

# THE Anchor News

## Anniversary & Education Issue

*Celebrating 18 Years!*

**AUGUST 2020**

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Free



### Local citizen celebrates 100 years of life

When Rosetta Manning-Mainor Stone came into this world 100 years ago, parents Arthur James and Myrtle Holmes Alexander Manning were so excited to finally have a baby girl. Born in a small rural community in Leon County on July 20, 1920, Rosetta brought them great joy as they already had three little boys.

When the family moved to Bosque County when Rosetta was six, they discovered that the elementary school was quite a ways from their farm. Thus, Rosetta's Aunt Vernon suggested that she live with her grandmother, Mentha Manning, better known as Big Mama. Big Mama's house was located at 504 Lottie Street in Waco and was truly the place where many Mannings hung out.

Here Rosetta met many more of her daddy's family members. She met Aunt Babe, Aunt Ruth, Aunt Glenn, and Aunt Robin. She also met Cousin Julia Ann, Cousin George, Cousin Walter, and Uncle Cicero. Yes, this was the

place where her education began, as she met many relatives across the years and learned how she was related to them all.

At age six, Rosetta was about to experience many firsts. East Waco Elementary (now Hines Elementary) was her first grade experience. Professor Hines was her first principal, and Mrs. Hines was her first grade teacher. Throughout the years, many teachers took a great interest in Rosetta, motivating her to go even further. As a result, she attended and graduated from A.J. Moore High. Mr. J.J. Wilson was the principal and Miss Ethel Ophelia King was the class sponsor. Com-

mencement was held at New Hope Baptist Church at 915 North 6th Street in Waco on May 30, 1939.

Following her high school graduation, she enrolled in Paul Quinn College but attended only one year. Due to economic factors and limited financial resources, Rosetta left college and worked at the famous Goldstein Miguel Company taking home a weekly salary of \$9.90 with a 10 cents deduction for Social Security.

But times and needs would change. WWII would cause



**ROSETTA MANNING-MAINOR STONE**

See **MANNING**, pg. 3

### Robinson High's 2020 salutatorian shares pointers for success

"The best resource you could possibly utilize is your teacher," said Mariana Pinilla, this year's senior class salutatorian at Robinson High. "If you don't understand something," continued Pinilla, "simply ask, and your teachers will help."

This has been Pinilla's philosophy, since she set her goal some years ago, on being the 2nd in her class. "That's what they are there for, your education. Some of the classes I did the best academically were the ones where I got to know my teacher and asked questions often."

Pinilla is a self-proclaimed hard worker, calling herself "an 18-year old kid who values hard work and drive," and her achievements speak for themselves.

Born in Cali, Colombia in 2002, she and her mother, Adriana, moved to the United States when Pinilla was just four years old. Her father, Walter, was on active duty in the Navy and was stationed in Gulfport, MS. They moved to Waco in 2012, and according to Pinilla, she considers Robinson her hometown.

"This is where I grew up, where I have made many great memories and learned a lot of life's lessons."

But it wasn't until her sophomore year at RHS that she met her best friend, Hannah Chudej. A positive and fun person to be around, Chudej, said Pinilla, has been through many tough things in life. "Her courage, strength,



**MARIANA PINILLA**

and optimism have helped me become a better person. She has made such a positive impact on me, and I thank her for being one of the biggest motivators in my life."

During Pinilla's freshman year, she was ranked 8 out of 165, but she improved that during her sophomore year. Finally achieving the rank of 2 out of 165, she felt motivated to work even harder to maintain that position. "Being the salutatorian was my top goal throughout high school, and I made that my top priority."

Pinilla was very active in school life. To be successful in high school, Pinilla practiced several strategies. For studying, she always created quizlets to focus on what she needed to absorb. She learned time management and self-discipline.

During her senior year, she strived to be a leader and make her mark on Robinson High School. She

See **PINILLA**, pg. 6

### WISD teacher making her mark

Savannah Jones, a single mother of two boys, is relatively a newcomer to Waco ISD but she is not new to the fine arts world. She is the daughter of the late Loretta Kirven Jones, a beloved Waco ISD educator, who introduced Jones at a very young age to theatre. Jones says she became a teacher because she was able to see how much joy and inspiration her mother bought to the job and to her students.

"To this day I have people come up to me and say how wonderful my mom was and



**SAVANNAH JONES**

how she inspired them to be who they are."

Jones is quick to state that her mother sparked the flame in her path of education. "My mom was an inspiration and a role model to her students and that's what I want for my career to inspire my students to be their best selves no matter the predicament."

In the six years that she has been in the Waco ISD family, she has brought passion, tenacity, and hard work to every-

See **JONES**, pg. 2



Photo by Any Given Day Photography

### J.L. AND LINDA CRAWFORD

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

## Importance of virtual learning environment for students

BY W.B. GUNTER

One component of educational success is the space where learning happens daily. The learning environment should be structured, free of clutter, and a safe zone for uninterrupted thinking. When home is where the classroom is, then school space needs to be well defined.

To be ready for day one, you should show up on time, dressed, and ready to take a picture of that first day. Consider what your teacher, and maybe classmates, see from their view of you. What's behind you? That's what others see. Let's make it look more like a classroom. Close off areas of your space that do not look like a classroom. If you're specializing in culinary arts, consider a place with a visible cooking area. If your study area is by a wall or doorway, you may want to cover it using a presentation board, shower curtain, poster board, partition, empty shelf, or plywood.

Now that you have cho-

sen the area and a backdrop, the next step is decorating. On your background, include your first name. It will help with attendance and helps your teachers and classmates put a name to a face. Include certificates, awards, hobbies, things you did over the summer, and of course your favorite subjects. Be creative. If you like planets, make your background look like an astronomical screen saver. If you like sports, add sporting nets, shoes on boxes, or you in a game. If fashion design is your thing, create a background made of fabrics, textures, and embellishments. Add books that are relevant to your interests on a shelf or table. If you volunteer, participate in social causes, proudly show them off on your board. Add words describing who you are, what you believe to be true, and goals. Just as a bulletin board in a classroom sets the tone and expectations, so will your learning environment. Do the same for your learning space at home. What you put on your board or backdrop says a lot about who you are, what's important to you, and how you define your classroom space at home.

Have a designated area for your supplies. If you use a backpack for school, then get in the habit of having one with you, and put it away while you are in class. When the class takes a break, then you take a break. In the event you decide to transition to face to face classrooms, you will have an easier time adjusting. Keep the supplies



W.B. GUNTER

you will use within reach.

Creating an area for class instruction for virtual learning serves multiple purposes, one being privacy. When

the computer screen is in view of you and areas around you, others can see it. It is the equivalent of inviting that person into your home and the area of your personal learning space. The space is like your office. It's where you work. As I said before, it sets the tone for learning. The things you leave at home during school should be left out of your learning environment during instruction time.

When classes are finished, clean up before you leave the area, fold or put away your backdrop if possible, and organize it for the next day. Make changes as often as you like. Have a wonderful, safe year, and be the decisive, intelligent, participating student that you are.

## JONES

Continued from page one

thing she does as a teacher. As fine arts teacher, she has taken a theatre program from near death to success. Her program has become a major force in the community and local competitions. The past school year alone, Jones's theatre troupe won first place in the local UIL One Act Play competition, which has never happened at that school before. Jones was also a first year coach, leading volleyball and basketball to the championships and with all these successes, it helped her garner MS Coach of the Year.

Yes, this single mother is at the top of her personal game and for the school year 20-21, she is moving up to the

high school level to spread her magic to former and new students at Waco HS.

Those who know Savannah Jones often wonder about her secret to success when it comes to young people. Jones says it can be narrowed down to a simple quote which has become her mantra for life. She can't remember where she saw this post, but it stuck.

"I facilitate thinking, engage minds, encourage risk taking, support struggle, cultivate dreams, and listen to questions. I learn every day. I teach!"

