

THE Anchor News

Serving the Central
Texas Community

Celebrating 18 Years!

JUNE 2021
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Free



GONE TOO SOON – COMMUNITY LEADERS, DADS, FRIENDS

Attorney Lawrence Edward Johnson

BY LINDA CRAWFORD

"I remember my Father coming to my school to speak for career day. I remember him driving me to Dallas to pick out a prom dress. I remember him proudly taking my picture when I graduated from college. I remember him walking me down the aisle and dancing with me at my wedding. I remember him holding my daughter at the hospital when she was born. I remember him answering the phone when I found myself in a bind and needed help. I remember him always being there for me." These are the words of LaShunia Jones, as she reminisced about her father, Lawrence Johnson, the dad.

"I remember not worry-



ATTORNEY LAWRENCE JOHNSON

Sept. 22, 1948 - Dec. 29, 2020

ing about anything! Lawrence took care of me and my life was filled with joy, taking care of the children, fun traveling, attending fun church activi-

ties, decorating the home and planning family gatherings. I worked outside of the home as a nurse, in the home as a mother and wife and loved every minute of it. I worked with him in the community by gathering names for changing certain street names to Martin Luther King Jr and JJ Flewellen and in his role as president for NAACP and Alpha fraternity, planning banquets and meetings. As a board member at MCC, Lawrence presented me my ADN nursing degree and encouraged me to continue my education, so I received a master's degree in Nursing Administration. Traveling with him for city council affairs and

See **JOHNSON**, pg. 6

Pastor Mitchell Lee Davis

BY COMMISSIONER
PATRICIA MILLER

*May the work I've done
speak for me.*

*May the work I've done
speak for me.*

*When I'm resting in my
grave,
there's nothing to be
said;*

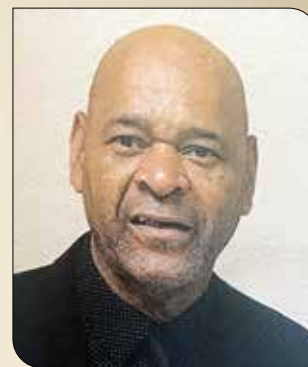
*May the work I've done
speak for me.*

For those of you who knew Pastor Mitchell Lee Davis, you know he was a tower of a man with a still, quiet voice. I met Pastor Davis during a visit to The Corner Stop, a convenience store located at 25th & Colonial. The store has been owned and operated by the Davis Family since 1990, thus, earning the affectionate nickname, Mitch's.

Mitchell Davis arrived in Waco, McLennan County, in 1974 from Crockett, Texas. Like so many others before him, Mitch came to Waco with dreams and aspirations that were fueled by his attendance at the historic Paul Quinn College. The business major quickly adapted to life in Waco, Texas, and in 1978 married the 'always and forever' love of his life, Joyce Sterling. Together they carved out a life of love and service to their children and our Waco, McLennan County, community.

*May the service I give
speak for me.*

May the service I give



**PASTOR MITCHELL
LEE DAVIS**

July 23, 1956 - March 6, 2021

speak for me.

*When I've done the best
I can,*

*And my friends don't
understand*

*May the service I give
speak for me.*

Wisdom teaches that the value of anything is measured by how much it is needed. To place a convenience store in an area regarded as a food desert was not only visionary it was fundamentally essential. And that is exactly what Mitch and Joyce Davis accomplished. Yet, in addition to being an essential resource, Mitch's Corner Stop is touted for its specialty, its original battered fried ribs. Featured in Texas Monthly this past February, it was reported that the store sells approximately 1,600 pounds of rib tips each week. "The New Orleans inspired dish is available

See **DAVIS**, pg. 4

Dr. Marcus Nelson

BY DR. PEACHES HENRY

"You are here today, because you have been specially chosen. You are my crew," boomed Dr. Marcus Nelson to fifty Waco ISD middle school girls huddled in Indian Spring Middle School Library on a Saturday morning in October 2018. Dr. Nelson went on to tell the girls that he had faith that they were intelligent go-getters who could go on to achieve great things. After his pep talk, he chatted and took pictures with the girls. That Saturday morning, he had come out to support a project that National Sorority of Phi Delta Kappa president Jocelyn



DR. MARCUS NELSON

March 25, 1972 - May 15, 2021

Pierce and I had proposed to him in August 2018. We wanted to launch the Hidden Fig

ures Project (as we called it) to encourage middle school girls to do well in STEM subjects—science, technology, engineering, and math—and eventually to pursue STEM careers. Dr. Nelson immediately approved the project and promised to provide everything we needed—support staff, school buildings, transportation, food, books, t-shirts. However, he did not simply sign off on the project and leave it at that. He put his whole being behind the project. He showed up that Saturday morning and throughout the months-long

See **NELSON**, pg. 10



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.

Mason Yarbrough—the Father of the Anchor News

BY LINDA CRAWFORD

I started the Anchor News in 2002 at the specific direction of a Word from God. Alert! The paper was bad. We were using a tiny, borrowed computer that was the size of a loose-leaf sheet of paper. We called it “The Little Man.” If I started it up and a smiling face of a little man appeared, that was good, but if the little man had a sad face, that was not so good. We had no spell-check and no internet, and we had to paste every article, every photo, every ad, every by-line to long sheets of paper, which we put under the mattress to make sure everything stayed securely on the pages.

I was so disappointed with each issue, but I had heard God, so that was that. At some time during the first few years, I met Mr. Mason Yarbrough. He was so kind, very soft-spoken, and very encouraging. He talked about how proud he was of the Anchor News and talked of how he looked forward to it every month, adding that it was meeting a need

in the community. He said those encouraging words with such sincerity and such pride. I remember thinking, “Wow. Maybe it is making a difference.”

Still, the years went by, yet our overall progress with the Anchor did not impress me very much. Doing the paper was hard. When we made mistakes, people went out of their way to tell us. But Mr. Yarbrough...he did not. It's as if he didn't see the errors. He went out his way to tell me how much he enjoyed each monthly issue, and as always, he told me how it was meeting a need in the community. “I read every article,” he told me, “and I see every ad. I know what's going on the community because of this newspaper,” he said quietly, smiling and bubbling with a spirit of ownership. “I'm just proud.”

Mr. Yarbrough always made me feel better about the paper, even with the errors or funny-sounding headlines. When we parted ways, I always had a boost and the assurance that the Anchor was

**MASON YARBROUGH**

April 25, 1932 - April 3, 2021

a good thing. But the day he straightened out my thinking is a day I will never forget. For some reason, I could not sort out the correct number and issue assignment for the upcoming paper. I was confused, and I have yet to remember or understand why. Of course, I ran into Mr. Yarbrough and shared my dilemma. “I was thinking it was Number 10 and Issue 3,” I said. “I just can't seem to figure it out.”

“Oh no!” he exclaimed. “It's Number 12, Issue 4. I've been reading the Anchor for 12 years now, and the upcoming one will be the 4th issue. I know that's right,” he explained, “because I have every issue you ever published.”

I stood there in awe. Every paper. Every paper for 12 years. I don't have every paper. And the confused numbers in my head? He knew the correct numbers immediately without even thinking about them. Who does that? You've heard of the Father of Education, or the Father of Medicine, or the Father of Technology? Well, I made a decision in

that moment of calmness and clarity. For me, from that day forward, Mr. Yarbrough would be called the “Father of the Anchor News.”

Just recently, last month, Mrs. Yarbrough called because she heard there would be a story in the Anchor about her husband. She thought it would be in the May publication, but I explained to her that Mr. Yarbrough would be in the June issue for sure, for Father's Day. As she was hanging up the phone, I heard her say to someone, “Oh how sweet! She said he is going to be in the June issue. It's going to be for Father's Day.”

