

# THE Anchor NEWS

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## A LIFE OF FAITH, SERVICE, AND LEGACY: LARUE GILBERT DORSEY

BY MARGARET IVORY

Born on August 24, 1932, in Waco, Texas, LaRue Dorsey entered a world that offered few advantages. "The day I was born, there were three things wrong with me," she often said. "I was Black, I was poor, and I was a girl." Yet through faith and determination, she turned obstacles into stepping-stones, becoming one of Central Texas' most beloved educators and community leaders.

The eldest of five children, Mrs. Dorsey was raised in a devout, hardworking family. Her father, a minister earning only twenty-five dollars a week, taught his children to trust God and value education. From him she learned the words that guided her life:

"You can be somebody if you choose to—just keep God in your heart and education in your head."



MRS. LARUE GILBERT DORSEY

Mrs. Dorsey attended segregated schools in Waco, where resources were limited and inequality was clear. Still, she excelled. After graduating from A.J. Moore High School in 1949, she earned her Bachelor of Science from Mary Allen College in 1952 and a Master's in Secondary

Education from Texas Southern University.

Inspired by her fifth-grade teacher, who made every child feel special, Mrs. Dorsey entered the classroom determined to do the same. For thirty-four years, she taught in the Waco Independent School District, shaping generations of young minds. When schools integrated in 1970, she transferred to an all-white campus and continued to teach with grace, strength, and love.

After retiring in 1986, she used her own savings to open the LaRue Learning Center, a preschool for low-income African-American children. Her vision was to teach both academics and faith. Each morning began with her students declaring:

"I am somebody. I may be

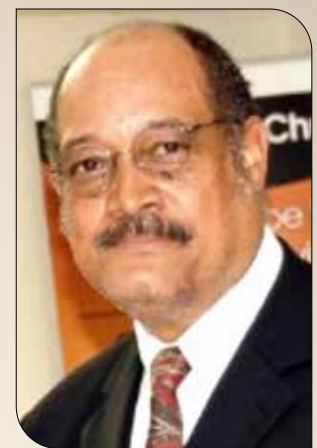
SEE **DORSEY**, PG. 14

## THE LEGACY OF SHERMAN HOWARD, JR.

Sherman Howard, Jr. was born on April 4, 1949, in Waco, Texas, to the union of Helen and Sherman Howard, Sr. He was the only son and the second of four children. Sherman attended schools in the Waco Independent School District and quickly became known for his leadership, kindness, and academic excellence. As class president of his senior class at A.J. Moore High School, he led with integrity and respect, earning the admiration of both teachers and classmates. He graduated with honors in 1967, leaving a lasting impression on everyone who knew him.

In 1969, Sherman married his high school sweetheart, Faye Susan Gayle, shortly before being deployed to Vietnam, where he proudly served his country. Upon returning from military service, the couple was stationed at Fort Riley in Manhattan, Kansas, where their first child and only son, Sherman Howard III, was born. They later returned to Waco, where their family grew to include two daughters, Susan and Stacie.

Sherman's early career began with the Veterans Administration in Waco, where he served as a police officer. He later joined M&M Mars as an environmental services professional, where his dedication and strong work ethic earned him the respect of his colleagues. After many years of loyal service, Sherman retired from M&M Mars, leaving behind a legacy of diligence and excellence.



SHERMAN HOWARD, JR.

Those who knew Sherman remember him as a man who never met a stranger. He had a warm spirit, a quick sense of humor, and a heart that reached out to others. Above all, Sherman was a family man. He adored his wife and children and took great pride in being present for his grandchildren. He lived his life as a giver, always ready to lend a helping hand or share a laugh.

Cousin and lifelong friend to The Anchor News owner, J.L. Crawford, Sherman was faithful in his support of the paper's mission and community events. Rarely did an Anchor celebration, reunion, or banquet take place without him behind the camera. He became affectionately known as The Anchor's official photographer, capturing the faces and moments that defined the community he loved.

Sherman Howard, Jr. is survived by his wife,

SEE **HOWARD**, PG. 10

## THE LEGACY OF ESTHER GAINES BURLESON

BY MARGARET IVORY

After paying \$20 to Grant Funeral Home for Charles's burial, Esther was left with \$80. With remarkable foresight, she entrusted the money to a trusted friend who could "pass" as white to purchase an 80-acre pecan farm for her — a bold and wise decision that would change their family's future.

In South Central Oklahoma, in the midst of the Chickasaw Nation, lived a woman whose life reflected faith, endurance, and determination — Esther Gaines Burleson.

Esther was the granddaughter of Sam and Martha Clemmons Gaines, Freedmen who had been enslaved on a Chickasaw plantation in Carter Coun-



MRS. ESTHER BURLESON

ty. Her grandmother, Martha, was the plantation's main laundress, respected for her strength and skill. From her family, Esther learned the values of hard work,

dignity, and self-reliance.

She later married Charles Edward Burleson, son of Robert and Isabella Burleson of San Marcos, Texas. Robert was the enslaved son of General Edward Burleson, a noted figure in Texas history, while Robert's mother was unknown. From this complex heritage, Charles and Esther built a life grounded in faith and family.

Together, they raised eleven children. The first daughter's mother had died in childbirth, but Esther lovingly called the child "My first baby," a reflection of her deep and enduring love.

Tragedy struck when Charles died of prostate cancer at only

SEE **BURLESON**, 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&amp;A WITH LINDA CRAWFORD—

## RECLAIMING YOUR SHIELD

**BY LINDA CRAWFORD****QUESTION:**

Dear Coach Crawford,  
Lately, I've been feeling spiritually and emotionally drained. I pray, but I don't feel protected or confident like I used to. Life's challenges seem to come from every direction—financial struggles, health concerns, and relationships that feel one-sided. I know God is supposed to be my refuge, but honestly, I don't feel covered. How can I strengthen my faith and truly believe that God's "defense system" is still working for me when I feel so exposed and weary?

—Tired but Trying

**ANSWER:**

Dear Tired but Trying,  
You are not alone in this struggle. Even the strongest believers experience seasons when faith feels weak and the

**LINDA CRAWFORD**

enemy's attacks seem constant. The good news is that these moments do not mean you have lost your protection. They simply mean it is time to re-engage your spiritual defense system.

