

THE Anchor NEWS

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STANFORD'S WACO-BORN LEADER TACKLES CANCER EQUITY

BY DR. PEACHES HENRY

Dr. Marvin Langston, son of Wacoans Lovie and Henrietta Langston, has received national attention for his cancer research. An assistant professor of Epidemiology and Population Health in the Department of Epidemiology and Population Health at Stanford University School of Medicine, Dr. Langston was selected to be in the inaugural cohort of President Joseph Biden's White House Cancer Moonshot Scholars. The Cancer Moonshot Scholars program is designed to support early-career scientists, researchers, and innovators from diverse backgrounds, including from backgrounds that are underrepresented in the biomedical, clinical, behavioral, and social sciences research workforce.

"These emerging leaders in cancer research and innovation will use this funding to



DR. MARVIN LANGSTON

help change what is possible, with projects to increase prevention and early detection efforts for patients from underrepresented populations [and] create new cancer treatments for all Americans" declared the White House. One of eleven scientists selected for the

program, Dr. Langston is examining diverse risk-based approaches to prostate cancer screening.

An epidemiologist by training who focuses on prostate and kidney cancers, Dr. Langston is a member of the Stanford Cancer Institute and Urologic Cancer Epidemiology Lab. His research interests also include health equity and causal inference approaches. Dr. Langston is involved in several projects, including one on tailored prostate cancer screening to address priority research gaps in a racially diverse study population.

Dr. Langston was born in Dothan, Alabama. Dr. Langston received a Bachelor of Science degree from the University of Notre Dame followed by a Master of Public Health degree from Saint Lou-

SEE **LANGSTON**, PG. 15

COURTENAY MORALES HICKS FINDS PURPOSE IN THE CLASSROOM

Courtenay Morales Hicks did not begin her professional journey in education, but she quickly discovered that the classroom is exactly where she was meant to be. Her early career began in a corporate office environment, where she found success and built valuable experience. Yet something was missing. She longed for a more meaningful path—one that would make a lasting impact on others.

That longing led her to take a leap of faith into the world of education.

Starting from scratch, Courtenay embraced her new calling with determination and heart. "The first time I met my students, I just knew I was exactly where I was supposed to be," she recalls. Her passion for connecting with young learners and helping them grow has shaped every step of her journey since.

Courtenay began teaching in Mesquite ISD, where she worked with students in first, second, and fourth grades. Each level brought unique challenges and triumphs, but the consistent thread was her commitment to building strong relationships and creating a classroom environment where students felt safe, valued, and inspired to learn.

Her dedication was recognized in 2018 when she was named First Class Teacher of the Year, followed by the honor of being selected as Teacher of the Year in 2022. While proud of those accolades, Courtenay believes the real rewards are found in the



COURTENAY MORALES HICKS

everyday moments—the spark in a struggling child's eyes after a breakthrough, a heartfelt thank-you note from a parent, or watching a quiet student grow into a confident, curious learner.

Now in her eighth year in education, Courtenay has joined Waco ISD as a fourth-grade math and science teacher at Dean Highland Elementary. The transition to a new district has been both refreshing and energizing. She has found a supportive and passionate community and is excited for the opportunities that lie ahead.

For Courtenay, teaching is more than a profession. It is a calling and a source of deep purpose. She continues to find joy in helping her students believe in themselves and in guiding them as they grow into capable, lifelong learners.

Though her career began in a different world, Courtenay Morales Hicks has found where she truly belongs—in the classroom, making a difference every day.

LEADING WITH HEART: KILLEEN ISD'S PRECIOUS BERARD

Precious Berard is an accomplished and passionate educator whose career reflects a lifelong commitment to nurturing young learners and shaping future leaders. With a strong academic foundation and a heart for service, she has dedicated her life to creating meaningful learning experiences that foster student growth and community engagement.

Precious Berard earned a bachelor's degree in biology with a minor in chemistry before pursuing her true passion for education. She went on to receive a master's degree in early childhood education, equipping her with the skills to create enriching learning environments for the young-



PRECIOUS BERARD

est learners.

Her teaching journey began in 2009 as a teacher's assistant at SMILE Head Start in Lafayette, Louisiana. After

earning her master's degree, she transitioned into a lead teacher role for the same program, nurturing early learners and solidifying her calling as an educator.

In 2011-2012, Berard relocated to Texas and began working in Killeen ISD as a kindergarten teacher's assistant, later serving as a special education assistant supporting students within the CASD program. Her experience with diverse learners deepened her dedication to inclusive education. From 2012 to 2020, she served as an early childhood education teacher at the Central Texas College

SEE **BERARD**, PG. 6

**J.L. & LINDA CRAWFORD**

Co-owner of *The Anchor News*, J.L. Crawford is the director of operations for the paper. He has retired from teaching at McLennan Community College. J.L. is a Bible teacher, and a LegalShield Senior Manager. Linda Crawford is co-owner and editor of *The Anchor News*. She is a retired professor at McLennan Community College, a Bible teacher and a conference, workshop and motivational speaker. Linda also owns Enjoy the Journey Life Coaching Service.

ENJOY THE JOURNEY: A LIFE COACHING Q&A WITH LINDA CRAWFORD—

MOVING FORWARD WITH PURPOSE AND PEACE

BY LINDA CRAWFORD

QUESTION: I've had a hard summer emotionally. I'm trying to stay positive, but I feel drained. What can I do to reset before the fall season begins?

ANSWER: You are not alone. Many people find that the summer months can be emotionally heavy. The heat, life changes, or even moments of stillness can bring up unexpected feelings. As we prepare to enter a new season, here are three meaningful ways to refresh your spirit and energy:

1. Release What You Cannot Control

Take a moment to write down a few things that have been weighing on your heart but are outside of your control. Then lift them up in prayer, reflect on them in your journal, or speak them aloud as you let them go.

**LINDA CRAWFORD**

Releasing is a step toward peace.

2. Recommit to a Daily Rhythm

Choose a simple daily habit that brings consistency and calm. Whether it is a quiet morning routine, an evening walk, or setting time aside for reading or prayer, small rhythms help restore balance and focus.

3. Reclaim Your Voice and Your Joy

Give yourself permission to experience joy, even in the midst of challenges. Do something that lifts your spirit. It could be listening to

music, creating something beautiful, calling a friend, or simply resting without guilt. Choose to nurture what makes you feel alive.