The appreciation and gratefulness in her voice touched my heart, and she didn't even know that I heard her. Before I knew it, tears began running down my face. The sobs became louder and uncontrollable as I realized what was happening to me.

“My goodness,” I thought to myself. “She did the same thing that her husband always did for me—brought peace and a sense of belonging.” In that moment, I felt Mr. Yarbrough's presence through his wife's gentle voice, and my perspective on the Anchor became so much clearer to me.

Perhaps the Anchor really is making a difference in the community. Perhaps it really is a blessing to some people. At any rate, I knew I had discovered something new. The time had come for Mrs. Yarbrough to take her rightful place... as the Mother of the Anchor News. Mason and Erma were blessed to share one son, Mason Adrian, and 64 wonderful years together until God called His faithful servant home.

A NOTE FROM THE EDITOR...

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

**J.L. CRAWFORD***We love you. Enjoy your day.*

From your wife, Linda, & children: Jarrod, Jason, Ray & Stasha

**JIM GLADNEY**

1923 - 1986

Missing you, Daddy.
Linda & Kenneth

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.

EDITORIAL POLICY

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

LETTERS AND ARTICLES POLICY

The comments and opinions of our readers are welcomed. Letters

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

SUBSCRIPTIONS

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TABC Inaugural Hall of Honor Inductee—Quinton R. Vonner

BY LISA CARTER

His works and his life impacted and changed lives across the state. He endured and suffered through social and work injustices that seemed unimaginable. He lived during segregation, racism, desegregation, Jim Crow, the Civil Rights Movement, equal but separate, and more racism. Eight years ago, in December of 2012, Quinton R. Vonner died a Legend.

It was during the fall of 1963 that Vonner became the first African-American inspector for the Texas Liquor Control Board (LCB), now known as the Texas Alcoholic Beverage Commission (TABC). It took the assistance of the Governor and other government influences for it to happen but because God said it was going to happen, it happened. This appointment meant that Vonner, an African-American, would work with other law enforcement agencies as well.

Known as "QR" by his colleagues, Vonner earned the respect of most throughout his years of dedicated service to the LCB and TABC. Hired during the segregation years, he faced major disadvantages during his early years as a state commissioned peace officer. One disadvantage was he was denied the authority to arrest white men who were breaking the law. Often, during his early years of service, he was detained, and white men who were not state commissioned law officers, took him to jail. As the years progressed, Vonner worked hard and traveled across the state on undercover assignments, but even though he part of the law enforcement agency, as a black man, he was not given the same privileges and basic travel arrangements as others were. Whenever Vonner traveled, he could not stay at motels or hotels, nor eat at local restaurants. He would stay at the home of one of the local pastors unless the pastor had a young daughter or female in his home. Under those circumstances, Vonner could not stay there and would most often sleep in his car, and when possible, church ladies prepared his meals. For years, other enforcement officers across the state treated him violent-

ly. He was detained, arrested, bullied, roughed up, disrespected and discriminated against. Vonner was passed over for countless promotions even though he was, often times, one of few officers/agents with a college degree. Nonetheless, such treatment didn't stop him from doing his job and being a legend and a trailblazer while doing so.

Born in Lovelady, Texas on May 11, 1924, Vonner was the seventh of 16 children born to Nugent Sr. and Roberta Holley Vonner. He graduated from Crockett Colored High School and went on to receive his Bachelor of Science degree and Master of Science degree from Prairie View A&M University. He married the love of his life, Olivia Gibson, formerly of Groveton, Texas, on July 7, 1956. Together they parented over a dozen nieces and nephews. In 1967, Vonner and his wife adopted their great niece, Lisa Marie, with the assistance of the Governor (due to closed adoption laws).

Vonner persevered as he continued to work for another 30+years. He missed many events— family celebrations, funerals, reunions, sporting events, graduations, and more. Throughout the years, he took very few family photos or photos with his daughter because of his undercover assignments. He had to be extremely cautious in exposing any of his family members to danger and risking exposure of his true identity.

The Vonners experienced a hostile environment in Waco, Texas where they lived. Their adopted daughter looked like a young, white adolescent and that created questions and suspicions as to why a black male would be in close contact with a white adolescent, thus forcing him to be even more protective of his family. He did everything humanly possible to avoid bringing attention to himself. Over the years, his daughter grew up not really knowing who her father actually was because Vonner carefully and intentionally remained physically silent. While his wife, daughter, sisters, brothers, other family members and friends all felt a great sense of pride in knowing he was a trailblazer, they were painfully aware that his success came



QUINTON R. VONNER

May, 1924 - Dec. 2012

with great sacrifice.

In 2020, the Texas Alcoholic Beverage Commission created a Hall of Honor. They sent out a request for nominations for inductees who had retired directly from TABC. The eligibility required that the nominees made outstanding leadership and personal contributions to TABC. Nominees must have had distinguishing qualifications that epitomized the values, culture, and diversity of TABC and/or made a positive and influential impact on the agency as a trailblazer, and/or made an extraordinary and impactful difference in changing the outlook and focus of the agency.

On Tuesday, May 25, 2021, Vonner was the first inductee into the Texas Alcoholic Bev-

erage Commission's inaugural Hall of Honor. Ironically, it was his white, male counterparts who nominated him and shared stories as to why there was no other person more deserving and qualified to be the first inductee into the TABC Hall of Honor.

Quinton R. Vonner would have turned 97 years old on May 11th. The plaque that will be placed in the TABC Hall of Honor at the TABC Headquarters in Austin, Texas says the following:

"Quinton was the first African American inspector to work for TABC. Although he was stationed in Houston as an undercover agent, he was assigned all over the state — working bootlegger, whiskey stills and prohibited hours cases. In Houston, Quinton was noted for closing down the so-called fraternal clubs that were prolific in the 1960's and '70's. 'Fraternal' claimed to be exempt from gross receipts taxes and were infamous for operating during prohibited hours. Quinton was respected by all who knew him and was even called on by outside agencies to help accomplish their undercover missions."

"I am beyond grateful that my daddy was the first inductee and his works and sacrifices were recognized, hon-

ored, and will forever be a part of the TABC history," exclaimed his daughter, Lisa Vonner Carter. "That's a really big deal for me and for our family. The work is not done. My daddy's legacy forces me, my husband, my children, my grandchildren, my siblings, my cousins, all of my loved ones to continue to speak up and speak out. We must work together, join forces and make sure the works of our legends, like Quinton R. Vonner, carry on."

A Father's Day Tribute



JERRY MOODY

Happy Father's Day, Dad.

We love you!

Todd, Mia, Wayland & Ashley

WACO-MCLENNAN COUNTY PUBLIC HEALTH DISTRICT



Advancing Reproductive Health Through Conversations and Counseling

Hosted by Healthy Women & Children Coalition

JUNE 16-17, 2021 • 1-2 PM

This free 2-day virtual training event is open to community organizations and providers seeking to better facilitate conversations about birth control options and family planning.

Pleased to offer 2.0 CHES/MCHES credits



Email healthei2@wacotx.gov to RSVP

DAVIS

Continued from page one

in spicy or original and has placed Mitch's Corner Stop on both national and international maps.

Fame and popularity for Mitch and Joyce came by determination, perseverance, and basic hard work. Mitch began his career in the small retail business industry at the 7 Eleven which once stood on the corner of Elm & Garrison streets in East Waco. It was at that time that he realized his passion for serving the community. After his marriage to Joyce, the two managed the Quik-Pak then located at the corner of Herring Avenue &

Gholson Road. And, on May 5, 1990, a life-long dream became a reality when the couple purchased their own community store at 2524 Colonial Avenue.

May the life I live speak for me.

May the life I live speak for me.

When the best I try to live, my mistakes He will forgive;

May the life I live speak for me.