It is evident, that Jones enjoys what she does and Waco ISD is better because she is in it!

### MESSAGE FROM THE EDITOR...

## Anchor News celebrated 18 years on August 5, 2020

Happy Birthday to Miss Ann. August is The Anchor News' traditional anniversary and education issue. Celebrating 18 years in the community, this Back to School

tribute spotlights all things education. Of course, you'll hear from our regular columnists too. I hope you enjoy this issue, and thanks for keeping us around for 18 years.

# 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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**MANNING** | Continued from page one

many young men and women to leave home to serve their country, Rosetta included. Through the local Texas Employment Office, Rosetta was hired to work as a dietary aid at a defense plant in Hanford, Washington. As family members looked at a United States map, they faced the fact that she would be a very long way from home. Still, Rosetta left Waco on October 22, 1943, boarding the MKT Railroad train.

It would be during this time that Rosetta would meet her future husband. As faith would have it, Henry Mainor was looking for someone to talk to because he, too, was a long way from his home, Yazoo, Mississippi. Rosetta and Henry became good friends and eventually married on January 10, 1944.

During her time on the West Coast and after having six children, Rosetta decided she wanted a career, so she enrolled in Tacoma Technical College and became a Licensed Vocational Nurse (LVN). And even after adding two more children to the fold, she worked at several hospitals and performed private duty care, before finally retiring at age 79.

The Mainors lived on the West Coast for nearly a quarter of a century. Later, they moved to Texas and lived in Killeen, Belton, and Temple, finally settling in Waco. Henry died in 1995. In 1999, Rosetta later married Phillip Stone, who passed away in 2011.

Rosetta and Henry treasured their children. Of the eight, Rayfer Earle, Charles David, and Reuben Gary are de-

ceased. The remaining five live in Waco and continue to love, honor, and respect their mother, and for her 100th birthday, Henry, Fred (Brenda), Reggie (Tanya), Brenda (Wilson) and Marcia (John) planned a quiet, one-month long birthday celebration. They asked family and friends to send their mom birthday cards, hoping she would get at least 100 cards by July 20, and according to Brenda, they reached that goal long before Rosetta's actual birthday.

Rosetta is blessed with many other relatives. Of her 11 siblings, she has one surviving sister, Lillian Manning. She also has 24 grandchildren, 33 great-grandchildren and 13 nieces and nephews.

This year has been such a blessing to her. Often wondering if she has surviving classmates from that 1926 first grade class and the 1939 high school graduation class, Rosetta is just grateful to be alive.

But what's her secret to a century of living? Rosetta says no matter what she did or where she went, no matter what she

said or what she faced—good or bad, happy or sad, her secret to a long life is really simple: "I always put God first."

# RASHAD "Chip" Davis

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## Burns starts Think Learn Play

Meet Charra Burns, a mother, wife, educator, and rising community activist. During this pandemic, she started a business offering products and services. Products include sensory learning boxes and Brilliant and Brown Skinned t-shirts. Her services include virtual and one on one tutoring.

Having so much success with her Facebook group, Adopt a Kinder Central Texas, she decided to create another parent group, but this time for her business, Think Learn Play. After being named "Business of the Week" by Black Owned Businesses of Waco, Texas, Burns received more exposure and parents throughout the city are showing great interest in what she has to offer.

She has even received out-



**CHARRA BURNS**

of-town orders from other Texas cities and out-of-state orders from Michigan, Georgia, and California. To learn more about Charra Burns' business, Think Learn Play, visit her website at [www.thinklearnplay.com](http://www.thinklearnplay.com) or go to [support@thinklearnplay.com](mailto:support@thinklearnplay.com) to send her an email.

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**Why I'm Running**

I am running for the Waco Independent School District School Board At-Large, Place 6 position as a parent and partner of the district who believes in the students, teachers and administrators. I will bring fresh eyes and a new fresh vision. I want the community to know that I will be a strong advocate who supports them to ensure that Waco ISD will be successful and excel in every arena of education. More importantly, I will spend time investing into the families to elevate the district as a whole.

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- Secure and Safe School Environments

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## Meet Avra Merritt

As a motivated educator, Avra Merritt began teaching in 2014. Her background in accounting and marketing came to an end when she desired to become more of an influence and support to our youth. Choosing a field commensurable with what she had spent over 20 years working in, math was the perfect subject to teach. Merritt holds her certification in 4th-8th Mathematics with a Bachelor of Science in Interdisciplinary Studies in Mathematics.

In addition, she wears a number of other hats. Serving Waco ISD at Indian Spring Middle School as the Girls Athletics Coordinator, Merritt coaches volleyball, basketball, track and soccer throughout the year. She is also a leader in Alpha Rho Sigma Chapter of Sigma Gamma Rho Sorority, Inc. as Anti-Basileus and advisor to Xi Chi Baylor Undergraduate Chapter.

With Merritt's leadership qualities, she has been able to help students show impeccable progress in closing gaps. Her attitude imparts flexibility, high ethical standards and self-motivation to reluctant learners. She displays ambition in her commitment to each child's success, while catering to his/her individual learning styles. In the



**AVRA MERRITT**

coaching realm, Merritt does more than train student athletes for a particular sport. Even though she has won multiple volleyball championships, she accredits it to the relationships she has built with her players. She focuses on life lessons to develop positive, driven, leadership in these young ladies, which in turn helps them build self-confidence. She also provides them support in all areas of their lives. It is her goal that each athlete understands that academics bring opportunities to expand their horizons, thus creating an unbreakable bond fostered by encouragement, nurturing, motivation and positive influence. Merritt may appear fierce, blunt

and demanding, and she is, but with that comes love, praise, being her students' loudest cheerleader and greatest fan!

In her sorority, Merritt continues to touch and influence young women to become selfless leaders and serve in the community. By helping these young women branch out of their comfort zones into the unknown, she directs them to share their talents and wealth of knowledge to other young ladies in the community. Merritt emboldens the ladies of Xi Chi to cultivate others in taking a stand for themselves and their communities through civic duty. In her eyes, it is imperative to educate, just as the founders of Sigma Gamma Rho Sorority, Inc. did when they started in 1922.

In conclusion, Merritt's philosophy is from an excerpt written by a sorority sister: "In education. I bear the torch that enlightens the world, fires the imagination, feeds the flame of genius. The school is my workshop. There is where I stir ambitions, stimulate ideas, forge the keys that open the doors to opportunity. I am the source of inspiration. I am an irresistible power that represents education." -- Soror M. Hammond

## Meet Dr. Tyrha M. Lindsey-Warren

Dr. Tyrha M. Lindsey-Warren is a Clinical Assistant Professor of Marketing at the Hankamer School of Business at Baylor University. At Baylor, Dr. Lindsey-Warren teaches advertising and digital marketing and is the founder of the Baylor Business Advertising Summit. Dr. Lindsey-Warren also has over fifteen years of experience working in marketing and public relations in the corporate, performing arts, entertainment and non-profit arenas such firms as Quincy Jones\*David SalzmanEntertainment, NBC, Creative Artists Agency, Alvin Ailey American Dance Theater and UniWorld Group. She is also the Founder and Producer of the Waco Family & Faith International Film Festival.

Dr. Lindsey-Warren speaks nationally on the topics of cross-cultural marketing and communications, multicultural fundraising, effective communications and leadership. Her research streams are rooted in empowered storytelling, multicultural media and advertising, "health education," emotional contagion (Word-of-Mouth) and movies. Dr. Lindsey-Warren is a published Consumer Behavior Scholar with academic articles that have appeared in the Journal of Advertising Research, the Journal of Cultural and Marketing Strategy, the Journal of Academic Marketing Education, and in the book, "Entertainment Values," published by Palgrave UK.