Every season is a chance to grow, reflect, and start fresh. You have everything inside you to move forward with grace and strength.

If you have a question you would like me to answer in a future column, message me on Facebook Messenger at @Linda Mason Austin Crawford. I would love to hear from you.

Until next time, enjoy the journey.

A NOTE FROM THE EDITOR...

ANCHOR NEWS CELEBRATES 23 YEARS (EST. AUGUST 5, 2002)

Happy Birthday to Miss Ann. August is The Anchor News' traditional birthday anniversary and education issue. Celebrating 23 years in the community, this "Back-to-School" issue spotlights all things "education." This year is especial,

as we will celebrate the Anchor's birthday on August 28th. Celebrate The Anchor (Miss Ann) by joining us at NeighborWorks Waco. Thank you all for supporting the Anchor Club. We love you. We need you. We appreciate you.

CHEF JARMON SHAPES TOMORROW'S CHEFS

Natasha Young Jarmon, widely known as Chef Heir, is a beloved culinary educator and community leader whose passion for food and teaching runs deep. As the owner of The Heir's Table and founder of the Heirloom 1918 Foundation, she has dedicated over three decades not only to the culinary arts but to nurturing future chefs through hands-on, culturally rooted instruction.

The name "Chef Heir" reflects her commitment to honoring heirloom recipes passed down from her grandmothers. With more than 35 years of professional experience as a personal chef, cake artist, and caterer, she brings a wealth of knowledge into every kitchen she enters. A graduate of the Douglas Woodward Profes-

**NATASHA YOUNG JARMON**

sional Cake Decorating School and attendee of Le Chef Culinary Arts School, Chef Heir specializes in Southern and Creole cuisine, infusing clas-

sic recipes with her signature twist. Fan favorites like her "Gumbo Gravy" and "Heirloom Soul Roll" showcase her ability to blend tradition with innovation.

But it's her role as a teacher and mentor that truly sets her apart.

Chef Heir is the visionary behind two youth culinary education programs: Camp Cook S'More, for children ages 6-14, and Bee Chef's Entrepreneurs, tailored for teens 15-18. Through these programs, young learners gain practical cooking skills, entrepreneurial insight, and an appreciation for food heritage. For adults, she offers immersive experiences through The

SEE **JARMON**, PG. 7



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PURPOSE

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

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Anchored on the principles of scripture, Anchor News will at no time publish information that is potentially libelous material or intentionally malicious, derogatory or irrelevant.

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

also reflect the opinions of the editor.

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

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

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WACO NAACP CELEBRATES ACADEMIC EXCELLENCE

BY DR. PEACHES HENRY

In May, the Waco NAACP announced its 2025 scholarship winners. The Rev. Robert L. and Mrs. Elwayne Gilbert Scholarship honors Rev. Gilbert, who was the first African American graduate of Baylor University and the first African American elected to the Waco ISD School Board and his wife. This year's recipient is D'Errica Foster, daughter of Mr. & Mrs. Derrick and Deresha Foster. D'Errica graduated from Harmony School of Innovation where she maintained a 4.45 grade point average. Ranked first in her class, she had 52 dual credit hours from McLennan Community College. One of D'Errica's references stated that "Ms. Foster has consistently demonstrated exceptional leadership and creativity in her studies. This has allowed

her to take advantage of her offerings and possibly secure an associate degree upon high school graduation." D'Errica volunteered in the Salvation Army Thrift store, as a STEM summer camp counselor, and with many other volunteer organizations. She will attend Baylor University where she will major in finance.

The Vivienne Malone-Mayes Scholarship honors the first African American with a Ph.D. in math from UT Austin, the chair of the math department at Paul Quinn College, the chair of the math department at Baylor University. The winner of the 2025 Vivienne Malone Mayes Scholarship is Tesharme Bell. Daughter of Mrs. Glorie and Mr. Marcus Ervin, Tesharme graduated from Waco High School with a 100.89 average. She



THE WACO NAACP 2025 SCHOLARSHIP WINNERS

earned 53 dual credit hours from McLennan Community College. One of her references said, "Tesharme has always been able to handle any assignment thrown her way, but she is also not afraid to ask for help when she feels

she needs it. She sees every mistake as an opportunity to learn and grow in order to insure [sic] her success." Tesharme was in the National Honor Society, Student Council, and many other organizations. She participated in volleyball,

softball, and basketball. Tesharme volunteered with the school fall festival activities, read books to kids, and encouraged kids through her praise dance ministry. She will attend Baylor University where she will major in biology.

DR. NATHESIA WHITE: CHAMPIONING STUDENT SUCCESS

Dr. Nathesia White's educational journey is one of purpose, passion, and perseverance. With a career that spans both higher education and public schools, she has dedicated herself to fostering academic excellence, student engagement, and equitable learning opportunities for all.

Her career began at Texas State Technical College, where she served for eight years as an adjunct instructor and teaching lab assistant. During this time, she taught General Psychology and First-Year College Experience courses, laying the foundation for her deep understanding of curriculum development, academic advising, and student support. These early years helped shape her instructional philosophy and inspired her to pursue advanced credentials, including a Doctorate in Adult Education, a master's and bachelor's degree in psychology, and her current pursuit of principal certification.

In 2018, Dr. White transitioned into the K-12 education system, taking on the role of lead literacy teacher at Cesar Chavez Middle School. There, she designed and implemented literacy in-



DR. NATHESIA WHITE

struction aligned with state standards, supported struggling readers and writers, and facilitated professional development sessions for her colleagues. Her leadership and commitment to inclusive instruction helped foster a stronger culture of literacy and measurable academic growth across the campus.

By 2022, her instructional impact led her to Dean Highland Elementary, where she served as a campus instructional specialist for over three years. In this role, she mentored teachers, led data-driven planning sessions, and supported schoolwide

improvement efforts. Her work consistently focused on equity, innovation, and building high-impact learning environments that empower both educators and students.

Most recently, Dr. White accepted a new position as student support and engagement specialist for China Spring ISD, a role that bridges the worlds of education, social services, and juvenile justice. This grant-funded position allows her to work directly with families, school staff, and community organizations to combat truancy and re-engage at-risk students. Her responsibilities include counseling, conducting home visits, and ensuring compliance with the Texas Education Code on attendance—all while championing safe, supportive, and inclusive school environments.