For thirty-one years, six days a week, Mitch Davis opened the doors of The Corner Stop. The store and

the man became a true beacon of light in a community also starving for encouragement and inspiration. The life of Pastor Davis was more than that of a store owner. Galatians 5:13, says, "For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another." Pastor Mitchell Lee Davis led a life in constant service to those who patronized his store. But, also, for years, the self-made, successful entrepreneur assisted young men and women reintegrating

back into the neighborhood. He channeled his energies into assisting them in gaining employment and housing. As many struggled to turn their lives around Rev. Mitchell Davis was there, standing by their side, determined to see them succeed. In past decades, he'd watched as many of the young people, released from detention, became disillusioned with their chances of overcoming their obstacles and returned to a path that led them back to jail. Pastor Davis was determined to affect those cycles and trends. He became personally invested and involved in the lives of the young people, previously imprisoned, that he began to meet. A passionate humanitarian, man of faith, and a God-led Pastor, Mitchell Davis poured his heart and soul into helping them avoid those destructive spirals powered by negativity and doubt.

His life's passion and his call by God into the ministry propelled him into the hearts of all who passed his way. Mitchell Davis answered the call to the Ministry in 1991. He served as Assistant Pastor of Spring Street Baptist Church, Associate Pastor of Kendell Baptist Church, and his final assignment, beginning on August 16, 2020, as the ordained Pastor of the Mount Carmel Missionary Baptist Church. His focus, until his death, seemed to be for those who appeared to be forgotten and ignored. Pastor Davis spent over thirty-five years as an evangelist and mentor of young men and women at the McLennan County jail. To this day, many of those young people who crossed his path still speak in appreciation for his words of counsel and encouragement. One young man told me, "I wish Mr. Mitch could see me today – on a good job, taking care of my family. I'm doing exactly what he wanted me to do."

The works I've done, they seem so small, Sometimes, they seem like nothing at all.

Pastor Mitchell Davis may not have realized the magnitude of his influence on those around him. Davis saw himself as a business owner making an investment in a

neighborhood that he loved. However, he changed the lives of so many who will forever be grateful to him. In addition to the hours, he spent at Mitch's Corner Stop and the hours he spent mentoring and volunteering, Pastor Mitchell Davis served on many local community and church boards and commissions. He is recognized for his work with Shepard's Heart Food Pantry Ministries and also his regular visits to our local nursing homes. When you talk to those who knew him, they say, Mr. Mitch was, "a stand-up guy. He was straight forward when he talked to you and he stood behind his words." In preparing a county proclamation for The Corner Stop's Annual Block Party this year and in finalizing this article, I spoke with Rev. Anthony Betters. I was awestruck by not only what Rev. Betters said, but how he spoke so poignantly about his friend of thirty-five years – with reverence, respect, admiration, and love. "Bro. Mitch had a 'spirit of compassion.' He loved people, it didn't matter what color they were, rich or poor, no shirt-no shoes, or suit and tie. He looked at the heart and he saw the person." Mitch took the time to make sure anyone who came into his store felt respected. "He saw them" for the person God created them to be.

There is always someone in Mitch's Corner Stop buying something. Every time I have visited the store there have been customers. Rev. Betters says it like this, "the man and the store were magnetizing." I agree. Rev. Mitchell Davis' The Corner Stop (Mitch's) is a draw for the neighborhood, the community, and for those who come from near and far. You can attribute it to those internationally renowned original battered fried ribs and the other tasty items or the conversation and words of wisdom from Pastor Mitch. But, one thing we all will agree on is that Pastor Mitchell Lee Davis was special.

When I stand before my God,

I want to hear Him say well done.

May the work I've done, speak for me.

celebrating

JUNETEENTH 2021

Community Calendar of Events

<p style="text-align: center; background-color: white; color: #000080; padding: 5px;">Saturday, June 5th</p> <p>Lil Miss Juneteenth Pageant</p> <p>10:30 a.m. LaQuinta Inn, Woodway, TX Sponsor: Leta Carlisle Contact - letafay2019@gmail.com</p> <p style="text-align: center; background-color: white; color: #000080; padding: 5px;">Friday, June 18th</p> <p>Women of Excellence Is Me., Night of Celebration</p> <p>4 p.m. Brazos Event Center, Elm Ave. TICKETS: WOMENOFEXCELLENCECELEBRATION.EVENTBRITE.COM Sponsor: Christi & Company Consulting, The New Black Collective Christi Evans, Contact - christiandcompany@gmail.com</p> <p>Mr. & Miss Juneteenth Scholarship Pageant</p> <p>7 p.m. at Waco Hall, Baylor Campus Tickets: MRANDMISSJUNETEENTHWACO.EVENTBRITE.COM Sponsor: Footprintz Dance Co, Ashley Stone, Contact - footprintzdance@gmail.com</p>	<p style="text-align: center; background-color: white; color: #000080; padding: 5px;">Saturday, June 19th</p> <p>CTAACC Juneteenth Parade</p> <p>10 a.m. Sponsor: Cen-Tex African American Chamber of Commerce Teresa Collins Contact - (254) 235-3204, info@centexchamber.com CTAACC will open parade registration (\$35 until June 14th)</p> <p>Donuts With Dad</p> <p>10 a.m. Pre-registration at onlybelieveparties.com Sponsor: Only Believe Parties & Play Center Contact - bookings@onlybelieveparties.com</p> <p>Juneteenth Celebration & Mobile Vaccine Clinic</p> <p>11 a.m. - 2 p.m. at Wilbert Austin, Sr. Park, 401 Hood St. No Registration or Appointment Required Vaccinations are Free. Food, Fun, Music, & Giveaways Shepherd's Heart Food Pantry will distribute food. Sponsor: Waco NAACP & Waco McLennan County Public Health District Dr. Peaches Henry, Contact - 254-733-5261 or waconaacp@gmail.com</p>	<p>2nd Annual Juneteenth Vendor Fair</p> <p>12 p.m. - 6 p.m. Castle Heights, 2500 Washington Ave</p> <p>Oscar DuConge Park Cleanup</p> <p>12:30 p.m. at Oscar DuConge Park, J.J. Flewellen Rd. Sponsor: The New Black Collective Contact - info@newblackcollective.org</p> <p>94.5FM The Beat Family Fun Day</p> <p>2 p.m. at Brazos Park East, Cameron Park TICKETS: EDWARDSMEDIA.TICKETLEAP.COM/JUNETEENTHFAMILY-FUNDAY-IN-THE-PARK/ Sponsor: 94.5 The Beat Edward Graham, Contact - edwardg@edwardsmediallc.com Live Music begins at 4 p.m.</p> <p>Baylor Club Family Fun</p> <p>4 p.m. at Baylor Club, McLane Stadium Sponsor: Baylor University Bettie V. Beard, Contact - mayflowerbvb@yahoo.com</p> <p>Comedy Night Hosted By Terry Bluez</p> <p>7 p.m. Rogue Media Studios, 715 Washington Ave Sponsor: Rogue Media Network Tickets: BIT.LY/JUNEROGUECOMEDY</p>
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CEN-TEX
AFRICAN AMERICAN
CHAMBER OF COMMERCE



A Message from life traveler, Deron Griffin

BY WB GUNTER

As life shifted, so did his direction and focus. "Sickle Cell Anemia was taking hold of me. As my focus changed, forgiveness became a priority. I started showing God that I wanted to do things His way. I was holding on to a lot of hate. With asthma, sickle cell anemia, the idea of family was new. I withdrew a while. I met my siblings through a relationship with my father. I still don't know what's next."