**DR. TYRHA M. LINDSEY-WARREN**

Dr. Lindsey-Warren received her Bachelor of Science in Radio/TV/Film and a certificate in Musical Theater from Northwestern University in Evanston, Illinois. She also has a Masters of Business Administration, with a concentration in Marketing, from the Peter F. Drucker School of Management at Claremont Graduate University in Claremont, California and a PhD in Marketing from Rutgers University in New Jersey.

In her spare time, Dr. Lindsey-Warren sings jazz professionally and has opened for GRAMMY award-winning jazz musicians, Kirk Whalum, Jonathan Butler and Pieces of a Dream, to name a few. Dr. Lindsey-Warren is married to Sidney Warren, a successful entrepreneur, and both are new to the Waco community.

### 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."

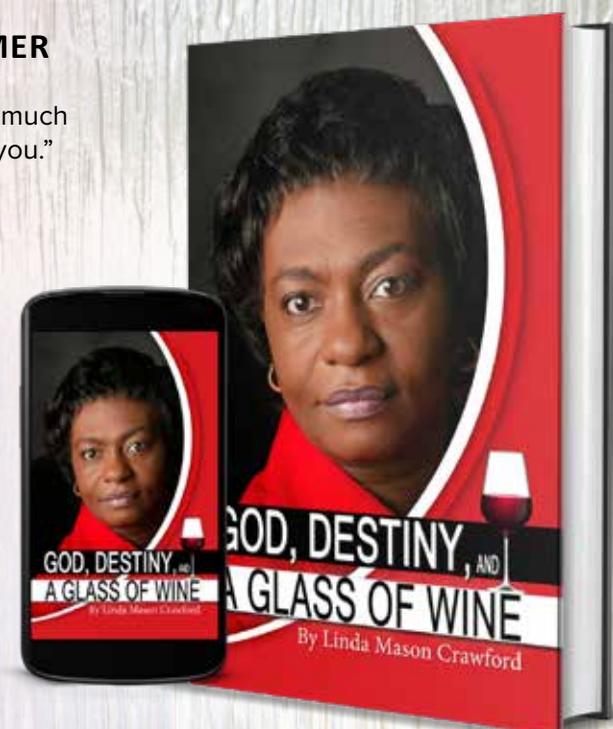
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### 5.0 OUT OF 5 STARS | EXCELLENT BOOK

*(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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## Home office decor tips

SUBMITTED BY  
LINDA MCDONALD

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

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

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

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

**Go Green(ery).** Adding plants or flowers to your workspace can increase your happiness and your



LINDA McDONALD

willingness to spend time in your office. Consider populating the office with plants that don't need water every day, in case you prefer to disconnect from all things work-related on the weekends.

**Smart Storage.** Install magazine racks or wall shelves to declutter your space. Is your home office a converted guest bedroom? Add shelves and drawers to the closet space to decrease the need for storage in your main workspace. Join me next month when I talk about making your home safe.

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

## Curl heads to Midwestern State

Recent La Vega High School graduate, Javon Ivan Curl, is the son of Daryl and Latonia Curl of Waco. He is a member of the Greater Shiloh Missionary Baptist Church where he was the youth department presidential deacon in training and was also a senior choir member. Curled joined his family and friends every Sunday morning because loves his church.

Part of a number of organizations and activities, he participated in the Early College High School Program, the National Honor Society, the Project Link and Acid Program and the Robotics Club.

Curl was also very active in sports. He was a three-year letterman on the 2018 State Champion football team and was among the 2019 state qualifiers of the La Vega Pirates. In January of this year, he was chosen to play on the offense and defense All American Senior Bowl in Miami, Florida.

Curl believes in staying active. "I am a hard-working man, and I do anything and everything to keep me actively mov-



JAVON IVAN CURL

ing around." For four years, he worked at the local skating rink in Bellmead and now he works at the local Walmart. When he is not at Walmart, he is working out to stay in shape for football.

"I have a passion for football," says Curl. "I always have and always will."

After several college visits and tours, this fall, Curl will continue his education at Midwestern State University in Wichita Falls, TX. He will play football, major in biology and minor in psychology.

## Waco NAACP announces new scholarship

BY DR. PEACHES HENRY  
PRESIDENT OF  
NAACP, WACO

The Waco NAACP is pleased to announce a new scholarship. The George Floyd murder has awakened many to the reality of police brutality toward African Americans in our country. In light of this awakening, individuals have chosen to help support the African American community in its mission to ensure that Black Lives Matter. Many have decided to stand with us by funding the academic dreams of African American young people. "We are certainly grateful for the outpouring of support from local donors for this scholarship that will assist with the financial responsibilities of a local high school graduate," said Jocelyn Pierce, Waco NAACP Education Committee chairwoman. The new scholarship is the Rev. Robert L. and Mrs. Elwayne Y. J. Gilbert Scholarship.

The Rev. Robert and Mrs. Elwayne Y. J. Gilbert Scholarship will honor the Gilberts' threefold passions: ministry, public education, and civic activism. The inaugural scholarship will be awarded in Spring, 2021. It was initiated by faculty and friends of the Baylor University Religion Department as a tangible way to support the mission of the NAACP in McLennan County. The Robert and Elwayne Gilbert family joined with the faculty and friends of the Baylor Religion Department to fund the scholarship, which will be an annual thousand-dollar award.



DR. PEACHES HENRY

Rev. Robert Gilbert was the first African American graduate of Baylor University. A student at Baylor from 1965-1967, he graduated with a Bachelor of Arts in 1967. He also attended the Baylor Graduate School of Religion from 1970 to 1971 and accomplished another first by becoming a staff member of Baylor's Upward Bound program helping high school students become academically and socially prepared for enrollment in Baylor and other colleges. In yet another first, Gilbert was the first African American teacher assigned to a formerly all-white school in the Waco Independent School District (ISD). In 1976, he was the first African American elected to the Waco ISD School Board. Another thing to note regarding Gilbert's legacy is that he was the first African American Baptist pastor in Waco to license a woman to preach.

In 1965, Elwayne Y. J. Gilbert graduated from G.W. Carver High School. She earned a Bachelor of Arts

Cum Laude in elementary education and English from Paul Quinn College. After graduation, she worked in the Model Cities Concentrated Employment Program, which trained minorities for career placement. Following this position, Elwayne taught in Waco area schools and for two years in Coolidge ISD. She also served as assistant director at a neighborhood daycare center. She is a life member and Cultured Pearl of the Alpha Rho Sigma chapter of Sigma Gamma Rho Sorority, Inc. In February 1969 Elwayne married Robert Gilbert. Due to Rev. Gilbert's series of health challenges, she became his primary caregiver and ministry supporter. The Gilberts served as the first family at Carver Park Missionary Baptist Church for twelve years.

"We are pleased to honor two such outstanding servant leaders, educators, and activists through the establishment of this scholarship," Waco NAACP president Dr. Peaches Henry declared. We welcome the friends and faculty of Baylor's Religion Department as allies in the fight for social justice of which a crucial weapon is education. "The ability to stand for right is engraved in all of us. We are thankful to those who stand with us by funding this new scholarship," declared Lovie Langston, chairman of the Waco NAACP Scholarship Committee.

Individuals wishing to join the Waco NAACP, may do so by using PayPal or CashApp (\$WacoNAACP) or mailing payment to P. O. Box 20511; Waco, TX 76702.

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## Killeen author, Nanetta Brooks, releases new book

Nanetta Brooks's newly released book *To God be the Glory* is an inspiring memoir of a brave woman who survives unforgettable tragedies in her life. Christian Faith Publishing says the book "is a heartfelt account that motivates the readers to be strong, for they can always serve whatever battle they may face.

According to the summary, *To God be the Glory* is a compelling reminder that everyone should be brave in battling the tricks of the

devil. The author, from Killeen, Texas, is a brave female survivor of a brutal killing.

Brooks writes, "This is the true story of how women of strength and courage can be survivors of attempted murder and suicide."