Dr. White's unique blend of expertise in psychology, adult education, and leadership informs every role she takes on. Whether she's mentoring educators, supporting students in crisis, or designing strategic interventions, her work is grounded in empathy, research, and an unwavering

belief in the potential of every learner.

A tireless advocate for student success, Dr. Nathesia White continues to be

a vital force in shaping the future of education in Central Texas, one student, one family, and one school at a time.

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THE LIFE AND VISION OF DR. ROSHANDA D. PRIOR

BY WB GUNTER

Congratulate recent graduate, Dr. Roshanda D. Prior. This Providence Christian University alumni, a visionary artist, entrepreneur, author, and humanitarian, is transforming lives through the power of creativity and service. A proud native of Waco, Texas, and mother to three adult sons, Dr. Prior's passion for art and purpose-driven living has taken root across Central Texas and beyond.

Her academic accomplishments reflect both depth and determination. She holds a degree in Business Adminis-

tration from the University of Phoenix, a Bachelor of Fine Arts with cum laude honors from the University of Mary Hardin-Baylor, and a Master of Arts in Art from Northwestern State University, and most recently, a PhD from PCU. As a member of the Alpha Chi Honor Society, she consistently demonstrates a commitment to academic excellence.

Dr. Prior's work is shaped by her love for nature, her faith, and the rich cultural experiences gathered from traveling across nations. These influences are deeply embedded in her artwork, which she

describes as a spiritual calling and a tool to serve others. Her motto: "Art is a pathway to serve."

She is the founder and CEO of Protocol for Design LLC, a company dedicated to producing museum-quality fine art for both residential and commercial spaces. Her vision is to become the world's leading provider of collectible and investment-level fine art that uplifts, inspires, and educates.

In addition to her business endeavors, Dr. Prior leads two nonprofit organizations: Arts in Humanity, also known as "For the Love of Humanity," and Global Nations Ministries. Both organizations are rooted in her mission to inspire, educate, and invest in communities worldwide through faith-based outreach and fine arts education. A percentage of all art sales supports charities, ministries, scholarship funds, and educational programs, reinforcing her commitment to giving a hand-up rather than a handout.

For years, Dr. Prior has played a key role in bridging the gap between art and community service throughout



DR. ROSHANDA D. PRIOR

Central Texas. Her artwork is displayed in the Killeen Civic and Conference Center and other venues in Killeen and Harker Heights. She also founded and directs the annual Harker Heights Creative Arts Festival, now entering its fourth year. This year's festival will take place on October 4 from 1:00 PM to 5:00 PM at the Carl Levin Park Amphitheater, located at 400 Miller's Crossing.

The festival is free to the public and will feature interactive art stations, chalk art, pet adoptions, the debut of

the Killeen Creators "Art Mobile," live performances by Scott Taylor and his band, community group showcases, food trucks, prize giveaways, bounce houses, and a pet fashion and talent show. For more information, visit <https://forms.gle/JG9XMr8w-C6nXMxi6> or text Dr. Prior at (254) 398-3987.

Dr. Prior also designs and leads Transformative Humanity Workshops, which are grounded in faith and practical tools for personal growth. These workshops are tailored for individuals in recovery, as well as organizations and businesses, and are designed to support diverse learning styles. Her accompanying fine arts books, including her standout title STRONG, align with the STEAM curriculum and are suitable for all ages.

Dr. Roshanda D. Prior continues to use her gifts to build lives, uplift cities, and influence nations. In her own words, "Let's continue to build people, cities, and nations through the arts in education, economics, public safety, health and mental wellness, and natural resources."

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DR. YOLANDA GONZALEZ INSPIRES AT MCC

Yolanda Gonzalez, Ph.D., traces her passion for education back to her childhood and the steady encouragement of her mother. Growing up, Dr. Gonzalez was a reluctant reader. Undeterred, her mother made weekly trips to the local public library a family ritual, requiring her daughter to check out and read several books each week. These visits slowly transformed Dr. Gonzalez's relationship with reading, sparking a curiosity and love for books that continue to inspire her work as an educator.

Dr. Gonzalez's appreciation for literature deepened in high school, thanks to a dedicated honors English teacher who introduced her to Samuel Taylor Coleridge's "The Rime of the Ancient Mariner." The poem's striking imagery and poignancy opened her eyes to the beauty and power of poetry. From that moment on, she was hooked on British Romantic literature.

Despite her growing interest in the humanities, Dr. Gonzalez began her college studies at Biola University as a general biology major, initially planning a pre-med path. She soon realized the laboratory environment was not a place where she could thrive and grow. To her it seemed cold and heart-



DR. YOLANDA GONZALEZ

less, a strong counterpoint to the rich and vivid landscape she enjoyed so much in literature. She changed her major to English and never looked back.

After graduating summa cum laude, Dr. Gonzalez pursued a Ph.D. in Religion and Literature at Baylor University's English department, initially setting her sights on a career in publishing rather than education. When her colleagues began working as teaching assistants during the second year of their program, she avoided the classroom and continued her work as a research assistant.

Once again, reluctance became a catalyst. Dr. Gonzalez realized that in order to know she was on the correct career path, she would have to give teaching a try, if for no other reason than to confirm that she didn't belong there.

She was wrong.

From her very first day leading a class, Dr. Gonzalez felt she had found her true calling. She loved guiding students to find their voice and build confidence in their writing abilities.

Before completing her doctorate, Dr. Gonzalez accepted a full-time teaching position at McLennan Community College. Today, she teaches courses in developmental writing, freshman composition, and American, British, and World literature. She is also proud to serve as the coordinator for MCC's Integrated Reading and Writing program, supporting adjunct faculty and developing curriculum.

Driven by a steadfast commitment to her students, Dr. Gonzalez is devoted to helping each learner reach their academic and professional goals. She is grateful for the opportunity to help shape the next generation of readers, writers, and thinkers in our community.

CHISA BRIGHAM: GUIDING YOUTH IN CENTRAL TEXAS

As we celebrate educators this August, we are thrilled to introduce the newest member of our youth development community: Chisa Brigham, M.Ed., Extension Agent for 4-H Youth Development in McLennan and Falls County, representing Prairie View A&M University.