God's objective, as Pastor Reed reminds us in this issue, is not only to save us but also to keep us secure from the enemy's intent. The key word is secure, not silent. Security does not mean the absence of battle. It means that no weapon formed against you will prosper, as promised in Isaiah 54:17.

When you feel exposed, start by checking your shield of faith. Ephesians 6:16 teaches that faith extinguishes every fiery dart of the enemy. But shields must be lifted. In practical terms, that means your faith becomes active when you speak God's Word out loud, even when you do not feel it. Instead of saying, "I am not covered," begin to declare, "God is my refuge and fortress; I am cov-

ered under His wings," from Psalm 91.

Next, strengthen your defense through spiritual intelligence. Hebrews 4:12 tells us that the Word of God discerns every thought and intent of the heart. The more you feed on Scripture, the clearer your mind becomes about what is real and what is only distraction from the enemy. Spend ten minutes each morning reading a passage aloud and inserting your name into it. This simple act helps you renew your awareness of God's constant protection.

Then, activate your power through alignment. Ephesians 3:20 teaches that God works according to the power that is within us. His strength flows most effectively when we are spiritually connected. If you have been isolated or spiritually tired, reconnect with your church family, a prayer partner, or a faith-filled friend. God designed community to keep His people strong and encouraged.

Finally, remind yourself every day that you are not losing the battle. You are learning to use the weapons God has given you. His defense system is not made of steel or missiles. It is made of prayer, faith, the Word, and spiritual connection. Every time you pray, believe, forgive, and keep moving forward, you are reinforcing your divine shield.

God has not abandoned His post. He still neither slumbers nor sleeps, according to Psalm 121:4. Lift your head, hold tightly to your faith, and walk forward with the assur-

ance that heaven's security system has you completely covered.

—Coach Crawford

## LETTER TO THE EDITOR

**DR. NATHESIA WHITE**

Thank you Crawford Family & The Anchor News for all that you do for the community. You and your publication are changing lives. May God continue to bless you with the vision that He has instilled in you.

Dr. Nathesia White

FROM THE CRAWFORDS...

## REMEMBERING TWO BRIGHT LIGHTS

This month, we honor the lives of two unforgettable souls — Mrs. LaRue Dorsy and Mr. Sherman Howard. Miss LaRue taught us how to live with laughter, purpose, and grace. She was still driving, still shining, still inspiring at ninety-three. Sherman captured life's beauty through his lens,

never asking for payment from family and *The Anchor News*, only offering love and service. Their lives remind us that true greatness isn't in what we have, but in how we give, how we love, and how we let our light shine so others may see God through us. We hope you enjoy this month's 89+ Legacy issue of *The Anchor News*.



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**PURPOSE**

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

**POLICY**

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

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

als reflect the opinions of the editor.

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# CARRIE BROCK: KEEPING ON

BY W. B. GUNTER

Born in the rural South during the aftermath of a national depression, Carrie Brock—the eldest of eight children—quickly learned the value of resilience. In a world where resources were scarce and survival required creativity, she mastered the art of using ingenuity, turning food into medicine, and living fearlessly. Her philosophy, summed up in the timeless phrase “keep on keeping on,” became both her guide and her legacy.

From her mother, a woman of remarkable strength and a can-do spirit, Carrie absorbed lessons that would shape her life: make do with what you have, take pride in your work, and care for what you own and earn. After losing her father to a long illness, these values became anchors that

sustained the family. Through the kindness of neighbors, the support of their community, and the resourcefulness of her mother, Carrie learned gratitude and perseverance—qualities that would serve her well throughout her life.

Growing up in North Carolina, she experienced a region rich in diversity. Each community had its own dialects, culinary traditions, and faith practices, yet family was family—no matter the complexion, geography, or circumstance. The Rosenwald schools of her youth offered students a strong educational foundation and ensured access to skilled teachers. Community members provided meals and helped finance education, believing deeply in the power of learning.

Religion also played a pivotal role during Carrie's ear-



CARRIE BROCK

ly years. Church life was the heartbeat of the community—revivals, choirs, and rites of passage brought families together. As music in worship began to shift from traditional spirituals to more modern

expressions, Carrie's church debated the addition of a piano. Once viewed as a secular instrument, the piano symbolized a new era of church music. Carrie, then a young choir singer, witnessed this transformation firsthand when her congregation finally embraced it.

Carrie's journey continued at Shaw University in Raleigh, North Carolina, where she majored in education and became actively involved in the Civil Rights Movement. Her personal accounts of student activism at historically Black colleges and universities are featured in Brian Suttell's book *From Campus to Counter*. As a young educator, she made history as one of the first African American teachers to desegregate a public high school in North Carolina—an act of courage that reflected her lifelong commitment to equality and education.

Later, as First Lady of Progressive Missionary Baptist Church, founded by her hus-

band, Rev. William H. Brock, Carrie continued her ministry of service. The church began on the campus of St. Augustine College and grew under their leadership. Carrie served as church secretary, Sunday school teacher, board member, and committee leader. She also became a source of comfort and guidance for countless families navigating difficult times. Education remained at the core of her mission, shaping both her church work and her community outreach.

Today, Ms. Carrie Brock remains an active member and trusted consultant at Progressive Missionary Baptist Church. Known for her sharp mind and love of reading, she is often called upon to edit and proofread documents for others—a small example of the dedication and excellence she has demonstrated throughout her life.

Through every challenge and change, one truth has remained constant: Carrie Brock keeps on keeping on.

## RISING ABOVE: THE JOURNEY OF XAVIER A. ENGLISH

Xavier A. English is both a student and a teacher. A proud graduate of Connally High School, Class of 2018, he has built a path defined by service, discipline, and ambition. After a brief time at Bossier Parish Community College in Louisiana, he enlisted in the United States Army, seeking personal growth and professional development.

Stationed in Alaska, Xavier began studying network engineering and quickly developed a strong foundation in managing and securing complex communication systems in high-pressure environments. During his four years of military service, he gained hands-on experience with tools such as SolarWinds and NetFlow Analyzer and configured routers, switches, and firewalls across both tactical and enterprise networks. His military career strengthened his technical expertise while shaping his character with discipline, adaptability, and a mission-focused mindset.