Dealing with death and rough roads to travel for survival, the author perseveres despite the struggle and stumbling blocks designed to deter her.

Women have been fighting to keep things together



NANETTA BROOKS

for years, explains Brooks. She continues that women have to put up with attitude changes and people with split personalities, but the author finally looked death in the eye in the midst of her storm. Brooks desires to use her tragedy to help other women discover their inner strength. She encourages them not to give up and to use their God given talents to recognize satan's tricks.

Brooks admits that being abandoned can cause some to become selfish, bitter, resentful and angry. People

pass on the same attitudes from generation to generation, she says. "But I am an overcomer. I am proud to be a survivor"

Purchase *To God be the Glory* at Amazon, Barnes and Noble, and Target's. For a signed copy, purchase from the author who will gladly autograph your book.

Christian Faith Publishing, the publisher, says *To God be the Glory* is a motivating narrative that urges the readers to see themselves as strong and brave people as they face tribulations in life.

### PINILLA

Continued from page one



**Richard Kruger, Agent**  
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helped organize a winter formal for the students. "I am very glad I was a part of organizing this since we didn't get a prom this year."

Her time management and self-discipline skills became two of her most prized possessions as she navigated her activities. She was the president of Robinson's NHS organization, the vice president of HOSA where RHS held blood drives and competed in the HOSA competition in Fort Worth. She was the secretary of Student Council where students volunteered at various events in the community.

Pinilla explained that participating in these organizations helped her stay involved in the community and gave her opportunities to make memories that she will hold in her heart forever.

Pinilla believes high school students can pave the way for their own success. Repetition studying is hands down one of the best ways to study, she advises. "If you see and study the same concepts over and over, it makes it easier to remember the content."

She emphasizes using resources such as Khan Academy and YouTube to understand certain concepts

better, and of course, most importantly the teacher. "Don't be afraid to raise your hand and ask. Be bold, courageous, and focus on your education before you focus on what other students may think about you."

Pinilla believes probably the most important thing to have is a planner. "A planner will be your best friend when it comes to staying organized. High school is a time of full schedules and many extracurriculars. Because of these activities, staying organized and learning time management is very, very important."

No one wants to show up to chemistry class and "be surprised by an exam that you're not ready for. Time management is a skill that you will need for the rest of your life. Learn it early and be the best student you can be."

Pinilla plans to attend Texas A&M in College Station majoring in biochemistry, hoping to become an orthodontist.

She gives her family and friends credit for her achievements. "I want to take this opportunity to thank my family and friends. I would not be the person I am today if it weren't for them."

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## Apply for a vote-by-mail application now

BY LINDA JANN LEWIS

The coronavirus pandemic is running rampant across Texas causing voters to worry about getting infected when they go to vote in person in November. And in recent days, the voting process has been further threatened by the prospect of the United States Postal Service being unable to deliver ballots in time for them to be returned by the required date of the day after Election Day. Considering both these worrying circumstances and disinformation that has been circulating, the Texas State NAACP and the Waco NAACP want to provide correct information and dispel any uncertainty surrounding the vote-by-mail process. "If ever there was a time that voters need trustworthy and clear information about the electoral process, it is now," declared local chapter president Peaches Henry. "The Waco NAACP intends to be that trusted source," she continued, "starting with the mail-in/absentee ballot process." In line with that promise, the Waco NAACP has some crucial advice for voters: Request a vote-by-mail/absentee ballot application. NOW!

Some eligible voters—those over 65 or disabled—may have already received applications. If they have received applications, voters should immediately complete and return them to the Elections Office. If they have not received an application, voters may request a vote-by-mail/absentee ballot application by calling: 254-757-5043.

Individuals who are eligible to vote by mail should request a vote-by-mail/absentee ballot application immediately. Voters must request an application for a ballot from their local elections office. Because of the pandemic, it is urged that they do so immediately, so their application is not received late because of a mail delay. Voters should also return their ballot as soon as possible after they receive it because of similar mail delay concerns as those that occurred in Wisconsin in April and because of a Texas Election Code rule that requires that the local elections office receive absentee ballots at their office by 5 o'clock the day after the election.

Voters should begin the process of obtaining a vote-by-mail/absentee ballot now, because election offices are



LINDA JANN LEWIS

getting swamped by requests for vote-by-mail/absentee applications for November's election. Getting the application and returning it to the Elections Office will be a lengthy process. Getting ballots mailed to voters will take longer than in past years, so voters want to get in line to receive their ballots as soon as possible. Requesting their vote-by-mail application early will also help voters troubleshoot issues with their registrations. It would be a travesty to learn of problems with their registrations on Election Day.

Those who are eligible to request a vote-by-mail application and vote absentee include: voters who are 65 years of age or older by Election Day, voters who will be absent from the county during early voting and on Election Day, voters confined in jail but are eligible to vote, and voters who are disabled. Concerning voters who are disabled, Chapter 82 of the Election Code says if a voter has a sickness or a physical condition that is likely to do harm to her health if she votes in person, then she is entitled to vote absentee.

The Texas Supreme Court has recently ruled that we voters make our own individual decisions about whether we have a physical condition such as the Covid-19 underlying conditions listed by the Centers for Disease Control. The Supreme Court also held that election clerks have a ministerial duty to accept a voter's request for an absentee ballot and they have no discretion to question, challenge, or deny a voter's request to vote by mail because of the disability that is the basis of their concern.

As one Texas Congressman has communicated to her constituents, this is a most important opinion and

decision: "The application form provided by the Secretary of State requires only that voters check a box indicating whether the reason for seeking a ballot by mail is a disability. The voter is not instructed to declare the nature of the underlying disability. The elected officials have placed in the hands of the voter the determination of whether in-person voting will cause a likelihood of injury due to a physical condition."

"After the 2020 uprisings, African Americans must move from protest in the streets to power at the ballot box to policy through legislation," proclaimed Henry. "Voters must know their rights, because many, some in our own government, are prepared to suppress and deny our vote by any means necessary." The Waco NAACP is committed to making sure that voters are aware of their legal voting rights.

Elsewhere in The Anchor News, voters will find an election flier that the Waco NAACP Political Engagement Committee recommends they clip or photograph with their phones. Voters should follow the Waco NAACP on social media for trustworthy information on the 2020 elections.

Individuals wishing to join the Waco NAACP, may do so by using PayPal or CashApp (\$WacoNAACP) or mailing payment to P. O. Box 20511; Waco, TX 76702.

If you have trouble getting your absentee ballot or have other election concerns:

Please inform the NAACP if you receive any harassing or annoying calls seeking to inquire about any application that you make for an absentee ballot. You should talk with the NAACP before you respond to any such inquiry that seems to go beyond verifying what is on the absentee ballot application. And if you go to vote in person and feel that it was unsafe or that there was bias, hostility or other irregularity, the NAACP is asking that you call and inform them about this as soon as possible. You may file a complaint on their website at [txstatenaacp.org](http://txstatenaacp.org) or call the State NAACP office at (512) 322-9992 or (512) 985-9151. Locally, call Linda Jann Lewis at (254) 754-7001.

Linda Jann Lewis is a Chairwoman of the Waco NAACP Political Engagement Committee and a former McLennan County Election Administrator.

## It's just a thought

BY MONA DUNKIN

You are going through your day when something triggers a stream of disagreeable thoughts – anger, resentment, lack, criticism, fear – or the thoughts as easily could be pining for reconciliation, preparing for an upcoming event, or taming a huge to-do-list.

How do you handle it? Do you go to a dark place? Would you like to see things differently? Would you like to identify, reframe, resolve, and smile as you go on your productive way?

More than likely, the critical thought is something you had pushed down, maybe in fear of not knowing what to do, or dread of how long it will take, or to abandon completely. Your creative mind brings it back to your right now conscious thinking so you can be accountable. Your thoughts become negative and stress producing when they are discounted.

What do you do?