Chisa is no stranger to Central Texas. Born and raised right here, she brings with her a deep-rooted passion for agriculture, a commitment to youth empowerment, and a heartfelt desire to continue building community through education, service, and connection. Under the tutelage of her mother, who worked valiantly to provide her children with enriching life experiences, and inspired by mentors who encouraged her to step out of her shell, Chisa learned early on the importance of leadership, exposure, and letting her light shine. Now, she brings those same values into her work every day.

Before joining Prairie View A&M University's Cooperative Extension Program, Chisa taught for over a decade in the local school district, where she helped shape the lives of hundreds of students. Her classroom experience, combined with her agricultural background, uniquely equips her to develop programs that blend academic enrichment with practical, real-world readiness.

She is also proud to be the wife of Army veteran Latrell Brigham and the mother of three vibrant 4-Hers, who inspire her daily to lead with both heart and vision.

At the center of Chisa's work is 4-H—the nation's largest youth development program, designed to meet the needs of each local community. From STEM-based curriculum to photography, fishing, outdoor skills, leadership, and public speaking, 4-H programming is as diverse as the youth it serves. The goal is simple yet power-



CHISA BRIGHAM

ful: to ensure our young people are more than ready for a workforce and society that are changing rapidly. Through hands-on learning and project-based engagement, 4-H gives youth a dynamic tool belt of life skills that align with a wide variety of career paths and life opportunities.

With over 15 years of experience in education and community programming, Chisa believes in the power of exposure. "Our youth need more than just textbooks—they need real-world experiences, hands-on learning, and caring adults who believe in them," she says. That belief fuels her work as she launches a variety of workshops and in-depth 4-H programs designed to build leadership, confidence, and career readiness.

As this new school year begins, Chisa is excited to partner with schools, families, and local organizations to bring transformative experiences to young people. She invites anyone who wants to collaborate, volunteer, or enroll youth to reach out and connect.

Here's to a school year—and a future—full of exploration, growth, and community building.

To learn more or get involved with 4-H programs in McLennan and Falls County, contact: cabrigham@pvamu.edu or (254) 405-9994.

MARY EVANS USES DATA AND CONNECTION TO INSPIRE

Mary Evans is a veteran educator with more than 15 years of experience in both K-12 and higher education. She currently teaches 7th grade math and Pre-AP math in Waco ISD, where she is known for her ability to connect with students through culturally relevant instruction, real-world applications, and consistent encouragement.

Her teaching philosophy is grounded in structure, inclusivity, and compassion. Mary believes that every student can succeed when held to high expectations within a supportive learning environment. Her lessons emphasize academic rigor while making math meaningful and accessible, helping students build both fluency and confidence.

In addition to her classroom experience as a math teacher, credit recovery instructor, and supplemental instruction leader, Mary has worked in higher



MARY EVANS

education as an academic advising specialist and success coach at McLennan Community College. There, she provided targeted support for first-generation students through the MCC Rapoport Foundation's First Generation and Julia's Fund Scholars programs, as well as the Men of Color ini-

tiative. Her work contributed significantly to student persistence, academic success, and college completion among underrepresented populations.

Mary holds a master's degree in educational administration and multiple Texas certifications, including Principal EC-12, ESL Supplemental, 4-8 Math, and 4-8 Generalist. She is passionate about using data to inform instruction and is equally committed to mentoring both students and early-career educators.

She has presented at numerous math conferences across Texas. Her signature presentation—Help Me Reach Them, So I Can Teach Them, formerly titled Ms., I Think I Like Math Now—has resonated with veteran educators, inservice teachers, and administrators alike for its emphasis on student engagement and relationship-building.

A strong advocate for ed-

ucational access at all levels, Mary also conducted 100 Facebook Live sessions titled Ask Maryee, where she offered expert advice on high school and college success. These 30-minute episodes were designed especially for first-generation students and

students of color, and were widely appreciated by families and young adults seeking reliable, accessible guidance.

Mary Evans continues to inspire through her commitment to education, community, and lifelong learning. Learn more at maryeevans.com.



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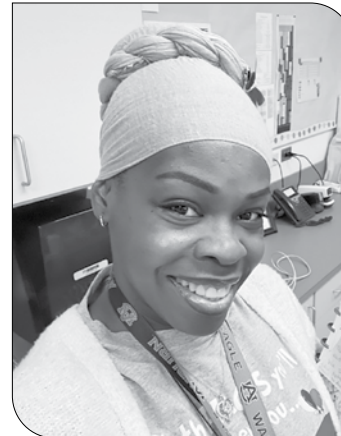
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SHONETTE PIERCE UPLIFTS KILLEEN STUDENTS AND STAFF

Shonette Pierce, a proud educator in Killeen ISD, currently serves as an English as a Second Language (ESL) teacher. With over a decade of teaching experience, Pierce brings passion, discipline, and dedication to every corner of the campus. This upcoming school year marks her 11th year in education, with the last three years focused on supporting multilingual learners as an ESL teacher. Prior to that, she spent several years shaping young minds as a first-grade teacher.

Pierce holds a Bachelor of Science in Elementary Education and a Master of Education in Curriculum and Instruction with an emphasis in Reading in Elementary Education. Her decision to pursue teaching came after her time serving in the military, where her commitment to service naturally transitioned into a desire to make



SHONETTE PIERCE

a difference in the classroom.

Throughout her career, Pierce has taught in both North Carolina and Texas, bringing a well-rounded perspective to her instructional approach. Her impact extends far beyond academics. She serves as a Student

Council Advisor, Running Club Coach, and mentor to new teachers. Always looking for ways to enhance school culture, she introduced the No Place for Hate program to her campus to promote kindness and combat bullying. She also leads the school's spirited pep rallies, helping to foster unity and pride among students and staff.

Whether she is guiding students through reading strategies or coordinating campus events, Pierce consistently models excellence, service, and leadership. Her goal as an educator is to help students become critical thinkers, compassionate classmates, and joyful learners during their foundational years in elementary school.

For Shonette Pierce, teaching is more than a career; it is a continued mission to serve, uplift, and lead.

BERARD | CONTINUED FROM PAGE 1

Child Development Center in Killeen, Texas. During this period, from 2013 to 2019, she also shared her expertise as an adjunct instructor at Central Texas College, teaching early childhood education courses to the next generation of educators.