While serving in Alaska, Xavier also began investing in real estate, purchasing and managing rental properties. This experience sparked his interest in entrepreneur-



XAVIER A. ENGLISH

ship and financial independence. Over time, he taught himself stock trading and later expanded into the car rental business, strategically building a diverse and sustainable financial portfolio.

After completing his military service, Xavier enrolled in the Cybersecurity and Networking program at Star V Learning Centers. Through this lab-based, hands-on program, he advanced his knowledge in system administration, cybersecurity, Active Directory, Microsoft 365, and server environments. His growing

list of certifications includes Video Design, CompTIA A+, Network+, Security+, CySA+, CSIS+, CSAP+, and CIOS+, each reflecting his commitment to staying current in the fast-changing technology field.

Before his military and entrepreneurial pursuits, Xavier worked at Walmart and Bubba's 33, experiences that taught him communication, patience, and problem-solving. Those early lessons continue to guide him in both team settings and technical support roles.

Xavier credits his faith and church community for grounding his journey. His spiritual foundation has provided strength, resilience, and a deep sense of purpose.

Today, Xavier combines technical expertise, entrepreneurial vision, and a passion for service in all that he does. He is dedicated to protecting systems, empowering others through education, and creating opportunities that lead to generational wealth. His life reflects determination, self-discipline, and faith in action, inspiring others to pursue their goals with excellence and integrity.

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## THE REMARKABLE LIFE OF ROSETTA DAISY MANNING MAINOR

At 105 years old, Mrs. Rosetta Daisy Manning Mainor Stone continues to live a life that honors God, family, and perseverance. Born on July 20, 1920, in Normangee, Texas, she is the daughter of Arthur James and Myrtle Miranda Holmes Alexander Manning. When Rosetta reflects on her childhood, her eyes light up with joy as she recalls those early school years filled with learning and adventure.

Because her family lived on a farm far from the nearest school, her Aunt Vernon suggested that Rosetta move to Waco to live with her grandmother at 501 Lottie Street. There, she attended East Waco Elementary School, where Professor J. H. Hines was the principal and Mrs. Hines, his wife,

became her first-grade teacher. Rosetta remembers Mrs. Hines with fondness, describing her as kind, patient, and dedicated.

As the family of sharecroppers continued to grow and move, Rosetta remained in Waco throughout her schooling. Her sister Lillian was born shortly after Rosetta's fourteenth birthday, and over time Rosetta became close to her aunts and cousins who also lived with her grandmother. On Sunday mornings, she dressed carefully for Sunday school and morning worship at Tolver Chapel Baptist Church, the family's spiritual home.

Rosetta graduated from A. J. Moore High School in 1939 and that fall enrolled at Paul Quinn College. Though she did



**MRS. ROSETTA DAISY MANNING MAINOR STONE**

not complete her degree, her ambitions carried her far beyond Texas. In 1943, during

the early years of World War II, she moved to Hanford, Washington, where she found work in food service. There she met World War II veteran Henry Mainor, who came to the cafeteria each day for his meals. Their friendship blossomed into love, and on January 10, 1944, they were married. Together they shared fifty years of marriage until Henry's passing at age eighty-eight.

The couple raised eight children, six sons and two daughters, building a strong and loving family. Today, Rosetta is blessed to have three of her children still living, along with a host of grandchildren, great-grandchildren, and even great-great-grandchildren. After her youngest daughter, Marcia—affectionately called Sascee—

was born, Rosetta decided to pursue a new dream. At age forty-one, she enrolled in nursing school and became a Licensed Vocational Nurse. She served in that role for many years before retiring.

In retirement, Mrs. Stone found great joy in traveling, attending church conventions, and sharing memories with her beloved sister Lillian. A devoted member of Dunbar Church of God in Christ, she continues to put God first in every area of her life. She still enjoys her Sunday dinners at Sascee's Southern Style Eatery in Waco, where she is greeted with love, respect, and the same warmth she has shared with others for more than a century. Her story is one of faith, determination, and the unshakable bonds of family.

## CELEBRATING VERA SANDERS' 100TH BIRTHDAY

**BY DR. ROYCE B. SMITH**

On August 31, 2025, Mrs. Vera Dixon Sanders celebrated an extraordinary milestone—her 100th birthday. Born in Palmer, Texas, to Mr. and Mrs. M. D. and Lillie Sequa, she was one of five daughters who grew up in a home filled with love, laughter, and faith.

For a full century, Mrs. Sanders has lived a life marked by devotion to God, family, and community. Known across the African Methodist Episcopal (A.M.E.) Church as a living legend, she is one of the most respected figures in the Tenth Episcopal District and the Northwest Texas Conference Lay Organization.

Her spiritual foundation was laid early at Edwards Chapel A.M.E. Church in Palm-

er, where she became a life-long servant leader. Over the years, she has served faithfully in nearly every area of the church, including the Lay Organization, Steward Board, Trustee Board, Women's Missionary Society, Choir, and Sunday School. Her dedication has inspired generations to serve with the same zeal and humility.

Within the Greater Fort Worth District Lay Organization, she held roles as Treasurer, Benevolence Committee Chairperson, Chaplain, and Historiographer—each reflecting her leadership and compassionate spirit. Her decades of service led to numerous honors, including the Northwest Texas Conference Trailblazer Award and multiple selections as Lay Person of the Year. She also represented her district as a dele-



**MRS. VERA DIXON SANDERS**

gate to sixteen Biennials and

many General Conferences of the Connectional Lay Organization.

Her commitment extended beyond the church. Mrs. Sanders served as Treasurer and Benevolence Chairperson of the Essay Blair #276 Chapter of the Order of the Eastern Star. Known for her generosity and hospitality, she lives by her motto: "Always meet with love and never meet a stranger."

A woman of talent and skill, she worked as a seamstress for Adbury's of Dallas for more than twenty-six years. Her gifted hands not only created beautiful garments but also stitched together a legacy of

kindness and care.