Stop Immediately. Pause. Breathe. Talk yourself down. Beating yourself up does absolutely no good; plus it compounds your stress. Gently acknowledge the thought. Talk to the thoughts. "Thank you for reminding me of this pressing issue." "I can handle this." "I'll take the high road." "I'll do what I can to preserve this relationship."

Know that your Creative Mind listens in on your self-talk and gently asks, "How can I help you with that?" In that moment of pause, allow your brain chemist to organically drop calming chemicals into your system. Relax as you take pen and paper to jot down positive loving ideas as to what, when and how. You just gave your creativity a task to decipher.

"The faintest ink is better than the most retentive memory." Mary Kay Ash

Get back to the business at hand while trusting and allowing your creative mind and wisdom heart to problem solve for you.

Next time you think you have been misunderstood, violated, or you have a huge to-do-list – or whatever it is you want to fix - check and see if the sky has turned cloudy or the sun has stopped shining. If not, you will probably make it through this. Do not allow yourself to fall down the Alice in Wonderland Rabbit Hole. Lewis Carroll wrote, "She (Alice) generally gave herself very



MONA DUNKIN

good advice (though she seldom followed it.)"

Give and follow your wisdom heart. When those shoved down thoughts jettison you into the RIGHT NOW, give yourself another thought. A calmer thought. A saner thought. A healthier thought.

DON'T COPE. OVERCOME. Think about these things.

- Give yourself room to grow
- Take yourself out of the middle

- Witness you from a balcony position – not to look down on, but to see all sides with more clarity

- Be aware of negative identity thoughts and reframe – "I'm learning." "I used to think that way."

- Know that you are enough - you are enough, you have enough, you do enough. Be okay with that.

- Find a way to be kind and accept regardless of rather than because of – as is, warts and all

- Find an honorable way to release your ideal caricature expectation

- Respect without dismissing, ignoring, or trying to change another's quirks

- Be willing to make reasonable concessions

- Develop communication skills of speaking your truth as well as listening to understand

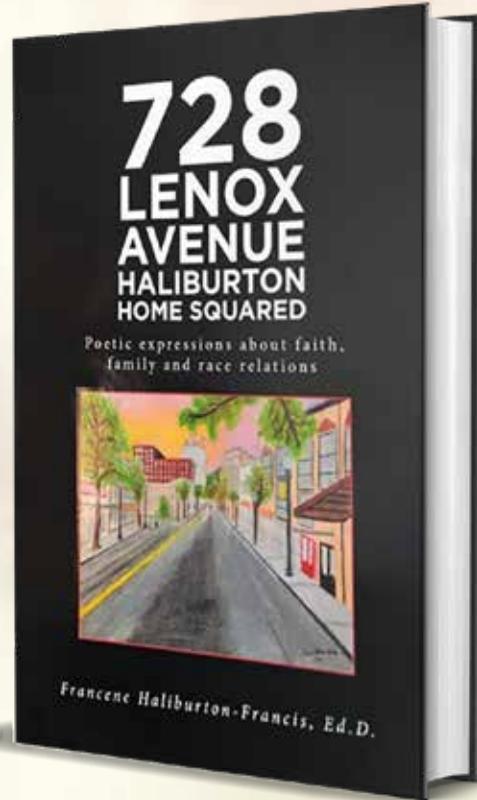
- Become aware how you may be demoralizing another to make yourself look good

- Know that being "right" gains nothing and deepens the separation

Invite Mona to speak to your group. Whether business, organizational, civic or faith-based, you will be entertained with her humor, challenged by her gift of uncommon insights and motivated by her thought-provoking poems. [monadunkin@gmail.com](mailto:monadunkin@gmail.com) [www.monadunkin.com](http://www.monadunkin.com) Call today 254-749-6594.

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ATTORNEY DEANDREA PETTY

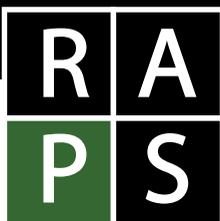
When she is elected Falls County District Attorney, Petty will work hard to ensure the public is protected, victims’ rights are protected, and defendants’ Constitutional rights are protected. She knows that the Oath taken by the District Attorney is to see that Justice is done, and not just to obtain a conviction. That is what she plans to do—seek out Justice.

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DeAndrea “Missy” Petty as your 2020 Falls County District Attorney. Your support is greatly appreciated.

For more information about DeAndrea “Missy” Petty and ways to support her, go to <https://www.deandreamissyforda.com/>. To make a contribution to her campaign go to <https://secure.actblue.com/donate/pettyfallscoda>. Again, your support in anyway, volunteering, monetary, and of course voting is greatly appreciated.

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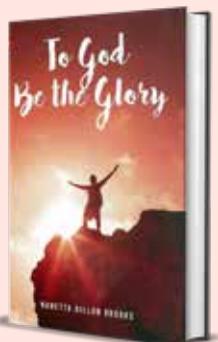
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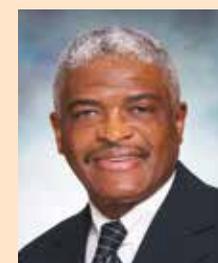
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**Call 254-757-5043 for an ABSENTEE BALLOT APPLICATION.**

**CALL THE NAACP FOR HELP.**

Call Linda Lewis if you have questions or complaints (254-754-7001). You may also file a complaint on the Texas State NAACP website at [txstatenaacp.org](http://txstatenaacp.org) or call their office at (512) 322-9992 or (512) 985-9151.

# Nine questions every tenant should ask

SUBMITTED BY J.L. CRAWFORD, SENIOR MANAGER

(From Legal News, Issue 9, Vol. 4 July 2015) Before you sign a lease for a home or apartment it is important to ask the right questions. You need to fully understand your rights and responsibilities under the terms of the lease before you sign. Landlord tenant laws vary greatly depending on where you live. If you need assistance with a landlord tenant matter, call your LegalShield provider law firm and speak with an attorney who is familiar with the laws

in your state or province.

**What are the terms of the lease?** Understand the terms of your lease before you sign. One common mistake renters make is signing a lease without fully understanding their rights and responsibilities. As a LegalShield member you can have an attorney review your lease and discuss it with you before you sign.

**What are my privacy rights?** Landlords are permitted to enter the home to make repairs, show the property to prospective tenants or deal with an emergency. Generally, with the exception of an emergency, the landlord can



J.L. CRAWFORD

only enter the home during normal business hours and must give you notice in advance. This may be subject to change depending upon the language of your lease or the local laws that apply to it.

**Who is responsible for repairs?** Your landlord may be responsible for making repairs in a timely fashion and for keeping the premises safe and in compliance with health and other codes. However, the landlord's responsibility varies depending on the terms of the lease and state or provincial laws.

**Can repair or maintenance costs be deducted from the security deposit?** Generally, the landlord's cost for repairing normal wear and tear cannot be deducted from your security deposit. In many cases damage caused by pets or careless behavior not associated with everyday use can be deducted. Protect your deposit by having a walk through with your landlord to document any preexisting issues before moving in. Before and after pictures may also be helpful if the landlord attempts to charge you for damages you did not cause.

**Is my personal property protected under the landlord's in-**

**surance?** Your landlord's insurance would only cover the home or apartment. You are responsible for protecting your personal property. Renter's insurance offers protection not only for your personal belongings, but also against personal injury claims that occur on or near your rental property. Have your LegalShield provider law firm review your renter's policy prior to signing.

**How is the lease terminated?** Do not break a lease without understanding your rights and responsibilities. In most cases you need to provide the landlord with written notice. Many leases automatically renew if notice is not given. In some rare instances tenants can break a lease without notice, but laws vary and it is important to understand the proper procedure for breaking your lease. If you need to get out of your lease before it expires, call your provider law firm first.