These are the words of 33-year-old Deron Griffin. Like a rare gift, it isn't often many of us meet someone who lives life the way it should be—freely and genuinely, as if life is a precious gem. Meet the activist who activates others. For Griffin, living is a calling; it's more than a 24-hour span of time measured by clocks, sunrises, and sunsets. But elevating his mindset to being present in every moment didn't just happen by chance. It took much faith, trust, and heart on his part.

"I feel like I've been beamed down here. I want to do as much as I can in as much time as God allows," explains Griffin.

At 33, Griffin has overcome many obstacles while living with Sickle Cell Anemia. He was born beating odds. He came to terms with having to accept unexpected changes within his family structure. He explains, "My sister and I were the only children we knew about. I found out later we had more siblings. It changed some things knowing my family dynamics were different." Griffin continued that his parents were humans, and life can be complicated. "Boys want to be like their father, and girls strive to be like their mother. I had to find a way to balance things I struggled with on a legal scale and find out what goes on."

Until Griffin was in his 30's, he struggled with accepting himself and the events that shaped him/ "One thing I was able to control was my tongue. By listening more than speaking, I feel like I live a life of all trails. I love, give life, and get life."

As a parent of two, Griffin understands the realities of parenting. "I got to thinking things were one way, and soon learned to embrace my new favorite word, 'why?'" By asking why, Griffin can dive into a deeper understanding rather than looking at a situation in the manner it appears. He's walking a life that few ever travel because he



DERON GRIFFIN

accepts the answers to the why, rather than try to change them. Acceptance validates without conditions or judgements.

Recently, Griffin was at a venue bonding and getting better acquainted with his sisters when something went out of control and it became necessary to evacuate. His main concern was getting his family to safety. In the midst of chaos, he felt a sense of calm, and he sent up a prayer as he and his family made it to safety. The concept of family had an added value, as does living and being present. "Whatever it takes to help others, I will do. I've learned that people will tell you a lot of things, but I do a lot of things to benefit others. It feels like the Lord talks to me when I look up and pray. I do pray for healing among other things, and that helps me move through life like water, experiencing life on my terms."

Griffin says he will always

love his family and not reject them. "I also know little things for one person may be a big thing for another. We choose who we want to be. Sometimes I feel as if I take on everybody's pain, and at one time, I hurt myself to relieve that pain. I wondered, if I am the cancer or the cause."

As the single father of two wonderful humans, Griffin would like to experience marriage. He admits, there was a time when he chose the world over family.

"It was my temporary family and I was imitating the examples I saw. It's clear that the life I walk isn't for everyone. You can't take my life and make it your blessing. I can cover a lot of scars in tattoos, but I can't cover the ones keeping me alive. My body may not be 100%, but I still stand, and I will help serve others," he explains.

Griffin is a firm believer that the more you surround yourself with people, the more you will be like the people you are surrounded by, a reflection of one another. Griffin sums up his purpose with a personal statement:

"I feel like I have my gift, so I give my heart to the world. I've been around a lot of things, walked close to death even when it's not marked for me. As a newborn, I spent five months living in an incubator, then diagnosed with sickle cell anemia. I have no spleen, and each day is a new beginning. But I am happy. Time is among me. Let's become what and who we are born to be, spreading His message."

After the heartache

BY MONA DUNKIN

Romans 8:22 laments that the whole cosmos groans in pain awaiting redemption. Do you relate?

With things seeming to improve Covid-wise, multi-confusions still abound. I believe God always has our best interest at heart - all of us, individually and corporately - and, in his all-knowing Wisdom, "I will stretch out my hand, and smite Egypt with all my wonders which I will do in the midst thereof ..." Exodus 3:20

In difficult situations, I think back to the prophet Habakkuk and his concern for God's holiness. The book begins with Habakkuk railing on God and questioning His eyesight, saying that... "I keep pointing out the violence and wickedness. There is no justice."

God says, "Habakkuk, I am doing something, but you won't believe it when I tell you."

I picture Habakkuk reacting like I did once when walls were falling in on me. I went to Lake Waco under the guise of praying and meditating but did more complaining than intercession. I presented the problems to God and predicted the cure!

In my spirit, I heard a gentle, "Well, I could."

I sat up and looked around. All right! Now we are getting somewhere! Go ahead, tell me? What is the answer?

I sensed the voice again, "I could."

Then silence.

As I began to sense God's presence amid conflict, inwardly I heard, "I could, but that wouldn't take any faith."



MONA DUNKIN

I left the shores of the lake that day with an inward confidence that "all is well, and all will be well."* I had a deep understanding that life is a faith walk. When one knows that all will be well, one patiently awaits the timely manifestation.

God revealed to Habakkuk that he was raising up the Chaldeans, a bitter and violent nation, not only to rule but also to take the Israelites into captivity. With his mouth agape, Habakkuk humbly replied, "I will lay my hand upon my mouth. My God is in His holy heavens, let all the earth keep silent before Him."

When things go awry, stop complaining. When faced with hard truth, hear the still small voice of love. With the whole cosmos groaning for improvement, put childlike faith in God.

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

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

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

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

5.0 OUT OF 5 STARS FIVE STARS | AMAZON CUSTOMER

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

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

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

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

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

5.0 OUT OF 5 STARS | EXCELLENT BOOK

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

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

Dr. Mia Moody-Ramirez



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

The Texas Healthy Communities Program recognizes health district

(June 1, 2021) --- The Texas Healthy Communities Program (TXHC) recognizes The Waco-McLennan County Public Health District for conducting a community assessment designed to evaluate current policy, systems, and environmental strategies and public health practices proven to reduce risk factors for cardiovascular disease, stroke, and other chronic diseases.

The Texas Healthy Communities Program assists communities to assess their existing environments, implement changes in local environmental and policy infrastructure, and adopt priority public health practices to reduce risk factors for cardiovascular disease, stroke, and other chronic diseases. Based upon outcomes of the community assessments,

the TXHC Program recognizes best practices being advanced within the community's local jurisdiction.

The following communities were recognized at the Gold, Silver, Bronze, or Honorable Mention Level in FY 2021:

- Gold Level: N/A
- Silver Level: Harris County, McLennan County, Travis County
- Bronze Level: El Paso County, City of Houston, Victoria County, Wichita County
- Honorable Mention Level: Brazos County, Lamar County,

Taylor County

Communities are assessed on eight indicators to determine recognition as a Texas Healthy Community. Environmental indicators include designated areas for physical activity, healthy eating options, mother-friendly worksites and an evidence-based community supports for healthy aging. Policy indicators include smoke free ordinances; EMS systems with appropriate acute stroke treatment protocols in place and an emergency response action plan in place.

More information about

the Texas Healthy Communities Program can be found on the Texas Department of State Health Services website at <https://www.dshs.texas.gov/txhc/Texas-Healthy-Communities.aspx> or by contacting the Texas Healthy Communities Program Coordinator, Nneka Shoulds, by email at nneka.shoulds@dshs.texas.gov

Developed by the Texas Healthy Communities Program. Texas Department of State Health Services. Health Promotion and Chronic Disease Prevention Section <https://www.dshs.texas.gov>

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JOHNSON

Continued from page one

meetings, I got the opportunity to meet prominent people from Waco and other cities. His love will remain in my heart forever." These are the words of Bernice Johnson as she reminisced about her soulmate of 32 years, Lawrence Johnson, the husband.

"I remember this grown man sitting patiently in the donking booth, waiting for the moment when he would drop into the water as the kids screamed with excitement. I remember his purchasing bicycles for the kids in the community who pulled up their grades, and I remember him making two of his friends do the same. 'Uh...I need you to write a check for a bike,' he said, and they did it! I remember how he took my son, Corey, under his wings when Corey was just a kid, going to Washington, DC for school history trips, how he would put spending money in his hands and this wasn't just about Corey. He did the same for other little boys in the church and in the community." These are the words of Dr. Peaches Henry, president of the NAACP as she reminisced about her friend, Lawrence Johnson, the man who loved children and the community.