Mrs. Sanders was married to the late Mr. E. L. Sanders, and they raised two children, Betty Sue and Buster Sanders, both deceased. Her nurturing spirit continues through the countless lives she has touched. Reflecting on her long journey, she often says with a smile, "Baby, I've been to so many General Conferences I've honestly forgotten how many."

Today, family, friends, and church members honor Mrs. Vera Dixon Sanders as a shining example of faith, service, and love—a true centenarian whose grace has blessed a century.

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# THE INSPIRING JOURNEY OF MISS LILLIAN MANNING

At 91, Miss Lillian Dorothy Manning—known to many simply as “Miss Lill”—remains a vibrant example of lifelong learning, faith, and service. Born in 1934 in Leroy, Texas, to Arthur James and Myrtle Miranda Holmes Manning, she grew up surrounded by love, hard work, and a strong belief in education.

Lillian began her schooling at Willow Grove Elementary, a one-room schoolhouse that still stands today. It now serves as the fellowship hall for Willow Grove Baptist Church in Woodway, and she enjoys showing visitors exactly where her desk once sat—a small but meaningful reminder of her beginnings.

In 1943, the Manning family moved to Waco, where Lillian has lived ever since. She graduated from A. J. Moore High School on May 29, 1953, as part of the proud “Tornado” class and earned a place on the honor roll. The ceremony took place at the historic St. James Methodist Church on South Second and Clay Streets. Soon after graduation, she journeyed to St. Paul, Minnesota, where she worked as an elevator operator in a downtown de-



MISS LILLIAN MANNING

partment store before earning a scholarship to Texas Southern University. There she completed her Bachelor of Arts degree and began a career centered on helping others.

Miss Lill’s commitment to service led her to the Board of Missions of the Methodist Church, where she worked as a rural church and community worker in McDowell County, West Virginia. She later pursued graduate studies at Scarritt College in Nashville and served at

Scott’s Run Settlement House in Osage, West Virginia. Upon returning to Texas, she joined the faculty at Huston-Tillotson College in Austin. A deaconess there encouraged her to continue her education, and Lillian went on to earn a master’s degree in social work from Atlanta University in 1968.

Her next chapter brought her home to Waco, where she joined the Waco VA Medical Center as a social worker. For more than thirty-one years, she dedicated herself to serving veterans and their families with compassion and grace, retiring in January 2000 after a remarkable career.

Retirement did not slow her down. Miss Lill remained deeply active in her community, leading activities at the East Waco Community Center for Meals on Wheels, volunteering on delivery routes, and caring for her Aunt Ruth for three years. A faithful member of One Fellowship United Methodist Church for over fifty-five years, she continues to teach Sunday school, sing in the choir, lead Vacation Bible School, and mentor young people through Methodist Youth

Fellowship. She is also a proud member of the United Women in Faith and sings joyfully with the Baylor Senior Choir.

Beyond the church, Miss Lill’s commitment to sisterhood and service shines brightly. She has been a member of Alpha Kappa Alpha Sorority for fifty-six years and has contributed forty-eight years of service to the Waco Cen-Tex Chapter of The Links. She also remains

active with the A. J. Moore High School Alumni Association and serves on the board of the Willow Grove Cemetery Association.

Through every season of her life, Miss Lillian Manning has modeled excellence, kindness, and integrity. Her story continues to inspire generations who follow in her footsteps, proving that faith and education are the keys to a meaningful life.

## MRS. MERTHA LEWIS: A LIFE OF FAITH, FAMILY, AND GRACE

BY PATRICIA BRADLEY

Mrs. Mertha Lewis, a 94-year-old Black woman from Willow Grove and longtime resident of Waco, Texas, has lived a remarkable life filled with love, faith, and service. She spent much of her early youth in Fort Worth, where she attended school before returning to Waco and graduating from A. J. Moore High School.

Mrs. Lewis was married twice and is the proud mother of three children—two daughters who reside in Waco and a son who lives in Temple, Texas. She dedicated twenty-five years of service to the Waco Glass Plant before retiring in 1979. Known for her strong work ethic and positive spirit, Mrs. Lewis has always found joy in life’s simple blessings.

A devoted member of Second Baptist Church, she has been active for many years and has used her talents to uplift others. Her hobbies include cooking, sewing, crafting, and fashion. She also finds fulfillment in helping those around her whenever she can.

At ninety-four, Mrs. Lewis



MERTHA LEWIS

continues to live independently. She drives, manages her home, and takes care of herself each day. Her family and friends admire her strength, grace, and unwavering faith. Longevity seems to run in her family—her mother lived to be 103, her aunt passed at 105, and her youngest uncle lived to be 95.

When asked about the secret to her long life, Mrs. Lewis smiled and said it is all “about keeping the faith, taking care of yourself, and treating others right.”

## A LIFE OF SERVICE: SOROR NORMA COLEMAN JOHNSON

BY SOROR CERISE FRANKLIN

91 year-old Soror Norma Coleman Johnson embodies the values of scholarship, service, and sisterhood that guide the mission of the National Sorority of Phi Delta Kappa. From her early days in education to her ongoing community leadership, she has dedicated herself to uplifting students, families, and neighborhoods in the Waco area.

A proud alumna of Prairie View A&M University, Norma began her professional journey with a passion for teaching. She believed that education offered more than academic growth. To her, it was a pathway to empowerment, hope, and change. That belief led her into the classroom with a heart for mentoring and a commitment to excellence.

Her service soon expanded beyond teaching. In the City of Waco she accepted appointment to the Plan Commission, where she lent her voice and expertise to planning decisions that affect how the com-



SOROR NORMA COLEMAN JOHNSON

munity develops and thrives. In each role she brought the same curiosity, care, and collaborative spirit that she practiced as an educator.

Within her sorority chapter, Norma has served as both mentor and friend. She fosters meaningful connections among sisters, guides programming that supports local educators, and extends invitations to service opportunities that reinforce the so-

rority’s legacy of community impact. Her presence at chapter events is not simply symbolic. It is transformative.

One memorable chapter project featured a community forum on student success, which Norma coordinated from start to finish. She invited guest speakers, engaged parents, and inspired dialogue about the challenges and triumphs of education. Her calm confidence and genuine concern made the event a catalyst for new partnerships.