**How long will I need to wait for my deposit to be returned?** Your landlord must return your deposit in a reasonable amount of time. Specific time frames may vary. If you need assistance with the return of a security deposit, your LegalShield provider law

firm can help.

**What can I do to settle a dispute with my landlord?** Never stop paying rent to settle a dispute with your landlord. Even if you have a legitimate claim against your landlord, the landlord may still be entitled to evict you if you do not pay rent. Call your LegalShield provider law firm immediately if you have a dispute with your landlord.

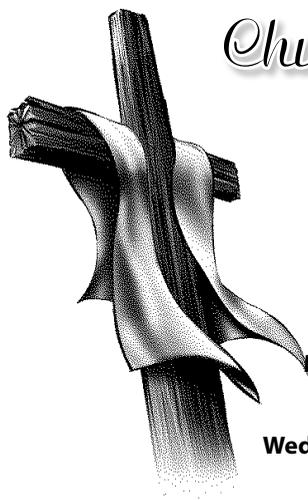
**What happens if I can't pay my rent?** Under most circumstances, your landlord cannot take your property, change your locks or turn off your utilities merely because you failed to pay rent. However, the landlord may be able to file eviction proceedings against you in court. Try to work with your landlord if you are unable to make payment. The landlord may accept a late payment if you notify him or her in advance.

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Linda McDonald, ABR

# How to help improve your immune system with vitamins

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! With all the health issues we are facing with COVID19, I'm working to improve my immune system. What are the best or most important vitamins that I should be taking? Thanks, Janice M.

**ANSWER:** Hi Janice, this is a great question and I'm so glad you are working to strengthen your immunity. It sounds like you already know that a strong immune system is your best defense against any virus.

Part of the reason for vitamin supplements is that we simply don't get enough of the vitamins we need in the food we eat. There are several vitamins which I recommend people supplementing their meals with.

Vitamin D is one that is necessary for several bodily functions and is most easily absorbed from sunlight. Most



JERRY SNIDER

Americans get nowhere near enough sunlight so a supplement is necessary. Vitamin D also aids in the body's absorption of Calcium, so you typically find these two vitamins combined in the same tablet.

Omega 3 is a fatty acid and not necessarily a vitamin but it is a supplement I recommend because of it not being found in proper amounts

in the typical American's diet. You might hear of people taking fish oil, they are doing that to increase their Omega 3. You can also find a Flaxseed Omega 3 if the fish oil tablets upset your stomach.

All the B vitamins are important to both your immune system and your energy levels. It makes pretty good sense that if there is more energy to run on your immune system will run better. You can find these as a part of a B complex vitamin supplement instead of taking each one individually.

Vitamin A, which is found also in dark leafy greens, helps both your immune system and many of your internal organs function properly. Out of all the ones I've listed, this is probably the one you'll have the least amount of issue getting enough of through food.

There is also an enzyme, CoQ10, and a mineral, Magnesium, that I recommend for immune health. You might not hear much about these two specifically in regards to immunity but they are key to proper cell health. Think of

each cell as a fort. If the walls to your fort are strong you are more likely to keep the intruders out. CoQ10 and Magnesium help to build strong cells and cell walls. They help prepare your cell to keep intruders, like viruses, out.

Vitamin C is the most common vitamin you will hear about in regards to boosting your immunity. But as you see there are many other pieces to the puzzle. You can take all

these as individual vitamins or find a multivitamin that includes all of them. Either way, keep working to boost your immunity and stay healthy!

Have a question for us? Send it to [jerry@allinhealthandwellness.com](mailto:jerry@allinhealthandwellness.com).

To learn more about Snider, visit [www.allinhealthandwellness.com](http://www.allinhealthandwellness.com). You can also purchase his book *Confidence Through Health* on Amazon.

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# Local scout completes Eagle Project amid pandemic

Andrew Jones, a senior at Waco High School and a member of Troop 453, has completed his Eagle Scout project, a prayer garden at his church. Jones started the garden in March, but in the wake of a global pandemic, he did not complete it until recently. Originally scheduled to be completed in April, the Prayer Garden came to an immediate standstill after Governor Greg Abbott issued a statewide mandate "to shelter in place" due to the corona virus outbreak.

The Prayer Garden has been one of Jones's goals since he helped a fellow scout

create one several years ago. Once the governor's mandate was lifted, Jones, providing leadership, and with the help of his troop, family, friends, and church members, completed the final stages of his project in July.

He has already witnessed the positive impact the prayer garden has on the members of his church, Second Missionary Baptist,, as well as the surrounding East Waco Community. One such person is his pastor, Rev. Nika Davis. Davis says Jones's "achievement of the rank of Eagle scout is an outstanding accomplishment. His vision,

discipline, and commitment to complete his prayer garden project is a credit to his leadership abilities."

Davis refers to the project as a ministry because the "entire community benefits from this unique space to spend time in communion with God."

Davis's wife, Beverly, agrees. She, too, says the garden represents communion with God. The location of the garden, says Beverly, makes it easy for anyone who needs to spend time with the Lord, to do just that. "Andrew has achieved a major accomplishment in his life that will live far beyond his years on earth. I am delighted to know an Eagle Scout."

Jones's other community activities and school honors are varied. He has worked with church food pantries and was part of Austin Avenue's clean-up project, and he is on an accelerated academic track, taking advanced placement courses at his school. Touting a 3.2 GPA, Jones is a member of the National Honor Society and the A/B Honor Roll. In addition, he is part of LEAD



**ANDREW JONES**

(Leadership, Education and Development Program). The program pairs him with a community leader, who serves as his mentor and provides educational field trips, college tours and exposure to local businesses. Jones is also a proud member of the Waco High Lions football team. After graduation, he plans to

attend McLennan Community College and later transfer to the University of Texas at Arlington or the University of North Texas.

Jones thanks his church, family, friends, and troop for their support. He is especially grateful to his LEAD mentors, Evan Klaras and Brad Ryals of Keith ACE Hardware. In addition, he gratefully acknowledges the contributions of community sponsors: HEB, Bill Haddox Insurance, Phipps Memorial, Lowe's, Home Depot, Westview Nursery, the First National Bank of Central Texas, Pizza Hut and Shipley's Donuts.

He is the son of Patrick Jones, Sr. and Amelia Mornes-Njoku and the grandson of Kenneth and Patsy Jones and Doris Brown. The garden is dedicated to the memory of his paternal great-grandparents, Frank and Evelyn Jones, and maternal great-grandparents, Lee and Victoria Jefferson.

Jones hopes the garden will bring years of peaceful joy and calm relaxation to all who enter its sanctuary.

*Jy Campbell*  
President

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# Americans in bondage

BY MATTHEW REED

The Bible says when a man brings you into bondage, you suffer you, if a man take of you, if a man exalt himself, if a man smite you on the face. For ye suffer, if a man bring you into bondage, if a man devour (II Corinthians 11: 20). Many in the church of America are suffering today. The scripture is very clear when a man speaks of himself and if you are bound by his words and his thoughts, you suffer.

When you lose your freedom to judge righteous judgment, according to the Word of God, you suffer. When you allow men to force you to think according to their ideology, you suffer. When one succumbs



PASTOR MATTHEW AND LADY HELEN REED

to the philosophy of man, you suffer. We in Ameri-

can boast of being free, yet there are very few that are free, especially those of the church. Many suffer anxiety knowing what God has said but are afraid of offending their neighbors or their political party.

That is torment! That is suffering! That is bondage! Knowing that the way of God is right yet succumbing to the thoughts of man, that is suffering; that is bondage. When you are in bondage of this kind, you do not lose your ability to judge righteous judgment. You give up your right to do so. That is suffering. This country has many slaves today, white and black. One has to have Jesus to be free indeed. Grandmother would say it takes more than a notion.

## Doris Miller Memorial Park

DORIS MILLER MEMORIAL PARK, INC. is located at 4800 Bellmead Drive, Waco, Texas 76705. The cemetery is owned and operated by Janice Matthews.

