such as tax fraud. In fact, a new survey by Home Instead, Inc., franchisor of the Home Instead Senior Care network, found that 67 percent of surveyed older adults have been the victim of an online scam or hack.

Encouraging seniors to practice cyber security can go a long way toward protecting their identity and sensitive financial information. Home Instead collaborated with the National Cyber Security Alliance to create Protect Seniors Online, available at [www. ProtectSeniorsOnline.com](http://www.ProtectSeniorsOnline.com), a free resource that educates older adults about cybersecurity. Here, seniors can test their cyber security skills with the "Can You Spot an Online Scam?" quiz.

Older adults can take the following steps now to pro-



**J.L. CRAWFORD**

tect themselves online:  
 \*Password protect and secure devices, accounts. Lock all devices (including computers, tablets and smartphones) with secure passwords in case devices are lost or stolen.  
 \*Think before clicking. When faced with an urgent request -- like emails asking for money -- think before clicking or get a second opinion. Clicking on links is often how scammers get personal information. When in doubt, trash an unusual message.

• Share with care. More

than half (51 percent) of seniors surveyed by Home Instead use social media to stay connected. Use care when sharing personal information, adjust privacy settings to limit who can see your information, and turn off location sharing.

• Use security software. Install anti-virus and anti-spyware software and program it to run regularly. And be wary of pop-up ads or emails, many of which contain malware that can infect computers.

• Log out. Log out of apps and websites when you are finished. Leaving apps and websites open on computer screens could make you vulnerable to security and privacy risks.

• Recommend support. Older adults who live alone may need help from a trusted source -- such as a family member, tech-savvy friend or professional caregiver -- to serve as a second set of eyes.

To explore additional Protect Seniors Online resources, including the interactive quiz, visit [www.ProtectSeniorsOnline.com](http://www.ProtectSeniorsOnline.com). A Home Instead office near you can be

found by visiting [www.homeinstead.com/state](http://www.homeinstead.com/state).

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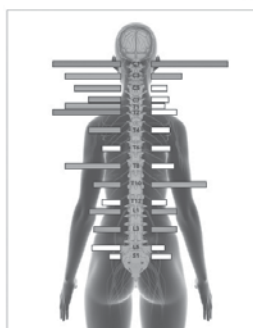
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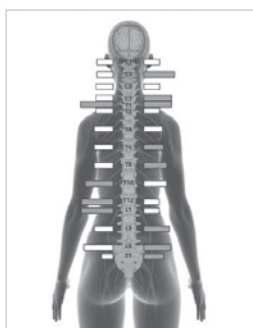
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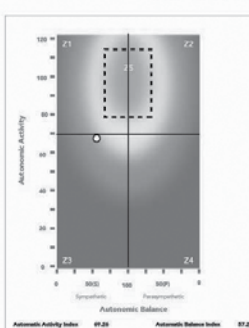


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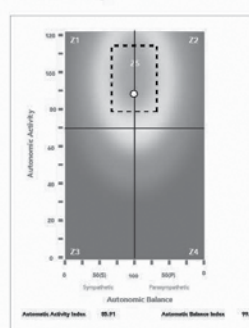


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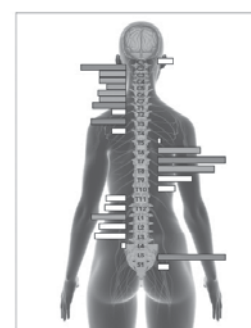


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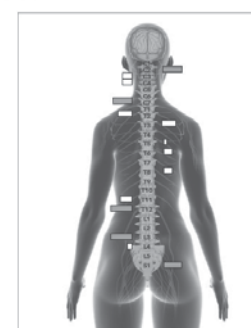


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# THE ONENESS OF HUMANITY: IS IT SO COMPLICATED?

BY MICHAEL JONES

"The earth is one country, and Mankind its citizens."

Bahá'í teachings are built on one central foundation — that all humanity was created as a single unit, like a family. The founders of the Faith infused this principle into all the spiritual concepts and social interactions engaged in by Bahá'ís.

Now, "oneness of humanity" sounds simple, but when you explore the layers and dimensions of the idea, it has profound implications. Bahá'í sacred writings declare: "All human creatures are the servants of God. All are submerged in the sea of His mercy. The Creator of all is one God; the Provider, the Giver, the Protector of all is one God. He is kind to all; why should we be unkind? All live beneath the shadow of His love; why should we hate each other?"