Now residing in the Houston area with family caring for her, Soror Johnson continues to embody grace and purpose. She remains a faithful member of New Hope Baptist Church in Waco and has served as a former president of the Waco Chapter of Phi Delta Kappa. In addition, she is a member of Alpha Kappa Alpha Sorority, Incorporated, where her legacy of mentoring, community service, and empowerment can still be felt. Her dedication across both sisterhoods reflects her lifelong commitment to excellence and her love for people.



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# THE LEGACY OF AUGUST JEAN MANNING DEBOSE

BY SOROR  
CERISE FRANKLIN

For more than half a century, August Jean Manning DeBose devoted her life to educating and inspiring the children of Waco. Born in 1932 in China Spring, Texas, Mrs. DeBose became one of the most beloved and respected educators in the Waco Independent School District, where she served for an extraordinary 57 years. Her quiet strength, faith, and unwavering dedication to learning shaped generations of students and teachers alike.

Mrs. DeBose's calling to teach began at an early age. "I had teachers who believed in me," she recalled in an oral history interview at Baylor University. "I wanted to give that same hope to the children in my community." Her sense of purpose grew stronger over the years as she witnessed the impact of her work on countless lives.

In 1952, she married Emory J. DeBose, and together they built a life centered on family, faith, and service. While raising their children, Mrs. DeBose continued her teaching career with the same energy and devotion that defined her early years in the classroom. She was known for her calm spirit and firm expectations. "Children need to know you care," she said, "but they also need to know you mean what you say."

Her teaching philosophy combined structure, compassion,



AUGUST JEAN  
MANNING DEBOSE

and prayer. "Every day I asked God to help me make a difference, even in one child's life," she explained. Those who sat in her classroom remember her

as more than a teacher. She was a mentor, a guide, and a steady presence whose words stayed with them long after graduation.

Now retired and living in the Houston area with family caring for her, Mrs. DeBose, at 93, remains active in spirit and deeply connected to her Phi Delta Kappa sorority sisters. She continues to inspire others through her wisdom, her faith, and her life-long belief that teaching is a sacred calling. "Teaching was never just a job for me," she said with a smile. "It was a ministry."

Mrs. DeBose is a member of New Hope Baptist Church in Waco and a former president of the Waco Chapter of Phi Delta Kappa, the educators sorority that celebrates scholarship, sisterhood, and service. Her leadership and devotion continue to inspire younger members to follow her example of excellence and grace.

## BURLESON

CONTINUED FROM PAGE 1

fifty years old. Esther was just forty — a widow with ten children still at home, ranging in age from three to twenty-one. Her oldest child was married, but the rest depended entirely on her. The family's only financial resource was a \$100 death benefit.

On that land, Esther and her children worked tirelessly, cultivating a self-sufficient farm with pecan trees, cows, chickens,

pigs, and horses. She would push a ladder against a tree, climb into the branches, and beat the limbs so pecans would fall. The family bagged them, sold them at market, and used the earnings to send the younger children to college.

Her story became one of triumph born from struggle. What had begun as a widow's desperate effort became a lasting legacy of independence, education, and family pride.

Esther lived a long and healthy life — 102 years without medication, relying only on vitamins and her faith. Even in her later years, she remained active and alert.

At her 102nd birthday celebration, surrounded by her children and grandchildren, she enjoyed a hearty meal and asked, "Just how old did you say I am?" When told she was 102, she smiled and said, "That is old enough."

During the next two weeks, she stopped eating and transitioned from this life — a decision made with the same quiet strength that had guided her through every trial.

At her funeral, my husband, Pastor Leon Ivory, preached her eulogy, celebrating a woman who had turned \$80 into a lasting inheritance.

Esther Gaines Burleson was more than a mother and matriarch; she was the root of a mighty family tree, whose faith, courage, and wisdom continue to bear fruit for generations.

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## GOD, DESTINY AND A GLASS OF WINE, AN EASY READ AND PERFECT GIFT

The best gift sometimes comes in a small package. Such is the case with *God, Destiny and a Glass of Wine*. All chapters begin with one of Linda Crawford's own "true-story" personal narratives that she later connects to a point that is relevant to this journey called destiny. The book is an easy read. Several readers have told her that they couldn't put it down once they started. It is available on Amazon.com. *God, Destiny, and a Glass of Wine* is sure to open your heart to receive healing, encouragement, and a different outlook on life.

Chapter 1: This Too Shall Pass, but When?

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

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



LINDA MASON CRAWFORD

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

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

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

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

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

(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

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"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



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## HONORING DAVID WOODS AT 89

BY PHYLLIS WOODS COLLINS

Grandson of the first Manning girl born in Willow Grove, David Woods has built a life that reflects the faith, perseverance, and commitment to education that define his family's legacy. Now 89 years old and living in Omaha, Nebraska, Woods looks back on a remarkable journey shaped by strong roots and a lifelong dedication to service.

He is the great-grandson of Rueben Griffin Manning and Mentha Eaves Manning, and the grandson of Willie Mae Manning Bradford and William Bradford. His grandmother, Willie Mae, was the first Manning girl born in Willow Grove, a milestone that began a proud family line rooted in strength and determination. David is the son of Mattie Mae Bradford Woods and David Woods, who encouraged excellence and integrity in all that he pursued.

After graduating from San Diego High School in 1954, Woods earned a degree in accounting, became a Certified Public Accountant, and later completed law school. He began what would become a distinguished 36-year career with the State of California, serving from 1962 until his retirement in 1998. Rising through the ranks to Deputy State Controller, he earned the respect of colleagues for his fairness, leadership, and dedication to public service.

Woods credits the Boys Club of San Diego with broadening his horizons and instilling confidence in his youth. It was through the Club that he first ventured beyond Logan Heights, even compet-



DAVID WOODS

ing in the Southern California Boys Club Track Meets at the Rose Bowl in Pasadena. "The Boys Club opened my eyes and my heart to a wider world," he often recalls with gratitude.

After spending most of his life in California, David and his devoted wife, Pat, relocated to Omaha to be near their three children, each accomplished in their own fields. Their son, Dr. Thad Woods, is an Emergency Room physician; their daughter, Dr. Madeline West, is an adolescent psychiatrist; and their daughter, Charisse Williams, serves as Senior Assistant Dean of Undergraduate Business Programs at Creighton University.