In 2020, Berard became a 2nd grade teacher within

Killeen ISD, where she continues to inspire young minds. Her excellence in teaching has earned her recognition as a Teacher Incentive Allotment (TIA) recipient, achieving the Exemplary designation level, and she is currently striving toward Master Teacher designation within the TIA program. Her exceptional work has

been recognized with Teacher of the Year candidacies for both the 2022-2023 and 2024-2025 school years, as well as the prestigious Heart of Gold Award. Beyond the classroom, she has served as a mentor for new teachers for four years and as the Student Council Advisor, leading community initiatives such as annual canned food drives, fundraisers for the Red Cross, orphanages, and cancer research, and anti-bullying efforts through the No Place for Hate campaign.

Berard's leadership extends to school culture as the Committee Chair for the Cultural Awareness Committee, celebrating the diversity of students, families, and staff. She is also expanding student opportunities through Science Olympiad participation, year-round tutoring, and family engagement initiatives. Her teaching philosophy centers on the belief that students are our future, and it is her mission to create a fun, inclusive, and academically challenging environment that prepares every child to be college-bound and confident.

Through her unwavering dedication, community involvement, and innovative teaching, Precious Berard continues to leave an indelible mark on education, inspiring students and colleagues alike.

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10 NATURAL REMEDIES YOU CAN USE AT HOME

BY MARGARET IVORY

You'd be amazed at how many powerful remedies are sitting right in your kitchen or growing around you. Our grandparents—and theirs before them—used these plants and pantry staples to stay healthy, heal wounds, and boost their energy.

1. Mulberries – For Energy and Better Blood

If you're feeling tired all the time or low on iron, mulberries are your friend. These little berries are packed with nutrients that help build up your blood and give you energy. I am growing a mulberry tree right now. How to use them: Snack on dried mulberries or brew the leaves into a tea. Either way, they're great for giving your body a natural lift.

2. Garlic – The Natural Germ Fighter

Garlic isn't just for flavor—it's like nature's antibiotic. It can knock out infections, help with blood pressure, and even boost your immune system. How to use it: Crush up a clove of raw garlic and mix it with honey or olive oil. Take it like a little spoonful of medicine when you're starting to feel under the weather.

3. Dandelion – For Cleaning Out Your System

Yes, I'm talking about those pretty little yellow flowers in your yard! It is not a weed but is amazing for helping your liver flush out toxins and keeping your digestion on track. How to use it: Make a tea from the root or leaves. It has a slightly bitter taste, but that bitterness is exactly what helps your body detox. I pick the flowers out of my backyard and eat them. Every part of the dandelion is edible.

4. Thyme – To Clear Up Coughs and Colds

Thyme is more than a cooking herb—it's a lung and throat healer. It's been used for ages to help with coughs, congestion, and even sore throats. How to use it: Steep a teaspoon of dried thyme in hot water for 10 minutes. Sip slowly. It's gentle and effective.

5. Honey – The Sweet Healer

Raw honey is one of the oldest and most trusted remedies. It can soothe a sore throat, calm a cough, and even help heal cuts and burns. How to use it: Take a teaspoon straight, mix it into warm tea (not too hot!), or dab it on minor wounds. Just make sure it's raw, local honey if you can get it.

6. Corn Silk – For Your Bladder and Kidneys

Don't throw away those silky threads on a fresh ear of corn! Corn silk has been used for generations to help with urinary tract issues and water retention. How to use it: Dry the silk and steep it in hot water for a mild, soothing tea. It's especially helpful if you're feeling bloated or have bladder discomfort.

7. Celery – To Lower Pressure and Ease Inflammation

Celery isn't just low-calorie crunch food—it's packed with plant compounds that help lower blood pressure and calm inflammation in the body. How to use it: Munch on it raw, throw it into smoothies, or juice it. It's refreshing and supports your kidneys too.

8. Pumpkin Seeds – For Parasites and Gut Health



MARGARET IVORY

These little seeds do more than give you a healthy snack—they've actually been used to help expel parasites from the digestive system, especially worms. How to use it: Eat a handful of raw pumpkin

seeds first thing in the morning on an empty stomach. Do it for a few days straight for a gentle cleanse.

9. Watermelon – To Cool Down and Flush Out

Watermelon is like nature's hydration gift. It helps cool the body, flush the kidneys, and even lower your blood pressure naturally. How to use it: Eat the flesh, juice it, or even blend the white part of the rind. It's all good for hydration and kidney support.

10. Molasses (Blackstrap) – For Minerals and Energy

Blackstrap molasses is an old-school remedy packed with iron, calcium, and magnesium. It's great for women's health, energy, and even bone strength.

How to use it: Stir a spoon-

ful into warm water or tea every day. It's a great natural supplement, especially if you're low on iron or feeling drained.

See? We don't always need fancy pills or a trip to the store every time something feels off. These are simple, safe, and natural ways to care for our bodies—just like our elders did. We can sip a little thyme tea when our chests feel tight, take molasses when we are tired, or snack on pumpkin seeds for gut health. It's all about listening to our bodies and using what nature gave us.

Turning 65 Soon? Retiring From Work? Losing Your Retirement Plan? Let's Talk. Margaret Ivory - Medicare Plans Broker, 254-313-7413.

JARMON

CONTINUED FROM PAGE 2

Heir's Table Supper Club, corporate team-building cooking sessions, and interactive cooking parties for all ages. Her teaching style is engaging, fun, and empowering, making the kitchen a place of discovery for every generation.

Through her nonprofit, the Heirloom 1918 Foundation, Chef Heir expands her educational mission by offering culinary and cultural resources to the greater Waco-McLennan County community. Whether leading workshops, speaking at events, or mentoring youth, she is a steadfast advocate for using food as a tool for education, empowerment, and connection.

Chef Heir's culinary expertise has attracted a wide range of attention, including from celebrities such as activist and original King of Comedy D. L. Hughley and comedian/actor Clint Cooley. Her media appearances include:

- KWTX Channel 10 with Julie Hays
- KXXV Channel 25
- Fox 44 News
- Loving Living Local – Central Texas
- 2022 Waco ISD events
- Celebrity Chefs Cook-Off
- Shout Out HTX
- Waco-McLennan County March of Dimes
- 2022 & 2025 Signature

Chef Auctions

• Featured Chef for the 2022 Juneteenth "Celebrating Black Women Chefs" event in Houston

• 2023 Waco Community Votes Platinum Winner

• 2024 Waco Community Votes Gold & Platinum Winner

Her community leadership extends to her service on the Waco ISD Advisory Board and the World Hunger Relief Institute Board of Directors (2023-present).