What does this mean? Bahá'ís believe that every human being was created in God's utmost love, and that God gave each person a soul which has no gender, race, ethnicity or social class.

When considering the diversity of the human race, we are to "discern with the eye of oneness



MICHAEL JONES

His glorious handiwork" and see the beauty in one another. We are charged to work to re-shape our work, play and spiritual relationships by embracing our oneness. Social, political, and ethnic divisions, hierarchies and inequities based on ethnicity, gender or social class are entirely man-made, as are all forms of systemic exploitation — like racism, sexism and classism. Prejudice, self-superiority and paternalism are contrary to our oneness. Only by developing a deep-seated, communal understanding of the oneness of humanity can we

hope to remedy the vast problems of a deeply troubled world.

Ultimately, Bahá'ís believe, the world will transcend the boundaries between nations, races and ethnicities. Distinctions and barriers between people will fall. The old global divisions — East and West, North and South, industrialized and developing countries — will disappear.

Humankind — having passed through its infancy and tumultuous puberty — will at last reach a stage of maturity, the adulthood of our species, in which we will achieve a new consciousness of the oneness of humanity. Today, the Bahá'í writings proclaim that the time has come for all of us to embrace our commonality, to encourage the recognition of our unity and to make a commitment to act with love and kindness toward the entire human family.

"Ye are the fruits of one tree, and the leaves of one branch," the sacred writings declare. "Deal ye one with another with the utmost love and harmony, with friendliness and fellowship."

If you'd like to learn more, please visit our local Bahá'í website at [www.wacobahais.net](http://www.wacobahais.net) or the global information site at [bahai.org/beliefs](http://bahai.org/beliefs).

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# ONCE SAVED, ALWAYS SAVED...MYTH, OR TRUTH? PART 6

**BY EVANGELIST  
RUBY MCCRAY**

*Continued from the May issue of The Anchor News. To find previous articles about other subjects, please go to [www.theanchornews.org](http://www.theanchornews.org). Click "Archives," and you'll find several years.*

Once saved, always saved, by some is referred to as the eternal security of the believer. Some refer to the expression as the new birth or being born again. You will find the perfect explanation in the book of John, Chapter 3, Verses 1 through 31. You'll find a clearer explanation in Part 2 of this series.

Part 5 of this series ended with Revelation 3:3-5, indicating that God does blot names out of the Book of Life. I'm sure that you'll agree that there's no way that a name can be blotted out if it were never recorded. We must stop going by what we've heard only, but by what we've read

with our own eyes.

The following Scriptural passage gives us several examples about what happened concerning the children of Israel as God were delivering them out of the bondage of slavery from Egypt. All of them experienced the same thing, but all didn't handle it the same way. I don't believe that God will allow one person to die at the age of accountability without knowing that He exists. Since FREE Bible Apps are available in many different versions and languages, we will have no excuse when we stand before the Righteous Judge if we hadn't accepted Jesus Christ as Savior and Lord.

"Moreover, brethren, I do not want you to be unaware that all our fathers were under the cloud, all passed through the sea, all were baptized into Moses in the cloud and in the sea, all ate the same spiritual food, and all drank the same spiritual drink. For they drank



**EVG. RUBY MCCRAY**

of that spiritual Rock that followed them, and that Rock was Christ. But with most of them God was not well pleased, for their bodies were scattered in the wilderness.

"Now, these things became our examples, to the intent that we should not lust after evil things as they also lusted. An do not become idolaters as were some of them. As it is written, 'The people sat down to eat and drink, and rose up to play.' Nor let us commit sexual immorality, as some of them did, and in one day twenty-three thousand fell, nor let us tempt Christ, as some of them also tempted, and were destroyed by serpents; nor complain, as some of them also complained, and were destroyed by the destroyer.

Now all these things happened to them as examples, and they were written for our admonition, upon whom the ends of the ages have come.

"Therefore let him who thinks he stands take heed lest he fall. No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it." 1 Corinthians 10:1-13

Precious people, it's very difficult to live for Jesus when you're trying to do it only because you don't want to spend eternity in the Smoking Section (Hell). But it's easy to live for Him when you love Him.