As an Oakes Alumni Association Board Member, Woods remains deeply engaged in promoting education and community leadership. His life stands as a testament to what faith, perseverance, and family unity can accomplish—a legacy that continues to inspire generations of the Manning-Bradford-Woods family.

## WHEN LOVE TURNS INWARD: RECOGNIZING NARCISSISTIC BEHAVIOR

BY LINDA M. CRAWFORD, CERTIFIED LIFE COACH

Last month, we explored how harmful words can wound the soul and weaken relationships. This month, let's talk about a personality pattern that often hides behind charm and confidence—narcissistic behavior.

At first, narcissistic people may seem admirable. They can be talented, confident, and persuasive. But over time, you notice something unsettling: every story circles back to them. Every emotion, conversation, and crisis becomes about their needs, their feelings, and their image.

True confidence uplifts others. Narcissism diminishes them.

Where confidence says, "I can," narcissism insists, "Only I can."

People with narcissistic traits often manipulate emotions to stay in control. They crave admiration but lack empathy. They may apolo-



LINDA CRAWFORD

gize, but only to protect their reputation. When confronted, they deflect blame or play the victim, leaving others confused and emotionally drained.

If you find yourself constantly second-guessing your memory, walking on eggshells, or apologizing to keep the peace—you may be entangled with someone who displays narcissistic behavior.

What can you do?

1. Recognize the pattern. Don't excuse consistent selfishness or manipulation.
2. Set firm boundaries. It's not unkind to protect your peace.
3. Don't feed the ego. Stay calm and factual instead of defending yourself repeatedly.
4. Seek support. Talk with a counselor, pastor, or trusted friend to regain clarity and confidence.

Healthy relationships are built on empathy, accountability, and mutual respect. When those qualities are missing, love becomes one-sided and exhausting. Healing begins when you step out of emotional fog and into truth—the truth that your worth is not measured by someone else's approval.

You are not responsible for fixing another person's brokenness. You are responsible for protecting your heart, your peace, and your joy. The moment you understand that, you take back your power and begin to heal.

## THE MEASURE OF A MAN

BY J.L. CRAWFORD

Brothers, the true measure of a man is not in what he owns but in what he stands for. Every day, the world tries to define manhood through status, strength, or success. But real strength is found in how we treat our families, our faith, and our responsibilities.

When we pray over our homes, honor our wives, and guide our children with love and patience, we demonstrate godly leadership.



J.L. CRAWFORD

A real man admits when he is wrong and asks God for wisdom to make it right. The Word tells us in Micah 6:8 that the Lord requires us "to act justly, to love mercy, and to walk humbly" with Him. That is the foundation of true manhood.

So, my brothers, let us not be moved by what the world says about us. Let us be steady, prayerful, and faithful. A man who walks with God leaves footprints his sons can follow and a covering his daughters can trust.

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# BAYLOR NEW PLAY FESTIVAL HIGHLIGHTS

The inaugural Baylor New Play Initiative (BNPI) & Festival (Sept. 26-28) occurred as the September issue of The Anchor News went to press. Now, in hindsight, it is easy to conclude that the premiere event was a paragon of diversity and inclusion in both authors, scripts, cast members and audiences while imbued with drama, humor, conflict and social examination.

The BNPI, an experimental process for such festivals, champions the creation of bold new American theatre by supporting promising playwrights with stipends, fostering dialogue and connecting communities through innovative storytelling.

The inaugural festival featured readings of four unproduced works – winnowed from more than 70 with the help of 13 collaborating Texas theatres – and culminated in the presentation of the \$15,000 Kirk New Play Prize at the Art Center Waco. The biennial event occur again in 2027.

The four authors ranged from mid-twenties to age 78. Two women and two men from the East Coast, West Coast and Texas, including Dallas playwright Janelle Gray, a creative writer, scholar and educator with Bishop College ties. Her dramatic “Under The Bridge” explored a family reuniting for its matriarch’s funeral only to discover a history of racial violence against their ancestors and inclusion of white town leaders on their family tree.

The staged readings involved 40 professional actors – Blacks, Hispanics, Anglos – from New York, Miami, Denver, Dallas, Houston, San Antonio and Austin, as well as seven students. They rehearsed for five days with the finalists, their directors, stage managers and dramaturgs (literary editors) in dedicated



**J GRAY**

campus spaces. Scripts were constantly tweaked.

Mabee Theatre in Baylor’s Fine Arts Center came alive on Friday night, with two more readings on Saturday and the fourth followed by a catered lunch. The 11-judge panel – unknown to all involved – chose “& Sons” by Jack Angelo Cummings, directed by Christopher Rodriguez.

Preston and Ronda (Massey) Kirk, Waco area na-

tives and 1968 Baylor grads underwrote three years of research that led to the festival. The couple, married for 57 years and retired actors-by-avocation themselves, returned to Waco in 2000 after a 51-year absence.

“We outlined our objectives early on,” said Preston, a former journalist/business editor.

- Create a premier U.S. playwrights festival;
- Assist emerging and established playwrights in generating engaging, entertaining, enlightening, progressive works.

- Develop fresh connections and opportunities for Baylor Theatre Arts students in artistic and academic fields;

- Further enhance Baylor and the City of Waco as a significant metropolitan center for the theatrical arts.

“This is our ‘legacy project.’ We feel the Initiative was an initial success that will grow into national prominence. We’ll underwrite it for decades to come,” the Kirks declared.



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# BLOOD SUGAR, BLOOD PRESSURE & BALANCE

BY DR. SHAMONICA TRUNELL

Hook: Holiday season, steady habits.  
As the holidays approach, it's easy to let healthy hab-

its slip away. Between family gatherings, festive foods, and colder weather, our routines often shift—and so do our numbers. November is the perfect time to refocus on bal-

ance—balancing blood sugar, blood pressure, and lifestyle choices to keep you feeling your best through the end of the year.

Even small, mindful steps can protect your heart, steady your energy, and reduce your risk for diabetes or hypertension.