Chef Heir's impressive list of clients includes ESC Region 12, Child and Adult Care Food Program, Sprouts Home Schoolers, Mars Wrigley, Ex-

traco Bank, Baylor's One Stop and Black Alumni Association, Waco Family Medicine, and many more. Her creative spirit has also led to a YouTube series in collaboration with Cast Iron Skillet Culinaire's Gifts from the Ancestors Foodways Project and Friendship Community Bible Church.

A fifth-generation Texan by choice and proud Waco resident for over 40 years, Chef Heir has been married to her husband James for 34 years. Together they've raised two sons, Stefan (Waco) and Hunter (California), while building a legacy rooted in family, flavor, and education.

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

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5.0 OUT OF 5 STARS FIVE STARS | AMAZON CUSTOMER

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

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

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

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

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

Rey

5.0 OUT OF 5 STARS | EXCELLENT BOOK

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

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

Dr. Mia Moody-Ramirez



GOD, DESTINY, AND A GLASS OF WINE
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HONORING LOCAL ACADEMIC EXCELLENCE

BY J.L. CRAWFORD

Retirement can be financial in a world often filled with stories of hardship and uncertainty, it is refreshing and necessary to pause and shine a light on the incredible young people in our own community who are doing things right. They study late into the night, balance schoolwork with part-time jobs, volunteer in their neighborhoods, and still find the courage to dream big. These students remind us that excellence is not rare. It lives right here among us.

Recently, I had the privilege of witnessing two outstanding students receive scholarships from the Waco NAACP: D'Errica Foster and Tesharme Bell. Both young women have excelled academically,



J.L. CRAWFORD

earning over 50 college credit hours before even beginning their university journey. At the same time, they have given back to the community

through volunteer work, leadership, and a genuine desire to help others.

Their accomplishments are more than personal milestones. They are powerful examples of what can happen when hard work meets opportunity. They reflect the best of what our families, schools, and neighborhoods can produce. When we celebrate students like D'Errica and Tesharme, we affirm the value of education, determination, and community support.

Let us continue to recognize and encourage academic excellence in our youth. When we honor their success, we build a stronger future for Waco.

THE RELIGION OF GOD

BY MICHAEL JONES

Why is there so much strife among the peoples of the world? I so often read and hear that religion — fighting over whose God is the “right” or “real” God — is primarily responsible for the war, hunger, death and grief in our world.

‘Abdu’l-Bahá, son of the founder of the Bahá’í Faith, wrote “...we must endeavor to promulgate and practice the Religion of God which has been founded by all the Prophets. And the religion of God is absolute love and unity.” In other words, all the world’s great religions were brought to us by Messengers from God, all of them preaching a single essential message: Love one another.

Bahá’í teachings have a unique, unifying view of the entire concept of religion. Rather than a competing slew of different, divergent beliefs, Bahá’ís are taught that all religion comes from the same source and pursues the same essential purpose. Only man-made differences separate the world’s great Faiths, causing them to seem conflicted and opposed to one another. That’s why new Divine Messengers, new Prophets, have appeared at intervals throughout human history.

The founder of our Faith, Bahá’u’lláh, wrote, “...the religion of God is one, and it is the educator of humankind, but still, it needs must be made new. When thou dost plant a tree, its height increaseth day by day. It putteth forth blossoms and leaves and luscious fruits. But after a long time, it doth grow old, yielding no fruitage anymore. Then doth the Husbandman of Truth take up the seed from that same tree, and



MICHAEL JONES

plant it in a pure soil; and lo, there standeth the first tree, even as it was before.”

In church, temple or sanctuary, we are rarely taught about religions other than our own...but perhaps we could offer our children a lot of clarity by exposing them to the essential message of literally all religions likely not our own. When we begin to see religion as a single school with many teachers, it changes how we look at the entire idea of faith. ‘Abdu’l-Bahá asserted that “...the independent Prophets are founders; they establish a new religion and make new creatures of men; they change the general morals, promote new customs and rules, renew the cycle and the Law. Their appearance is like the spring, which arrays all earthly beings in a new garment, and gives them a new life.”

God still speaks to us. His teachings are not the source of strife, war and grief. We and our greed, selfishness, prejudices and paranoia are.

Please visit our local Bahá’í website at wacobahais.org or the global information site at bahai.org/beliefs. Our Facebook page is Bahai Faith of Waco.

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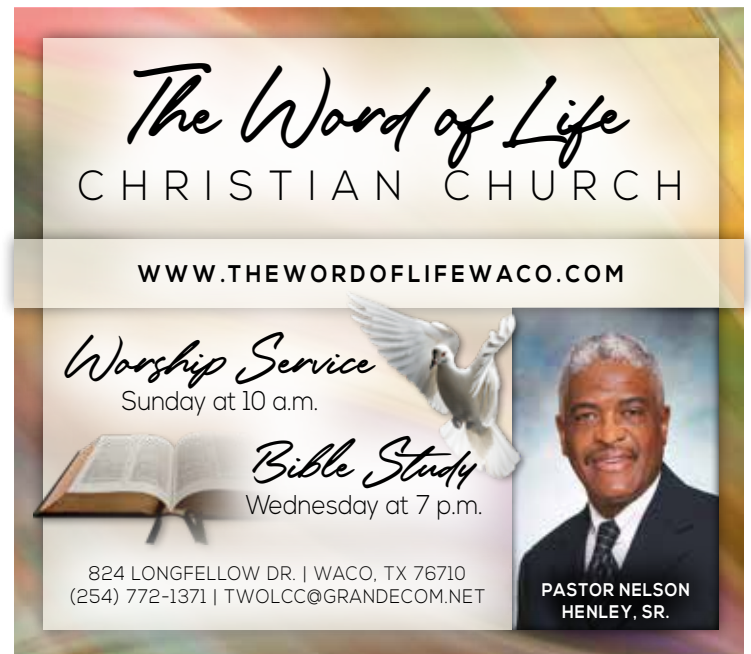
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SUBMITTED BY LINDA MCDONALD

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

You may be tempted to ask your REALTOR® subjec-

tive questions, such as "How are the schools around here?" "Do you know if there are many families with young children in this neighborhood?" or "Is this a high-crime area?"