I loved my mom, but I had a special bond with my dad. All six of us Hamilton children were exposed to hard work: chopping and pulling cotton, hauling hay, etc., but I even got a commercial license so that I could help our dad drive his other truck. I loved him and hated to see him work so hard. He would take one truck and a crew to a hay field, and I'd take the other truck and a crew to another one. During the winter months after school, and during the winter break, we would go to the pasture and saw wood to sell by the cord.

Jesus said that if you really love Him, you'd obey Him, (John 14:15, 21). His commandments are not difficult, (1 John 5:3). If you'd only keep in remembrance that you were created by God to bring Him glory, and Jesus had to come down to earth, die an excruciating death to redeem you back from the devil after Adam sold you out, it won't be difficult to live for him. If that won't help, think about this:

After you die, you'll be cast into Hell with the devil and his demons who hate you with passion. You will be tormented day and night in burning flames of fire. You will experience hunger and thirst to no avail. A Trillion years is long enough, but what about eternity? There is no parole or bail, so make Jesus your Savior and Lord. As my friend, Linda Crawford, says, "And go on with your happy life."

Thanks for joining me in 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.*




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# THE CHURCH LED PEACE MAKER OF THE WORLD

BY PASTOR  
MATTHEW REED

The church's role in all disturbances, commotions, ag-  
gressions, wars, in any upris-  
ings is to be a peacemaker.  
Matthew 5:9 says, "Blessed  
are the peacemakers: for they  
shall be called the children  
of God." In Mark 9:50 Jesus  
teaches that we should have  
influence and have peace with  
one another (Salt is good: but  
if the salt has lost its saltiness,  
wherewith will ye season it?  
Have salt in yourselves, and  
have peace one with another)  
Luke 1:79, It is written that Je-  
sus would come to give Light  
to them that sat in darkness  
and death to guide us in the



PASTOR MATTHEW  
AND LADY HELEN REED

way of peace. Therefore, one  
of the duties of the church is

to be a peacemaker.

To facilitate peace where  
there is friction, one has to  
know the cause of the fric-  
tion and address it. When the  
cause of the issue is discov-  
ered, the church is to go to  
the word of God seeking the  
solution. When through the  
word of God the church has  
given council and it is reject-  
ed, then the results that follow  
are on the head of those that  
reject Godly council. When  
you are dealing with unrea-  
sonable men, they may very  
well reject God's way. But the  
church will have kept its salt,  
having done the will of God  
being the peacemaker in the  
situation. That's how simple it  
is. Amen.

## VINCENT, JR.

CONTINUED FROM PAGE 1

the winter storms in February  
2021. He currently serves full  
time on the Joint Counterdrug  
Task Force as the J1 OIC. CPT  
Carpenter's military education  
includes the Captains Career  
Course, Adjutant General Ba-

sic Officer Leadership Course  
and the SHARP Foundations  
course.

His awards and decorations  
include the Army Commen-  
dation Medal with 2 Oak leaf  
cluster, Armed Forces Service

Medal, Army Achievement  
Medal, National Defense Ser-  
vice Medal and the Army Ser-  
vice Ribbon. CPT Carpenter  
resides in Jarrell, TX with his  
wife Alexis and sons Jaxon,  
age 5 and Ty age 2.

# HOME OFFICE DECOR

SUBMITTED BY  
LINDA MCDONALD

As more people are transi-  
tioning to working from home  
in some capacity, the need for  
a well-designed home office  
is paramount. Having a space  
where you feel comfortable and  
motivated will lead to increased  
productivity and happiness. To  
create the perfect home office  
space, consider the following  
tips.

- Embrace Your Windows. You may be tempted to place your desk in the corner, but consider having it sit in front of the window, parallel to the panes. This allows you to have the benefit of natural light when working, providing a nice view of the outdoors to keep your mind clear.

- Lamp Lighting. A table lamp is best when working dur-  
ing the darker hours of the day.  
Strictly using overhead lighting  
creates an uncomfortable work  
environment, so supplement  
with the softer light of a lamp.

- Comfort is Key. Sitting up-  
right at a desk may lead to fa-  
tigue, so every home office  
should have a place to get  
comfortable. Add a comfy chair  
or small sofa (with an ottoman  
to kick your feet up) for a non-  
traditional workspace, helping  
spark creativity.