## TIPS FOR BLOOD SUGAR & BLOOD PRESSURE BALANCE

### 1. Eat with Awareness

Before reaching for sweets or starchy sides, start meals with protein and fiber. These nutrients slow digestion and prevent spikes in blood sugar. A handful of nuts, boiled egg, or small salad before a meal works wonders.

### 2. Watch the “Hidden” Sodium

Processed foods, canned soups, sauces, and restaurant meals often pack more salt than we realize. High sodium increases blood pressure and water retention. Choose fresh ingredients when possible and season with herbs, garlic, or lemon instead of salt.

### 3. Move After Meals

A simple 10-minute walk after eating helps lower both blood sugar and blood pressure levels. Physical activi-



DR. SHAMONICA TRUNELL

ty acts like a reset button for your metabolism.

### 4. Hydrate the Healthy Way

Thirst is often mistaken for hunger. Choose water first, and limit sugary drinks or alcohol, especially during holiday gatherings. A squeeze of lemon or cucumber makes hydration feel like self-care.

### 5. Manage Stress and Sleep

Stress hormones can spike blood pressure and raise blood sugar. Prioritize rest, relaxation, and consistent sleep. Even 5 minutes of deep breathing or a gratitude pause

can calm your nervous system.

### 6. Don't Skip Check-Ins

If you've been putting off your doctor visit, now's the time. Schedule your blood pressure check and A1C screening before the year ends. Awareness is the first step toward prevention.

## YOUR TAKEAWAY

The holidays are meant to be enjoyed, not feared. You don't need perfection—just consistency. Focus on simple choices that help you stay balanced: mindful eating, daily movement, hydration, and stress care.

When you take control of your daily habits, you take control of your long-term health. This season, celebrate by giving your body the gift of balance.

## MONTHLY SELF-CARE CHALLENGE

### “Steady Steps Challenge”

After one meal each day, take a 10-minute walk—alone, with family, or after dinner with loved ones. Pair it with one “swap” (choose water over soda, or fresh fruit over dessert). Small steps build big results for your heart, energy, and longevity.

## HOWARD

CONTINUED FROM PAGE 1



SHERMAN HOWARD, JR.

Faye Susan (Gayle) Howard; two sisters, Flossie Ann (Darence) Richardson and Herese Elizabeth Howard; three children, Sherman Howard III, Susan (Alvin) Sanders, and Stacie Howard; six grandchildren; four great-grandchildren; and a host of nieces, nephews,

cousins, and friends who will forever cherish his memory.

Sherman's life was one of faith, family, and friendship. His laughter, loyalty, and lens touched countless lives and preserved memories that will continue to speak for generations to come.

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# CREATE A READING NOOK

SUBMITTED BY  
LINDA MCDONALD

A reading nook is a perfect way to carve out a peaceful retreat in your home, where you can unwind with a good book. Here's how to create your own cozy nook. Select the right space. Start by choosing a quiet corner with good natural light—near a window or in an unused alcove are great options. The right spot should be away from the main traffic areas of your home to provide a sense of seclusion. Focus on seating. Comfort is key, so opt for a plush armchair, daybed or cushioned window seat. Add a variety of pillows and a soft throw blanket to make the space inviting and comfortable for long reading sessions. Lighting is essential. If natural light isn't available, include a good reading lamp with adjustable brightness. Floor lamps or wall-mounted sconces can provide fo-



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cused light without taking up much space. Incorporate storage solutions for your books. A small bookshelf, floating shelves or a nearby side table can keep your current reads within arm's reach. Personalize the nook. Spruce up your space with decor that inspires relaxation, such as framed art, houseplants or a small rug to anchor the nook.

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# GOD'S OBJECTIVE

BY MATTHEW REED

God's objective for you through salvation is to keep you secure from the intent of the enemy. As the church, we must remain aware of God's preparation to protect His people. Our Father Jehovah has provided us with a defense system second to none and superior to all.

In the natural world, America has supplied Israel and Ukraine with air defense systems reported to intercept up to ninety percent of drones and missiles. Men are impressed with these systems. Yet, God has given the church a spiritual defense that destroys one hundred percent of Satan's weapons.

We must understand that Satan is our enemy. The shield of faith is the divine system I speak of:

"Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked."

— Ephesians 6:16

God also provides us with intelligence that is one hundred percent accurate.

"For if our heart condemn us, God is greater than our heart, and knoweth all things."

— 1 John 3:20

His Word discerns every thought and intention:

"For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discernor of the thoughts and intents of the heart."

— Hebrews 4:12

The enemy can never deceive or surprise you, for our God never sleeps nor slumbers:

"Behold, he that keepeth Israel shall neither slumber nor sleep."

— Psalm 121:4

The weapons of our warfare are the most advanced system known to man:

"For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds."



PASTOR MATTHEW  
AND LADY HELEN REED

— 2 Corinthians 10:4  
This system is available only

to the church. It is so advanced that we can activate it by our thoughts:

"Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us."

— Ephesians 3:20

This divine protection is found only in the gospel of Jesus Christ. It is so powerful that it will preserve you from the wrath of God. It is truly one of a kind—there is no other like it.

If you are seeking a security contract that covers all your needs, I suggest you contract with God. To do that, you must get in touch with His Son, for no one else has the authority to negotiate this covenant.

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**WANDA B.  
GUNTER**

Author, Artist &  
Contributing writer  
for *The Anchor News*



# MY JOURNEY TO THE BAHÁ'Í FAITH

BY DR. TIM WELTER

I grew up Catholic in a small town in Wisconsin. I went to a Catholic grade school and high school. When I was 16, I became attracted to the Pentecostal movement within the Catholic Church and even thought of becoming a priest.

Around that time, I met some Baha'is through a friend. We spent some time talking about the Baha'i Faith. I really wasn't listening as much as trying to convince them that they were wrong. We finished the conversation amicably and agreed to disagree. After graduating from high school, I knew one thing for sure: I never wanted to see the inside of a school again. I started work-



DR. TIM WELTER

ing in factories and since the legal drinking age in Wisconsin was eighteen, I did my fair share of that.