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

third-party resources on these matters.

Why? As a member of the local, state, and national REALTOR® organization, your REALTOR® has promised to uphold a Code of Ethics to maintain the highest standards of professionalism.

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cealment of pertinent facts related to the property and transaction.

That means your REALTOR® will not discriminate against anyone on the basis of race, color, religion, sex, handicap, familial status, national origin, sexual orientation, or gender identity, which includes volunteering information about the composition of a neighborhood.

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

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

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AMERICANS HAVE LOST THEIR ARMOUR

BY MATTHEW REED

The Bible says in Luke 11:21:

"When a strong man armed keepeth his palace, his goods are in peace: 22 But when a stronger than he shall come upon him, and overcome him, he taketh from him all his armour wherein he trusted, and divideth his spoils."

Our armour as Americans was our Constitution (laws). These laws afforded equal rights protection to the poor as well as the rich. As in God's laws, these laws depend on the flesh. When we as Americans were a people of Godly morals, they



**PASTOR MATTHEW
AND LADY HELEN REED**

worked for all. Our citizens as a whole have departed from

the faith of God and are morally bankrupt. Just as the scripture warned, the devil has hijacked our democracy, which was the armour in which we trusted. Those that are in power and have authority to judicate our Constitution have abandoned the morals of God. Those who trusted in man's laws have lost their armour.

But not to fret—there is armour available from God that is bought and paid for with the blood of His Son. Truth, peace, a shield (made of faith), and a helmet (made of salvation) make up this armour.

This armour is freely given to those who will enter into

covenant with God through the person of the man Christ Jesus. It is designed to withstand all attacks of the enemy. This armour has a lifetime warranty; sin is the only thing that will void this warranty. If it fails because of sin, you need only to confess your sin and repent. Meet these conditions, and it will remain in full force. The guarantor of this warranty is God, Maker and Creator of all things, who, in His guarantee, could find no one greater—so He guaranteed it Himself:

Hebrews 6:13: "For when God made promise to Abraham, because he could

swear by no greater, he swore by himself," Verse 14: "Saying, Surely blessing I will bless thee, and multiplying I will multiply thee."

In Luke 1:74 he said, "That he would grant unto us, that we being delivered out of the hand of our enemies might serve him without fear,"

Verse 75: "In holiness and righteousness before him, all the days of our life."

To the church: you have armour that can't be taken.

To the world: this same armour is available to you. All you need to do is repent and accept Jesus Christ as your Lord and Saviour. Amen.

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Premier High School-Waco is opening new doors for adult learners through the launch of the TexasWorks program. Designed for individuals ages 18 to 50, this tuition-free opportunity allows adults to earn their high school diploma while gaining job-ready certifications in fields like health-care, technology, and skilled trades.

Under the leadership of Campus Director Lisa Linton, the program offers a flexible, supportive environment that meets adults where they are, balancing work, family, and education. Housed on the same campus as Premier High School, TexasWorks gives Waco-area residents a fresh path to long-term success.

Enrollment is open now for

the 2025-2026 school year. To learn more or apply, visit <http://www.TexasWorks.com> or call Premier High School-Waco at (254)

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for *The Anchor News*

DO YOU NEED AN ALLERGY FIX?

BY JERRY SNIDER

As the owner of All In Health and Wellness, I'm excited to offer a Health Q&A column for the readers of the Anchor News.

QUESTION: Hi Jerry! We moved to the Waco area just a few years ago and it seems the longer we are here, I'm having more and more allergy issues. I've heard Central Texas is notorious for bad allergies. I don't want to move our family again but it's really hard to deal with these allergies. Can you give me any advice on handling allergies? Thanks, Emily M.

ANSWER: Hi Emily! First, welcome to Central Texas! It's a great place to live even though the allergy season can be tough for many people here. There are some things you can do to alleviate some, if not all of the allergy issues in the area. Possibly the easiest poten-



JERRY SNIDER

tial fix is to eat a spoonful of raw, local honey every morning. If the allergies are triggered by pollen, grass, etc. then consuming raw, local honey can help introduce those allergens in a small safe way to build up your immune system to the allergen. When the amount of

pollen in the air goes off the charts, people with allergies start seeing issues. Their immune system is lagging behind and working overtime trying to catch up. If you are constantly introducing small amounts of pollen into your system via honey, it keeps your immune system on guard for when the onslaught comes. It is important that it is local honey because it will be made from the same local pollen that triggers your allergies.

Another potential fix, or at least it will bring some relief, is to use a nasal rinse daily. This will help remove potential allergens from the nasal cavity before they can trigger a response in your body.

For allergies that are more food related, which can definitely be related to a part of the country, you need to look at your overall diet. The root cause of the allergic reaction is often not the actual food that shows up on an allergy test. For instance, a large portion of human beings have a sensitivity to gluten. This means that they have a very slight reaction to gluten but in having that reaction it could bring with it an issue to many other types of foods including milk, corn, peanuts, shellfish, etc. Think of it as gluten is the key that opens the door to the allergic reaction. Oftentimes, someone who tests positive for several food allergies is actually having a sensitivity issue with gluten that's allowing too much of the other foods into areas of the body they aren't supposed to be which triggers the allergic response from the immune system.

Keep in mind with any allergy, it will take a little time for your body to re-calibrate. I

recommend trying an idea for at least 30 days before giving up. Write down with great detail how you feel on day 1 and then compare that to how you feel on day 30. If you don't write it down, it becomes hard to remember exactly how bad it was before you tried to fix it. Just don't give up. Once you find an answer to the allergies, Cen-

tral Texas becomes even more beautiful.

Have a question for Jerry? Send it to jerry@allinhealthandwellness.com. Visit www.allinhealthandwellness.com to learn more about Jerry Snider. You can also purchase his book *Confidence Through Health* on Amazon.

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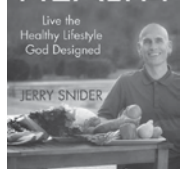
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YOUR CONFESSIONS BECOME YOUR POSSESSIONS, PART 3

**BY EVANGELIST
RUBY MCCRAY**

Continued from the August issue of the Anchor News. To find the previous articles and other subjects, please go to www.theanchornews.org. Click "Archives," and you'll find several years.