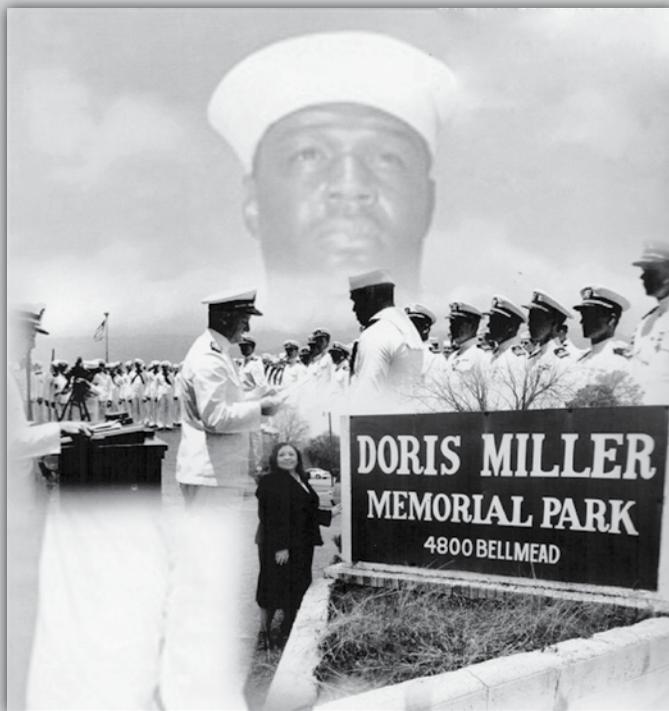
The Cemetery was established in 1949. The first burial was that of Doris Miller's father, Connery Miller. The Cemetery is names in honor of Doris Miller, the WWII hero. It has been under the present ownership since 2001.

The Cemetery is located on 16 acres with 12 garden to serve your needs. Family plots and monuments are available on terms. When you make your selection here, you have paid to the deceased your highest tribute.

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*Rosetta Manning-Mainor Stone*

## Church Directory

### High Point Church



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*Children's Church  
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Hollywood Theater | Highway 84 | Woodway, Texas  
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### Temple of Christ Church

*Matthew Reed Ministries, Inc.*

**Sunday School:** 10 a.m.  
**Worship:** 11:15 a.m.  
**Evening:** 6:00 p.m.

**Monday Bible Study:** 7:00 p.m.  
**Wednesday Prayer Worship:** 7:00 p.m.

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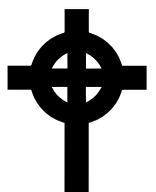


### Temple of Deliverance Ministries



Apostle  
Sadie L. Henderson  
Overseer

**Sunday Worship**  
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**Tuesday Bible Study**  
7:00 p.m.



1121 N. 18th St. Church: (254) 754-2102  
Waco, TX 76707 Mobile: (254) 498-1707

## Walking in divine health and blessings, Part 12

BY RUBY MCCRAY

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

"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers" (3 John 2).

To review the precious articles, please go to: [www.theanchornews.com](http://www.theanchornews.com), click Archives, then the year and finally the months.

I asked in the July issue that you join me in this issue as I begin to prove that it is SIN that gives the devil LEGAL RIGHTS to our bodies, to those of our households, and even to our assets. I mentioned that one of my mentors, Pastor Thurman Scrivner, caused me to begin searching the Word of God concerning this. I'm not saying that ALL sicknesses are caused by sin, because the devil does not play fairly. He'll put a sickness on you undeservingly; but you must know that you don't have to keep it. However, if there is unrepented sin in one's life, the devil has every legal right to cause havoc, because that's what he does. John 10:10

Jesus healed a man who was born blind. His disciples

asked who had sinned, the man or his parents. Jesus said, "It was not because of his sins or his parents' sins. This happened so the power of God could be seen in him." John 9:1-3

Why did the disciples ask this? They knew the Books of the Law, the Torah. There are many passages proving that we would be blessed and wouldn't get sick if we obey God. When some folk don't want to do a certain thing, they argue that it was under the law.

Jesus said, "Don't misunderstand why I have come. I did not come to abolish the law of Moses or the writings of the prophets. No, I came to accomplish their purpose. I tell you the truth, until heaven and earth disappear, not even the smallest detail of God's law will disappear until its purpose is achieved." Matthew 5:7, 18 God certainly did not abolish the Civil and Moral Laws.

"If you will listen carefully to the voice of the LORD your God and do what is right in his sight, obeying His commands and keeping ALL His decrees, then I will not make you suffer any of the diseases I sent on the Egyptians; for I am the



EVANGELIST  
RUBY MCCRAY

LORD who heals you." Exodus 15:26

"You must serve only the LORD your God. If you do, I will bless you with food and water, and I will protect you from illness. There will be no miscarriages or infertility in your land, and I will give you long, full lives." Exodus 23:25, 26

I will not write the following passages, but I'm referencing a few of them for your own private study, for there are too many: Deuteronomy 7:12-15; 28:20-22, 27, 35, 58-61.

Allow me to point out an example of the moral law in the New Testament that was not

abolished. There was a woman who was caught in the very act of adultery. The teachers of the religious law and the Pharisees brought her to Jesus and sat her down in front of the crowd that Jesus was teaching. They told Him that the law of Moses commands that she should be stoned, then asked what did he have to say? He said that anyone among them who had never sinned should throw the first stone. They ALL walked out, leaving the woman. Jesus asked where was her accuser? She told Him that she had none. Jesus said that He neither condemned her; but go and do not SIN anymore. Jesus didn't abolish Moses' law. He didn't say that they couldn't stone her; He said that the sinless one should throw the first stone. Why didn't they bring the adulterous man? John 8 1-11

Here is an example clearly stating that this paralyzed man's sickness was due to sin. He had been at the pool of Bethesda for thirty-eight years hoping to be the first to enter the pool when the water bubbles. Jesus asked him if he wanted to get well. After explaining his dilemma, Je-

sus healed him. Then He said, "Now you are well; so, stop sinning or something even worse may happen to you." John 5:1-15

There's an account of another paralyzed man whose four friends let him down through the roof right in front of Jesus, because they couldn't get through the crowd to the door. When Jesus saw their faith, the first thing He did was forgave the man's sins. Some of the teachers of the religious law said that He had blasphemed. He asked what was easier, to forgive the man's sins, or tell him to walk? He proved that He had the power to forgive sins by telling the man to get up and walk. That, he did, which was a miracle in their eyes. Mark 2:1-12

Please join me in September as we continue to prove that it is SIN that gives the devil LEGAL RIGHTS. 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](mailto:rubyacorm@yahoo.com) or write to A City of Refuge Ministries, P. O. Box 2025, Waco, Texas 76703.*

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## CenTex Spine and Rehab offers full services

Several thousand federal employees are injured every year while working for the federal government. It is frightening to be faced with the prospect of being unable to work due to work-related injuries. Unfortunately, many of these injured federal workers are unable to find a doctor that is experienced in treating DOL-OWCP cases. Qualifying occupations for Federal Workers' Compensation would be those employed by the United States Postal Service, the VA, IRS and any other entity of the federal government. The Office of Workers' Compensation Programs (OWCP) is run through the Department of Labor (DOL) and requires special forms for reporting work injuries, such as CA-1 and CA-2 forms, aggravations to existing work injuries, work status reporting CA-17, and



**THE CENTEX SPINE AND REHAB TEAM**

claims for benefits.

Federal workers' comp doctors must also be able to accurately document injuries, as required by federal law. Therefore, it is important to choose a treating doctor that is experienced in treating DOL-OWCP cases. You'll want an OWCP doctor that not only understands the medical side, but knows how to communicate with lawyers, nurse case

managers, claims examiners, and others that are involved. Choose a doctor who is experienced in treating federal work injuries, let us help you take those first steps towards your health and getting the resolution you deserve.