Gradually, I became disillusioned with religion and began to consider myself agnostic, unsure whether there was a God or not. One Christmas, a friend of mine, who was a Baha'i, needed a place to stay so I offered him mine. Among the books he brought with him, were books about the Baha'i Faith. During this time, we had many discussions about the Baha'i Faith and its teachings, and this time I was listening, not arguing. I also read some of the Baha'i writings and found them deeply beautiful and thought-provoking. What I heard and read intrigued me. The teachings of the Faith answered many questions I had: why there are so many different religions in the world like Hinduism, Judaism, Islam and Christianity and now the Baha'i Faith and how they are all connected, why we've been put on this earth, how we grow spiritually. I also loved the emphasis on the independent investigation of truth: seeking answers through prayers and our own investigation and not depending on others to tell us what is truth. My life changed significantly after I became a Baha'i at 19. Alcohol is forbidden so I stopped drinking. The Baha'i Faith also places great value on education, so I decided to take a course in philosophy at a local university and really enjoyed it. After marrying my high school sweetheart, I decided to attend college full-time and eventually graduated from medical school.

The Baha'i Faith transformed my life in every way. It gave me a purpose, discipline, and a sense of connection to all humanity. I encourage you to investigate the Baha'i Faith for yourself.

## PROSTATE CANCER AWARENESS IN THE BLACK COMMUNITY

Prostate cancer remains one of the leading health challenges for African American men. Research shows that Black men are more likely to develop the disease and nearly twice as likely to die from it compared to other racial groups. Yet early detection can save lives.

The prostate is a small gland that helps produce fluid for reproduction. When cancer forms there, symptoms may include difficulty urinating, frequent nighttime bathroom trips, blood in the urine, or pain in the lower back or hips. In many cases, however, there are no early signs at all. That is why regular screening is critical.

Doctors recommend that men begin discussing prostate cancer screening with their healthcare provider around age forty to forty-five, especially if there is a family history of the disease. Screening involves a simple blood test called the PSA

test, which measures prostate-specific antigen levels. When caught early, prostate cancer is one of the most treatable forms of cancer.

Lifestyle also plays a role in prevention. A diet rich in fruits, vegetables, and whole grains supports overall health. Limiting red meat, staying active, and managing stress can reduce risk and improve outcomes. Equally important is talking openly. Many men hesitate to discuss health concerns, but silence can be deadly. Encouraging fathers, brothers, and husbands to schedule regular checkups can make a life-saving difference.

Prostate cancer awareness is not just a men's issue. It is a family issue and a community issue. Through knowledge, open conversation, and routine care, African American men can protect their health, their families, and their future.

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## DORSEY

CONTINUED FROM PAGE 1

poor and without skills, but I can learn. I'm a special person. I have determination and dedication on my side. I am God's child."

Her mission was simple—to help every child feel loved, capable, and valued. The school fulfilled her lifelong dream and became a pillar of hope for families throughout Waco.

Mrs. Dorsey's influence reached beyond education. From May 24, 2004, to May 16, 2006, she served on the Waco City Council, representing District 1. Her leadership reflected the values she lived by: trustworthy, loyal, helpful, kind, brave, courteous, and dependable. Above all, she was God-fearing, faithful, inspiring, and filled with the Holy Spirit.

She truly walked the walk and talked the talk. Her devotion to God and community shone through everything she did. Mrs. Dorsey was a warrior for the Lord—bold in faith,

steadfast in service, and joyful in spirit.

After ninety-three years of life and service, Mrs. LaRue Dorsey peacefully transitioned from labor to reward on October 27, 2025 at the same age as her beloved grandmother. Her legacy lives on in the countless children she nurtured, the families she uplifted, and the city she helped shape.

She often reminded others, "You can rest, but don't quit. Do what is right, just, and honorable."

And that is exactly how she lived.

Special thanks to Carol Dugat, Kathleen Mitchell, Rochelle Murphy, and Vicki Jones for assisting Margaret Ivory in honoring Mrs. LaRue Dorsey.

"LaRue Dorsey lived boldly, loved deeply, and lifted every heart."

— Linda Crawford, Editor, The Anchor News

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# LET US GIVE THANKS

BY MONA DUNKIN

Thanksgiving has always been my favorite holiday because it remains free from commercial distractions. It is a time to pause, reflect, and give thanks for blessings both great and small.

I am thankful for being born an American, where we enjoy freedoms that others only dream of. I am grateful for the Pilgrims who braved the sea and the harshness of a new land to build a nation where faith could flourish. When their numbers were cut in half that first winter, they still set aside three days to give thanks to God.

Scripture reminds us not to forget. Moses told the Israelites that when they prospered in a new land, they must remember it was God who gave them strength and increase. Gratitude is the safeguard that keeps the heart humble.

I am thankful for our forefathers, whose courage and faith built the foundation of this country. Many of the signers of the Declaration of Independence lost homes, wealth, and even their lives, yet they died with clear consciences, believing in the freedom they helped to create.



MONA DUNKIN

I am thankful for my family. For parents who taught me character, integrity, and the value of honest work. For siblings who taught me laughter, patience, and endurance. For my husband, whose encouragement supports my dreams and whose strength complements my weaknesses. For my daughter and son-in-law, who bring joy and new perspective to our family, and for grandchildren whose smiles give me hope for the future.

I am thankful for friends and neighbors whose kindness

brightens daily life, and for every person who has touched my journey in a meaningful way.

I am also thankful for the lessons that do not come wrapped in joy. For misunderstandings that teach better communication, for criticism that encourages humility, for failure that gives deeper appreciation of success, and for adversity that strengthens faith. Even financial setbacks have reminded me to be grateful for what I have.

I am thankful for dreams,

ideas, and goals that keep me active and alive. Most of all, I am thankful for a contented mind and a grateful heart.

When the turkey is gone and the pie is only a memory, may we still remember the reason for our gratitude. Thanksgiving is not a single day on the calendar but a continual attitude of the heart.

*Written by Mona Dunkin, Motivational Speaker and Personal Success Coach. Visit [www.monadunkin.com](http://www.monadunkin.com) or [www.monadunkin.blogspot.com](http://www.monadunkin.blogspot.com).*

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1612 Austin Avenue, Suite A | Waco, Texas 76701

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

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

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