If you knew Attorney Lawrence Johnson, you know he was a busy man, involved in all aspects of life, living it fully, following his dream. If you knew Lawrence Johnson, you also know that he quietly helped others live their lives and often went over and beyond to help them follow their dream.

When Roxie Miller organized the community Christ-

mas event at the Doris Miller Bledsoe Center, Lawrence found the time to play Santa Claus. He found the time to financially sponsor youths for different activities, even out of state history trips. He had a heart for young people and wanted desperately to see them succeed. He put his money where his mouth was, with emphasis on the money, not on talking. "He continued to support and mentor my son throughout his college days and today," said Henry, "Corey is practicing law in New York, studying for his Bar Exam."

Lawrence Johnson was an intelligent man, said his childhood friend, J.L. Crawford. "I always knew he would be successful. He was the Valedictorian of the Carver High School Class of 67." Crawford continued that he "was not surprised that Lawrence became an attorney. Back in school, he would argue with the fence post, and he always eloquently made his point."

Lawrence received a Bachelor of Science degree in Electrical Engineering from Prairie View A&M and later earned his law degree with honors from George Washington University. He successfully practiced law in his own private practice for 44 years and handled a full range of criminal and civil cases, including jury trials. In the community Lawrence found the time to serve in so many capacities. Being a Waco city councilman, a McLennan Community College Board of Trustees member, a life-long Alpha Phi Alpha fraternity member, and president of the Waco branch of the NAACP are just a few. He sponsored many youth

organizations and was actively involved in making the children's lives better. As a sponsor of the Lean-on-Me-Monday Tutoring Program, he recruited other men to support the youth, convincing them to follow his lead by giving of their time as well as their money.

And his board memberships spread across the community in so many other areas: Sickle Cell Anemia Association, EOAC, Passport to Success, United Way, Waco Housing Authority, and the list goes on.

According to his wife, his high school principle, J.J. Flewellen, so inspired him that he was the catalyst for naming the street, J.J. Flewellen Road, and he spearheaded naming a street in honor of Dr. Martin Luther King, Jr. He was instrumental in the City of Waco's declaring Dr. King's birthday an official holiday for city employees. He was influential in hiring the first African American City Attorney, the first African American City Secretary, the first African American Assistant City Manager, the first female city manager, and the first Latino police chief.

In addition, Johnson was a member of Carver Park Baptist Church for over 40 years where he served faithfully, so you would think there was not enough time in the day to be part of so many organizations, so many causes, and so many life-changing experiences. But Attorney Lawrence Johnson found the time. He seemed to believe in pulling people up in life with his own bootstraps, because with Lawrence, they were never "in it" alone.

"How did I get attracted to the Bahá'í Faith, given my experiences with race?"

The more Atlanta artist Masud Olufani read about the Bahá'í Faith, the more he "was intrigued by this teaching of the oneness of mankind."

"How the Bahá'í Faith Affirms and Empowers Black People"

SEE the 6-minute interview at this link:
tinyurl.com/2asa3vfy

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

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Talitha Koum's Nurture Center seeks Black/African American teachers

**SUSAN COWLEY,
EXECUTIVE DIRECTOR,
TALITHA KOUM INSTITUTE**

It was the early '70s. His school asked a young black boy who lived on 10th Street near Kate Ross public housing to give his home address. Without hesitation, Anthony Betters wrote: 1311 Clay Avenue, the Louis Gonzales Boys Club.

Decades later, the City of Waco's Stormwater "chief," Betters, dropped by that "old home-place" to pay a visit. The Boys Club was now Talitha Koum Institute, home to a nurture center for birth to five children whose families suffer under extreme poverty and the toxic stress that can result. Following several visits, Betters would become one of Talitha Koum's Covenant Partners, its board of governance.

Betters recalls that the two Boys Club staff who most impacted him were Gonzales' son, Christopher "Boo Boo" Gonzales and a lifeguard at the Club, Rhonda Waters (Deiterman), now a Licensed Professional Counselor. He was Hispanic; she was White.

Nurture is color blind. Those receiving it are not. We'll never know how it would have been different if young Anthony had had strong African American role models at his Boys Club. Certainly, he accepted inspiration from every loving hero in his path and went on to make them proud.

Today's Talitha Koum children also have a home at 1311 Clay Avenue as well as loving parents and caregivers who bring these infants to five year olds to our door at 8 a.m. every weekday morning. More than 80% of them are African American. By parents' own reporting, almost all live under the burden of "extreme low income" and "very low income," according to Housing & Urban Development guidelines.



THERAPEUTIC TEACHER SPINS A CHILD IN THE SENSORIMOTOR LAB.

Our Caregiver Challenge Estimator (Child Trauma Academy) shows Talitha Koum parents acknowledging high levels of unrelieved stress. Some of that stress certainly goes to the racism they have endured and continue to experience.

One way Talitha Koum can help is to form strong supportive relationships between its therapeutic teachers and our parents. An added layer of trust is more easily built when a mature Black/African American therapeutic teacher relieves a parent's concerns around implicit bias or potential racist viewpoints.

Currently, Talitha Koum is seeking three therapeutic teachers. We encourage our friends in the Black/African American community to apply. Later this summer, we hope to hire a Parent Partner, an in-home visitor with a Master's in Social Work — an African American who is also a parent and has several years of experience in a related position. If you know that person or are that person, please apply online at talithakoum.org/careers or call 753-1144 for more information.

We also welcome individuals or groups to tour or volunteer. Churches, sororities, civic clubs, and businesses often give us a Saturday morning of much-welcomed assistance.

"Talitha koum," said Jesus in Aramaic. "My child, rise up." We have the privilege to say that every day. Won't you join us?

Meet new author, Jacinda Estelle

Jacinda Estelle is an author coach who helps aspiring and emerging authors who are struggling to write their book. She creates strategies that suit her clients' busy lifestyles so they can complete their book project(s) and learn many way to monetize from being an author.

Passionate about helping others and finding solutions, Jacinda accepted her calling as an evangelist in 2011 and has preached at different churches throughout Texas. She started her ministry called, "Speak Bible with Jacinda" where she does one-on-one Bible studies with people from all over the world to get on a deeper level and have a fruitful discussion so they can understand how God is relevant to them in their daily lives.

Two of her many gifts are speaking and writing. She wrote her first book in 2020, during the COVID pandemic, Psalm 91 in COVID 19. She saw a desperate need for encouragement all over the world and she wanted her book to uplift people near and far. She is working on her second book which will be re-



JACINDA ESTELLE

leased later in 2021.

She has had numerous speaking engagements at churches, workshops, and schools. She jumps on opportunities to educate, especially in the area of Black History. Using historical figures, she has found a way to put a fun twist on presenting what may be perceived as 'boring'

information into memorable experiences. For example, on each day in the month of February, she dresses as a different black historical figure and does re-enactments of how that individual impacted the world. Dressed as Angela Davis one day, she did a presentation to the Pre-K and Kindergarten classes of Parkdale Elementary School in Waco, Texas. Her topic was "Equality vs. Equity."

She holds monthly workshops via Zoom to help people create autobiographies that are powerful, making her attendees see themselves in a positive light. One of her attendees from the Philippines admires the interaction and engagement she encourages throughout the workshop.

She also has virtual summer camps for young writers from ages 14 to 17. She gives them creative writing prompts to work with, enabling them to leave the workshop with their own short stories that can be featured in a digital magazine.

She loves to travel and is passionate in learning about different cultures and brainstorming ways for people to work together and achieve the best outcomes for everyone.

Talitha Koum is Waco's faith-based brain development program for young children from 8 weeks to 5 years.

We are hiring three full-time therapeutic teachers. Are you called to be one of them?