Dr. Shawn Fyke, owner of CenTex Spine and Rehab, has been serving the needs of the Waco area for 21 years. Alongside Dr. Fyke, his team of physical thera-

py staff, chiropractors, massage therapists, as well as medical Doctor, are committed to providing comprehensive care to aid in the resolution of work-related injuries. Fyke's office staff case managers are experienced with DOL-OWCP paperwork, as well as the authorization process for Workers' compensation benefits.

"If you file your OWCP claim incorrectly, you could be denied your benefits," explained Fyke. "Our expert DOL-OWCP case managers understand that accuracy with the paperwork is vital to the outcome of your case, and we're thorough to ensure that the link between your injury and the incident is clear to anyone that is reviewing it. We will also be mindful of timeframes so that no deadlines are missed that could delay the process."

This collaborative practice surrounds the core standard of providing exceptional care to

those who need it. Frequently, said Fyke, consulting one another to reach a comprehensive plan of care is essential to the improvement of patient health and recovery. "If you, or someone you know, has a work-related injury and is employed by the federal government, CenTex Spine and Rehab is the place to go! Having the piece of mind of knowing you are being cared for by dedicated medical professionals and office staff who have years of experience with all facets of DOL-OWCP cases is priceless."

At CenTex Spine and Rehab, patients are priority. The Federal Workers' Compensation process can be overwhelming and full of uncertainty.

"You do not have to navigate it alone! Our practice is committed to serving your needs and providing support during a time you will need it the most."

## Baylor Journalism, Public Relations and New Media chair shares thoughts on women and race

Dr. Mia Moody-Ramirez is an author, professor, scholar, and the chair of Baylor's Journalism, Public Relations and New Media department. Her extensive research emphasizes representations of women and underrepresented groups. She has conducted research in the areas of portrayal of minority women in the media, reality television, racial stereotyping of women in rap music, the pros and cons of using social media in political campaign, and the continuing stereotyping of a small East Texas town more than a decade after a hate crime there in which a black man was dragged to his death behind a pickup truck.

Early in her career, she and her colleagues concluded that factors such as race, supposed attractiveness, body size and youthfulness function as unfair criteria in the determination of newsworthiness in coverage of missing women. Later, she analyzed the "independent black woman" phenomenon in two 2011 articles titled "A rhetorical analysis of the meaning of the 'independent woman'" [2] and "The meaning of 'Independent Woman' in music". [1]

The articles indicated that the lyrics and videos of male and female rappers portrayed "independent women" differently. Using the concept of intersectionality, my rhetorical analysis combined feminist and critical cultural theories to explore the meanings of the



**DR. MIA MOODY-RAMIREZ**

'independent woman' in the lyrics and respective videos of male and female rappers.

Dr. Ramirez concluded that songs by various artists, corresponding music videos, and viewer comments contained four main messages: wealth equals independence, beauty and independence are connected, average men deserve perfect women, and sexual prowess equals independence. Male rappers were more likely to include messages of beautiful, overachieving women paired with average men, while female rappers focus on their own sexual prowess.

The study of social media has also been a prominent part of Dr. Ramirez's career. In 2009, she offered insight on how Twitter can be used to

teach students. She explained social media has changed the way people live, connect, and do business. In addition, she also explained how it is a good way to improve student participation, convinced that students will be more involved in lectures and lessons if they have a chance to use social media throughout the course. For instance, introverts or shy students are more likely to open up behind a computer screen or the screen of their smart phone.

The Black Lives matter movement has been one of her primary topics of research. "The topic struck a chord in my research because I have two sons. I worry about what might happen to them once they begin to drive and are more independent."

She coauthored two articles on this topic.

After the heated 2016 U.S. presidential election, Dr. Ramirez examined the proliferation of damaged relationships with friends online.

Since the 2016 presidential elections, activism on social issues has been common with some people publicly weighing in for the first time. This is particularly important as millennials are prone to voice their concerns whether it is through social media or other public forums. They increasingly demand social justice.

*Continued in next month's issue of the Anchor News.*



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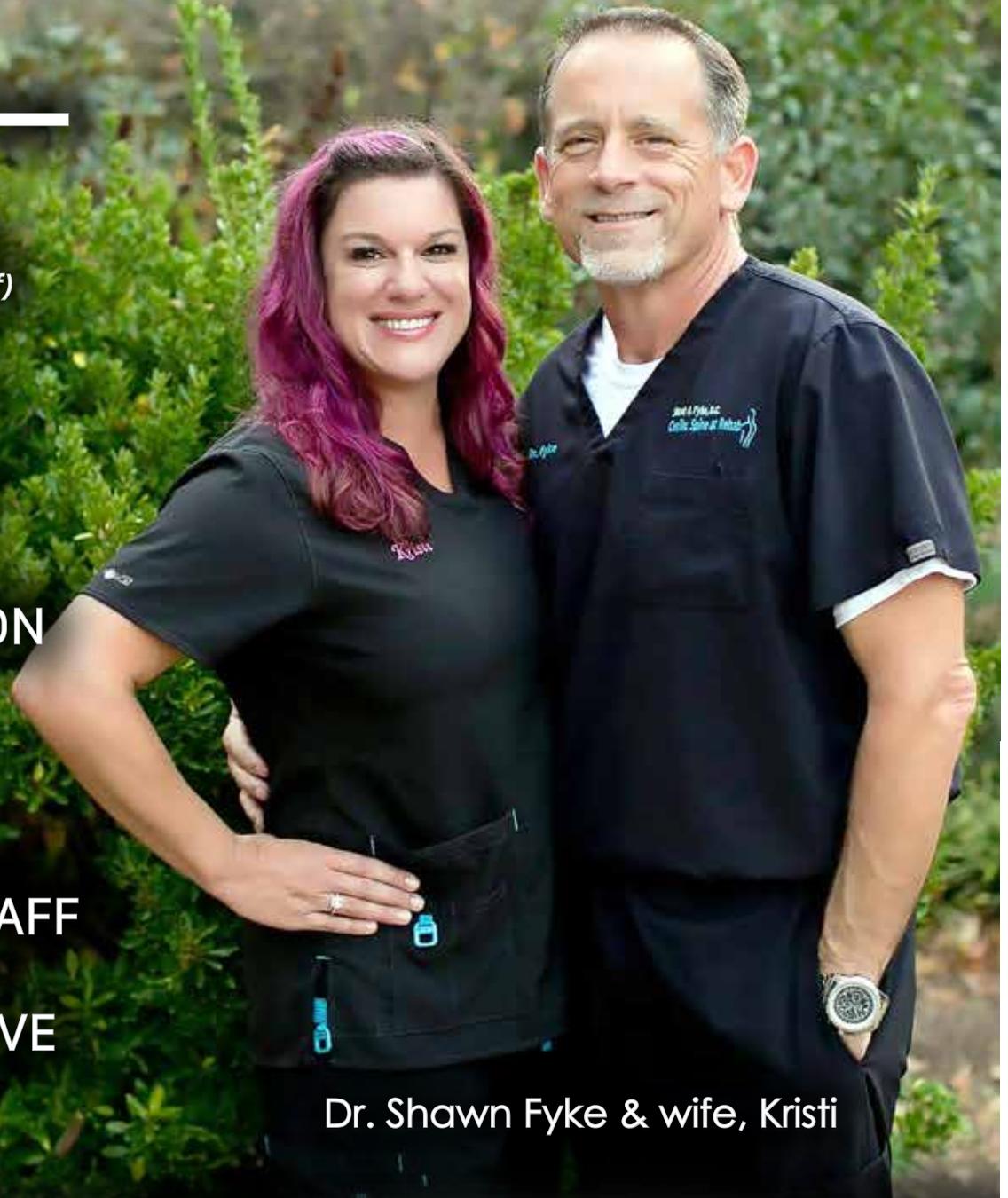
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