LINDA MCDONALD

- Go Green(ery). Adding  
plants or flowers to your work-  
space can increase your hap-  
piness and your willingness to  
spend time in your office. Con-  
sider populating the office with  
plants that don't need wa-  
ter every day, in case you pre-  
fer to disconnect from all things  
work-related on the weekends.

- Smart Storage. Install mag-  
azine racks or wall shelves to  
declutter your space. Is your  
home office a converted guest  
bedroom? Add shelves and  
drawers to the closet space to  
decrease the need for storage  
in your main workspace.

Linda McDonald, CRS, GRI,  
PMN, SRES, TRLP; 254 855-  
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# EPIGENETIC AND CHOICE THEORY

BY MONA DUNKIN

Which came first, the chicken or the egg?

The chicken and the egg are interdependent. The egg-laying chicken and the developing egg each have a viable part to play in the on-going production of breakfast and casseroles.

Here is another round-robin-riddle. Which came first, the theory or theorem? The developing-egg theory is, "I have a pretty good grasp as to what the outcome will be of my idea" (i.e. based on previous experience, the creative cook has a fairly good idea of how a newly developed recipe will turn out). Theory is a not-as-yet-proven abstract concept.

Encarta Dictionary defines theorem as "a proposition or formula in mathematics or logic that is provable from a set of axioms and basic assumptions." Theorem is experiments getting closer to text-book-weighted-and-measured fact.

Epigenetics is the science of gene/cell development.



MONA DUNKIN

A 13-year Human Genome Project (HGP) involving scientists from around the world discovered that each individual cell in our body pretty much has a life of its own. Epigenetic Scientist Bruce Lipton calls it "The Biology of Belief"; meaning that our cells turn-on or turn-off depending on what we believe.

"Sure, I would love to have a doughnut."

And the whole body goes into pre-programmed operation. The brain values the delicacy, the mouth salivates to receive the morsel and the

genes turns "on" to store fat. "No, thank you, I'll pass on the doughnuts."

And the whole-body musters strength to re-write previous programming. The brain values a nutritious salad, genes turn "off" to keep from storing fat - thereby improving your health - and your waist thanks you.

I love it when theory becomes fact.

Dr. William Glasser, founder of Reality Therapy, called it Choice Theory. Consciously or carelessly, we choose how we behave...

• which translates into having chosen what we do

• which greatly influences how we feel

• which is embraced or disputed by what we are thinking

• which genetically becomes who we are - mentally, physically, and relationally.

Always has. Always will. And now science is proving it.

Mona Dunkin, Motivational Speaker and Personal Success Coach, [www.monadunkin.blogspot.com](http://www.monadunkin.blogspot.com) or [www.monadunkin.com](http://www.monadunkin.com). @SolutionsPrinciples253.

## Church DIRECTORY

### Tree of Life NDC

1612 Austin Avenue, Suite A | Waco, Texas 76701

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

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Monday through Friday Prayer - 6 a.m.

All services except Monday through Friday 6 a.m. prayer are both in the church and on our virtual platform.

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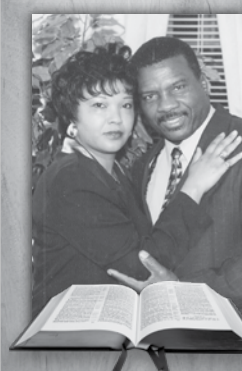
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journalism from Baylor in 2000 and a Master of Divinity from Truett Seminary in 2005. Vincent has served as an adjunct faculty member at Baylor as well as McLennan Community College. He likes to exercise and read in his spare time.

### VINCENT, SR.

CONTINUED FROM PAGE 1

### MICHAEL

CONTINUED FROM PAGE 1

agency in Houston, TX, called Arkitekt Marketing. His goal is to help entrepreneurs monetize their expertise through podcast content and courses.

Personality tests always peg Michael as a builder and innovator, and he has been using these skills to build online and in-person communities since high school. He also has a heart for growing the kingdom of God through the business sector. This theme can be found in his new podcast titled "The Blueprint Podcast." You can find more information about Michael on Instagram at Michaelthearkitekt, or on LinkedIn and Facebook at Michael Carpenter.



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