For more information and to apply, visit TalithaKoum.org/careers or email DLosak@TalithaKoum.org



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A Father's Day Tribute to Special Men



JOSEPH T. HENRY

*Blessings & love to you.
Enjoy your day.*

Sandra



OLLIE DRIVER

1938 - 2021

*Really missing you, Dad. Love you.
Cherishing the memories we shared.*

Diane



**JOE SIDNEY
HENDERSON**

1941 - 2006

We love and miss you very much

Sandra, Neice, Perry



RICHARD W. ALLEN

1927 - 1989

*We love and
miss you, Dad.*

Rita, Richard & Peggy

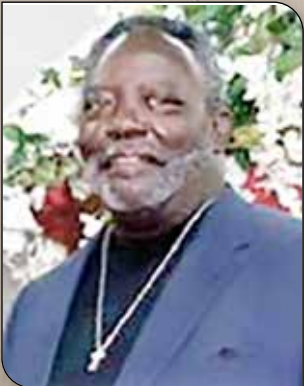


KENNETH ANDERSON

1947 - 2020

Missing you so much!

Love, Rosalind



IVERY BURNELL

1952 - 2016

*Happy Heavenly Father's Day!
We miss you!*

Delisa, Stevie, Chris & Daniel

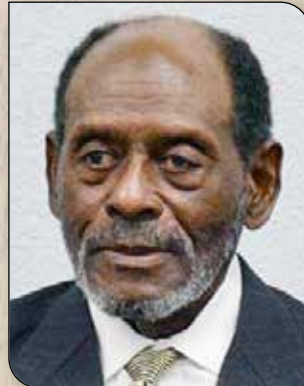


**RONALD (BIRDIE)
McDONALD**

1951 - 2019

*Happy Father's Day in Heaven
Forever alive in our hearts!*

Love, Linda & Family



**WILLIAM F.
HALIBURTON**

1931 - 2015

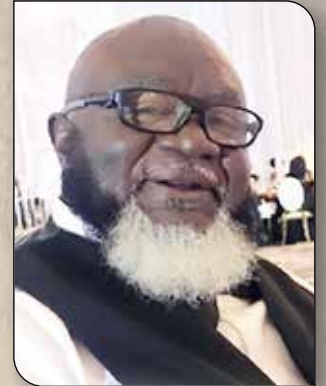
Eternal love for Daddy.



**PASTOR GILBERT
GILLIUM**

*Honoring you on
this special day.*

Love, Gail



PASTOR CJ OLIVER

Happy Father's Day!

With so much love...

LO & Family



**DR. GAYLON
PAUL FOREMAN**

*You are the epitome of
fathers and papas!*

Love, Y, Shelby, Mon, & ALani



GLENN LITTLES

*We honor our father for simply being
the rock of our family. We love you!*

Your Children



**REV. WILLIAM
JOHNSON, JR.**

*Our blessing for 90 years
We love you.*

Deborah, Gail, Maurette & Sherri



**BISHOP LONNIE
GARRETT**

*The best dad any child would
love to have. Much Love.*

Tanunya, Lana, Gaylon



KEITH HALL

*I love my husband.
Happy Father's Day.*

Lvda



A Father's Day Tribute to Special Men



WILL RAY HEGGINS
1953-2019
Happy Father's Day in Heaven!
Love, Alta, Tony, Sylvia,
Saniyah & Alayna



ROBERT MILLER
*God-fearing man, loving
husband, amazing dad,
grandfather, great-grandfather.*
Pat Miller & Family



**DR. JIMMY D.
HUNTER**
My husband, my pastor, my life.
Your wife, Pamela



DR. CHIDI ACHILEFU
*Couldn't have survived the past
year without you! Muchos besos!*
Love, Allison



**PASTOR ARA LEE
RAULS, SR.**
1951-2016
*Love always...wife, Barbara; children,
Yvonne, Ara Jr., Joseph, & Ira; & grands*



**PASTOR EDWARD
ROSS**
Honoring our rock!
Love, Sheila & Family



**PASTOR KEVIN
BURKLEY, SR.**
*In honor of a great husband,
father, pastor and man of God.*
With abundance of love from
the entire Burkley family



MELVIN LONDON
*Happy Father's Day to the man who is
one-in-a-million to us everyday.*
Love, your sisters, brother, kids,
grandkids & great-grands



**PASTOR KALVIN
BURKLEY**
We love you!
The Burkley Family



**MINISTER KRIS
BURKLEY**
Enjoy this special day!
The Burkley Family



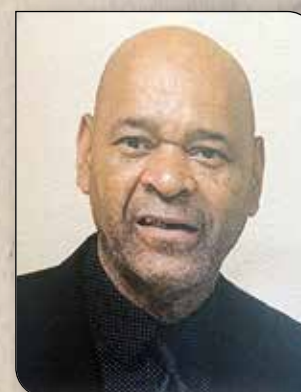
WILSON BOGGESS, JR.
1942 - 2006
Happy Father's Day.
Love and miss you dearly!
Cherry, Bridgette and Wilson
Wilson Boggess, Jr.



THE HARRISON FATHERS
Happy Father's Day!
Love,
Your Family



JOSE NEYRA
We love you, Daddy!
Happy Fathers Day!
VictorEli & Manu



**PASTOR MITCHELL
DAVIS**
1956 - 2021
We miss you so.
Joyce and Family



NELSON

Continued from page one

program for the Hidden Figures scholars to personally let those girls know that he valued them—that they were his crew. That is what Dr. Nelson did for the students of Waco ISD—he let them know that they were his crew and that he would be present to stand up for them.

Dr. Nelson's love for and dedication to his "crew" was evident to all. "He was someone who believed in mobilizing the community to save our children. He had a vision, and he knew how to make people believe in that vision," commented Justin Rice, Manager of Grants and Impact at the United Way. "Dr. Nelson was a man of

character who truly loved the students and staff of Waco ISD," said Elijah Barefield. "What I will always remember about Dr. Nelson is that his approach to everyone, in every arena, was to lift up each person in the room by praising them and everything they did," noted Jo Welter of the Community Race Relations Coalition. "Whether with small children, students, youth, adults or professionals, Dr. Nelson always motivated and inspired others with his attitude, his demeanor and with his words." Rice put it this way, "His charisma and story were unique."

"Hard work pays off! Every day!" That was Dr. Nelson's mantra. "Every-

body—teachers, students, staff, the community—rallied to this affirmation," said Dr. Hazel Rowe, former acting Waco ISD superintendent. With hard work and dedication, he "believed that together we could make a difference in the lives of students," she continued. "Dr. Nelson was a genius at school policy. His passion for student success was impeccable," declared Ramona Curtis. Tatum concurred: "Although he was here for only a short time, he taught our kids that hard work pays off, and he inspired all of us to be better people and to make our community a better place to live."

From the moment he arrived, Dr. Nelson worked to re-engage the community with Waco ISD. In June 2017, his first step was to attend a community reception during which he faced a crowd of more than 200 and answered tough questions about his plans for the school district. He followed that event with a series of town halls during which he reminded everyone in the community—businesses, churches, civic organizations, nonprofits, parents, educators, and individuals—that we all have a stake in the education of Waco ISD students. Dr. Nelson declared, "We're trying to create a movement, and this movement is focused on saving our community schools." "My greatest memory of Dr. Nelson was his larger-than-life smile and his ability to unite people. He was a great communicator and coalition builder," former fire chief Bobby Tatum said. He issued a call to action to all stakeholders to rally around the students of Waco ISD and transform the district into one that the rest of the state would someday see as the gold standard.