Proverbs 18:21 says, "Death and life are in the power of the tongue, and those who love it will eat its fruit." We will either eat the fruit of death by speaking negatively or the fruit of life by speaking positively. This is from the NKJV (New King James Version) of the Bible. Let's see how the NLT (New Living Translation) states it.

"The tongue can bring death or life; those who love to talk will reap the consequences." If you love to talk like I do, say positive things only. Here is the background that leads to the account of the assistant to the king of Israel who made a negative confession and reaped his negative results.

2 Kings 6:24-33, "Some-time later, however, King Ben-Hadad of Aram mustered his entire army and besieged Samaria. As a result, there was

a great famine in the city. The siege lasted so long that a donkey's head sold for eighty pieces of silver, and a cup of dove's dung sold for five pieces of silver.

"One day the king of Israel was walking along the wall of the city, a woman called to him, 'Please help me my lord the king!'

"He answered, 'If the LORD doesn't help you, what can I do? I have neither food from the threshing floor nor wine from the press to give you.' But then the king asked, 'What is the matter?'

"She replied, 'This woman said to me: Come on, let's eat your son today, then we will eat my son tomorrow. So, we cooked my son and ate him. Then the next day I said to her, 'Kill your son so we can eat him, but she has hidden her son.'

"When the king heard this, he tore his clothes in despair. And as the king walked along the wall, the people could see that he was wearing burlap under his robe next to his skin. 'May God strike me and even kill me if I don't separate Elisha's head from his shoulders this very day.' The king vowed.



EVG. RUBY MCCRAY

"Elisha was sitting in his house with the elders of Israel when the king sent a messenger to summon him. But before the messenger arrived, Elisha said to the elders, 'A murderer has sent a man to cut off my head. When he arrives, shut the door and keep him out. We will soon hear his master's steps following him.'

While Elisha was still saying this, the messenger arrived. And the king said, 'All this misery is from the LORD! Why should I wait for the LORD any longer?'

2 Kings 7:1-9, "Elisha replied, 'Listen to this message from the LORD! This is what

the LORD says: By this time tomorrow in the markets of Samaria, six quarts of choice flour will cost only one piece of silver, and twelve quarts of barley grain will cost only one piece of silver."

"The officer assisting the king said to the man of God, 'That couldn't happen even if the LORD opened the windows of heaven!'

"But Elisha replied, 'You will see it happen with your own eyes, but you won't be able to eat any of it!'

"Now, there were four men with leprosy sitting at the entrance of the city gates. 'Why should we sit here waiting to die?' they asked each other. 'We will starve if we stay here, but with the famine in the city, we will starve if we go back there. So, we might as well go out and surrender to the Aramean army. If they let us live, so much the better. But if they kill us, we would have died anyway.'

"So, at twilight they set out for the camp of the Arameans. But when they came to the edge of the camp, no one was there! For the Lord had caused the Aramean army to hear the clatter of speeding chariots and the galloping

of horses and the sound of a great army approaching. 'The king of Israel has hired the Hittites and Egyptians to attack us!' they cried to one another. So, they panicked and ran into the night, abandoning their tents, horses, donkeys, and everything else, as they fled for their lives.

"When the men with leprosy arrived at the edge of the camp, they went into one tent after another eating and drinking wine and they carried off silver and gold and clothing and hid it. Finally, they said to each other, 'This is not right. This is a day of good news, and we aren't sharing it with anyone! If we wait until morning, some calamity will certainly fall upon us. Come on, let's go back and tell the people at the palace.'"

Please join me in September as we reveal the results of the negative confession. 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 rubycorm@yahoo.com or write to: A City of Refuge Ministries, P. O. Box 2025, Waco, Texas 76703.

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WHAT IS YOUR GOAL?

BY MONA DUNKIN

What is your goal for a successful life? Or for a fruitful marriage? For effective parenting? For job fulfillment? For financial security? For wellness? Although most people say they have goals, the truth is, what they have is a vague 'I-want-this-or-that' mentality. Because the object is not specific, you wind up multi-tasking and getting very little accomplished.

In the 60's Harvard University conducted a student survey as to how many people had life goals. All answered in the affirmative. "Yes." After all, they were in Harvard, what would you expect? Then they were asked how many had written these goals down. The responses fell sharply.

Only 3% of the student body of Harvard had a written goal for their life.

Harvard did a follow-up study thirty years later. The results were staggering. The 3% that had written down their goals had accomplished more and had a greater market value than the other 97% combined. Wow. And what had made the difference? It was the power of writing down and clarifying the goals.

As long as your objectives remain vaguely stuck in your head, you run the risk of them remaining a fantasy rather than becoming a reality. It is imperative that you put your goals into writing. Writing down goals pin-points intent, makes the illusive concrete and energizes you to accomplishment.

If you have never written goals before the con-



MONA DUNKIN

cept can seem overwhelming. Here is my KISS plan – keep it simple, sweetie.

One: Get a legal pad and randomly write down everything you want to accomplish in your lifetime. Do not put a time limit on it, a proficiency boundary, financial abilities or the need to receive permission.

Two: Group all of these "want to's" into the following categories: family, financial, career, health, spirituality, community.

Three: Pick one category

to work on for the next two weeks. Ferret through your general "to do" list and select those items that directly apply to the one category you have chosen. Now, for the next fourteen days, focus exclusively on those things. As other issues may need to be addressed, spend minimum time and then get back quickly to your focal points.

You will feel more organized now than you did at the start of this article because order has

been brought to your thinking. You are more focused about what you want and where to start and what to do. As you begin to write down what you want and plan to achieve it, it mysteriously becomes real and attainable.

Get busy. Make your "yes" answer to "Do you have goals" a reality.

Mona Dunkin, *Solution Principles* P O Box 774, Elm Mott, TX 76640 www.monadunkin.com www.monadunkin.blogspot.com

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PASTOR ROBERT CUMMINGS

LANGSTON

CONTINUED FROM PAGE 1

is University. He received his PhD in Epidemiology from the University of Arizona's College of Public Health followed by postdoctoral training in Cancer Prevention and Control at Washington University in the Saint Louis School of Medicine.

Langston describes himself as a "huge politico" who enjoys Warriors games and playing tennis.

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