Dr. Nelson threw open the doors of Waco schools and invited the community in. "His dedication to childhood education gave adults the willingness to stand up and do their part," said Waco NAACP Scholarship Committee chairman Lovie Langston. Indeed, folks accepted Dr. Nelson's invitation, and community engagement and support skyrocketed. Volunteer numbers jumped from 1,500 in 2016 to about 2,200 in 2017. Organizations and nonprofits poured into the schools. Omega Psi Phi Fraternity tutored J. H. Hines Elementary students on Saturdays. Baylor University's Community Engagement Office's Bear to Bear Program brought Baylor students to J. H. Hines to volunteer. The Waco NAACP created Lean-on-Me Mondays to tutor students as they prepared for Texas STAAR testing. The Faith Alliance, a coalition of more than forty faith-based organizations, collaborated to support the Transformation Zone schools. This overwhelming increase in community involvement was a direct result of Dr. Nelson's efforts.

Dr. Nelson was a cheerleader for all volunteer efforts. He supported the Faith Alliance's Reading Buddies/Mentors book clubs for third through fifth graders. He encouraged the Waco NAACP to expand its Greet-a-Scholar Day from only J.H. Hines to all five Transformation Zone schools. He showed up at that and subsequent Greet-a-Scholar Day. He invited the Junior League of Waco to organize the 2019 Women's Empowerment Summit for Waco ISD junior and high school girls.

He often commented on his background and drew comparisons between himself and the children

to whom he devoted his career. Commissioner Patricia Miller noted Dr. Nelson's "devotion to children, especially those with a history similar to [his]." She said he stood "apart from many in his earnest, genuine[commitment to] our children's success." A San Antonio native, he earned an undergraduate degree from Abilene Christian University, two master's degrees, and a doctorate in educational administration from Texas A&M University – Commerce. He was convinced of the transformative power of education in the lives of all students no matter their background.

Dr. Nelson came to Waco after serving as the Chief Executive Officer and Superintendent of Schools for the Laredo Independent School District where in 2014 he was named Superintendent of the Year for the state by the Texas Association of School Boards (TASB). Over the course of his career, he has also served as an elementary, middle, and high school teacher, middle school vice principal, high school assistant principal, high school principal, and director of secondary schools.

When Dr. Nelson became Waco ISD's superintendent, six of the district's campuses were rated "Improvement Required," and five of those had failed to meet state standards for five or more years in a row. After his first year in Waco ISD, all but one of the campuses is now rated "Met Standard." Capitalizing on the energy and momentum following the improvement in campus accountability ratings, Dr. Nelson introduced five bold changes to transform the district's underperforming campuses and improve instruction at all levels across the district: a focus on early childhood education; a comprehensive districtwide literacy plan; enhanced special programs; differentiated instruction through blended learning; and coordinated wrap-around services.

Dr. Nelson passed on May 15. During the brief time that he served the Waco community (2017-2019), he left an indelible mark on our hearts and minds. "Education has lost a great leader," commented Curtis. "We all have our dedicated time to leave this earth; however, it feels as if Dr. Nelson left way too soon. We will miss him as an optimist, a voice of encouragement, and a premier educator," declared Commissioner Miller. "He's gone but his memory will live on forever in all of us," said former fire chief Tatum. "He will be forever remembered as a friend and mentor. He is truly missed," stated his Omega Psi Phi Fraternity brother Barefield. Rice, another Omega Psi Phi brother, captures our broken hearts with these sentiments: "Dr. Nelson was a brother, a friend. His loss hurts me; hurts us." God speed, Marcus.



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Avoid negative self-fulfilling prophecy

BY JERRY SNIDER

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

QUESTION: Hi Jerry, have a pretty strong family history of cancer. Parents, grandparents, aunts and uncles have all had one form or another. I'm in my early 40's and as of now don't have any signs of cancer, but it seems to have shown up in my family between the ages of 40-50. I'm overweight by about 30 lbs and know I need to change to a healthier diet. The question I'm struggling with is will it make a difference to eat healthy if everyone in my family has gotten cancer? Am I destined to fight that battle in the coming years? **Eric**

ANSWER: Hi Eric, I'm glad you are seeking a healthy change to your nutrition because the short answer is - no you are not destined to fight that battle.

Now, are you more likely to or have a higher predisposition to fight cancer than the average person? Probably. But don't let that discourage you. As odd as it may sound, your mental approach to your health plays a large role in your health outcomes. If you tell yourself you are destined to get



JERRY SNIDER

sick with something like cancer, you are more likely to get cancer. Stay positive about your body's ability to be healthy.

There are two other big factors in your health when it comes to a chronic disease like cancer. The first is genetics. This is what scares people when their family members get sick, because they share the genes and sometimes assume that it predestines the whole family to develop the same illnesses. What your shared genes really tell you is you are predisposed to developing that disease such as cancer. It doesn't mean you will devel-

op it.

The next big factor is nutrition. How and what you feed your body directly affects the way your genes work. When you eat foods high in the vitamins and minerals, foods that your cells need, they produce the proper enzyme and hormone levels. This creates stronger cells and allows them to keep your body at balance. If the food you eat doesn't have the necessary nutrients, the cells are weak and prone to disease or illness.

The hormones and other chemicals produced in your body (or not produced if not fed well) instruct your genes on what to do. When your body is balanced chemically, it basically quarantines the genes that are prone to creating diseases. When your body is unbalanced, these genes can begin to wreak havoc and over time create things such as cancerous tumors.

Eric, stick to your decision to eat healthier and throw in a little exercise. You might be facing a little bit of an uphill battle but there is no indication that you are on an impossible mission.

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

Jerry Snider is an exercise phys-

*io-
iologist, health coach, and owner of All In Health and Wellness. He has authored two books available on Amazon: No More Sugar Coating and Confidence Through*

Health, and is the host of the podcast Confidence Through Health. Visit www.allinhealthandwellness.com to learn more about Jerry Snider.

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Can mankind improve upon God? Part 6

BY RUBY MCCRAY

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

God is not like mankind that He changes His mind and/or lies, (Numbers 23:19); He's a Holy God and commands that we be holy because He's holy. 1 Peter 1:16 Therefore, He hasn't changed His mind about what He commanded us to do concerning murder. However, some people are accidentally killed, and God made provisions for that and said to Moses:

"Speak to the children of Israel, and say to them: 'When you cross the Jordan into the land of Canaan, then you shall appoint cities to be cities of refuge for you, that the manslayer who kills any person accidentally may flee there. They shall be cities of refuge for you from the avenger that the manslayer may not die until he stands before the congregation in judgment. And of the cities which you give, you shall have six cities of refuge. You shall ap-

point three cities on this side of the Jordan, and three cities you shall appoint in the land of Canaan, which will be cities of refuge. These six cities shall be for refuge for the children of Israel, for the stranger, and for the sojourner among them, that anyone who kills a person accidentally may flee there.

'But if he strikes him with an iron implement, so that he dies, he is a murderer; the murderer shall surely be put to death. And if he strikes him with a stone in the hand, by which one could die, and he does die, he is a murderer; the murderer shall surely be put to death. Or if he strikes him with a wooden hand weapon, by which one could die, and he does die, he is a murderer; the murderer shall surely be put to death. If he pushes him out of hatred or, while lying in wait, hurls something at him so that he dies, or in enmity he strikes him with his hand so that he dies, the one who struck him shall surely be put to death. He is a murderer. The avenger of blood shall put the mur-



EVANGELIST
RUBY MCCRAY

derer to death when he meets him.

'However, if he pushes him suddenly without enmity, or throws anything at him without lying in wait, or uses a stone, by which a man could die, throwing it at him without seeing him so that he dies, while he was not his enemy or seeking his harm, then the congregation shall judge between the manslayer and the avenger of blood, according to these judgments. So the congregation shall deliver the manslayer from the hand of the avenger of blood, and the congregation shall return him to the city of

refuge where he had fled, and he shall remain there until the death of the high priest who was anointed with the holy oil. But if the manslayer at any time goes outside the limits of the city of refuge where he fled, and the avenger of blood finds him outside the limits of his city of refuge, and the avenger of blood kills the manslayer, he shall not be guilty of blood, because he should have remained in his city of refuge until the death of the high priest the manslayer may return to the land of his possession.

'And these things shall be a statue of judgment to you throughout your generations in all your dwellings. Whoever kills a person, the murderer shall be put to death on the testimony of witnesses; but one witness is not sufficient testimony against a person for the death penalty. Moreover, you shall take no ransom for the life of a murderer who is guilty of death, but he shall surely be put to death. And you shall take no ransom for him who has fled to his city of refuge, that he may return to dwell in the land before the death of the priest. So you shall not pol-

lute the land where you are; for blood defiles the land, and no atonement can be made for the land, for the blood that is shed on it, except by the blood of him who shed it. Therefore, do not defile the land which you inhabit, in the midst of which I dwell; for I the LORD dwell among the children of Israel.'" Numbers 35:10-34

Since only the murderer who sheds blood can make atonement for the defiled land, please don't commit suicide. How can a dead person make atonement for the land if he/she is dead? Impossible!

Let's get the Bible back into ALL of our schools, and study it in all of our homes! Deuteronomy 4:710; 6:4-9

This concludes this discussion; we only need to obey God and be blessed. All Scripture is taken from the New King James Version of the Bible unless otherwise stated. You may not believe me...but just what if I'm right!

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

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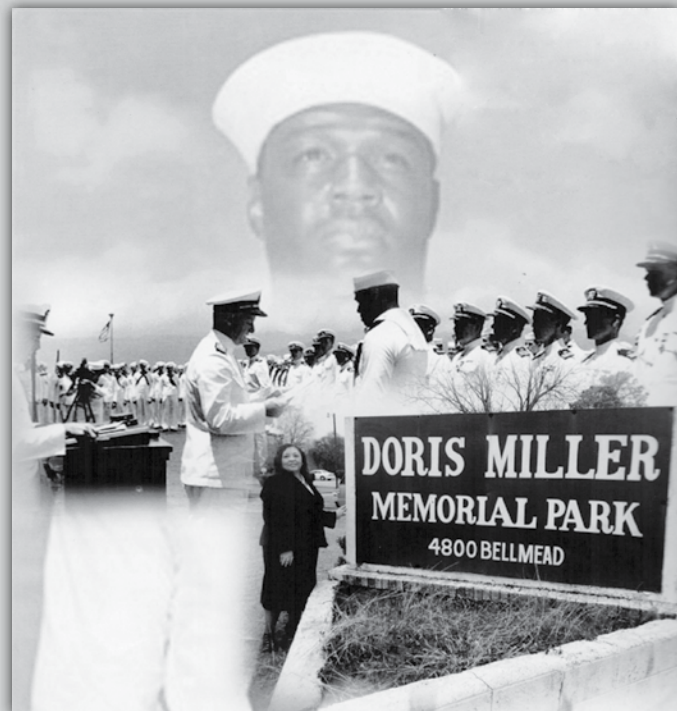
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Seniors, how to downsize to a smaller space

BY MARGARET IVORY

In 2010, my mother asked me to liquidate her home of 50 years. She was to move into her new bedroom/bathroom suite in my eldest sister's soon to be completed newly built home.

After I physically cried thinking of the magnitude of the job ahead, I got to work. First, I wrote down everything that would be necessary to take to the new space. We decided to bring her beautiful bed, her desk and chair, lamp, nightstand, clothes, and potty chair. Due to her health-care needs, her beautiful bed had to be moved to the master bedroom. We purchased a hospital bed that could be adjusted for her special needs.

The next step of liquidating was dividing up everything left into three sections: keep, give away and throw away. Of course, my mother wanted to keep everything but that was not feasible. She also wanted to review every slip of paper that was I was discarding. This was not feasible either due to my limited time-frame available. I asked her to please



MARGARET IVORY

stay with my nephew until the new home was finished and this project was completed.

I gave magazines to the local clinics and hospitals. I recycled newspaper after carefully clipping out the "Prayer for Today." I gave extra clothes to the Salvation Army, Goodwill and relatives. I then set up Living Estate Sales and local antique shop owners came to appraise and purchase some of the vintage items. We securely stored important documents and precious family memorabilia that are dear to

us at family member's homes or at the storage facility. I shredded documents and old checks that were not needed because they had personal information on them. Family members, including my mother, helped me with various stages of the liquidation process.

After three months of completing this chore, I completely understood the true meaning of "being tired to the bone." I would recommend starting this process yourself while you are healthier and younger. This will be a great help to your adult children. Talk with them about what you want to pass down to

them and other descendants. Instruct them on what to liquidate and how to dispose of everything. A good method is to type out everything so there isn't any misunderstanding or detail everything in your will.

If organizing or liquidating your home seems too much, consider getting professional help in doing this. One of my Medicare clients helps seniors organize and/or liquidate their homes. He also helps descendants liquidate their deceased parents' homes. His name is John Pfof (pronounced Post). His business is Clutter Medics. You may contact him at 831-247-3078 or at cluttermed-

ics@gmail.com. His website is cluttermedics.com. Please tell him that I recommended his services to you.

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In hell he lifted up his eyes

BY MATTHEW REED

In Luke 16:19 Jesus teaches by parable the devastation that a man is suffering because at the end of life, he had not prepared to meet the Savior. In Luke 16:23 this man cries out in torment (23 And in hell he lifted up his eyes, being in torments, and seeth Abraham afar off, and Lazarus in his bosom.)

This is a reminder of the wrath of God to come upon those who reject his salvation. Hell is real and those who do not prepare for the judgment are going to spend eternity in regret. The Word of God teaches that now is the time to receive salvation: 2 Corinthians 6:2 says For he saith, I have heard thee in a time accepted, and in the day of salvation have I succoured thee: behold, now is the accepted time; behold, now is the day of salvation.

Thank God for a way of escape. This is the time to receive



**PASTOR MATTHEW AND
LADY HELEN REED**

God's salvation, for Christ hath power on earth to forgive sins. Matthew 9:6 reiterates the message: For he saith, I have heard thee in a time accepted, and in the day of salvation have I succoured thee: behold, now is the accepted time; behold, now is the day of salvation.

Let us resolve today(right now) and not suffer the fate of this man. Today is the day of salvation; don't miss it.



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Protecting your property—and your loved ones—is a top priority for homeowners. Adding a home security system can provide peace of mind and help ensure the safety of what you hold dear. With current technology, installing security cameras is easier than ever. But owners still need to properly prepare before jumping into the project.

Planning—Owners need to select the right security system to fit their home's needs. Before purchasing equipment, start by identifying your home's vulnerabilities and determining key access points. This can help you assess the size and type of security system needed. Also consider the type of security cameras that will be used. From outdoor/indoor to wired/wireless, there are many options to choose from. Proper research and planning will help prevent headaches and save you money when shopping for equipment.

Placement—Every home is different, but the general rule is to always place a camera at your front door and back door, as these are the most common points of entry. Gates or garages are other areas where you may want to install cameras, and keep in mind that some walkways may need more than one camera to properly capture the entire area. Make sure to place the cameras facing slight-

ly downward to accurately detect motion.

Installation—Once you've determined where the cameras will go, keep these things in mind. Make sure to mount the cameras out of reach from anyone on foot, as an intruder could otherwise break or disable them. Place the cameras in a position to avoid backlighting and lens flare. This means point the cameras away

from areas that may have a strong light/reflection (like the sun or a street lamp) in the background to create a clear view. And ensure the cameras are not able to capture the inside of a neighbor's property, as this is a privacy violation.

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