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THE Anchor NEWS

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EAST WACO SERVICE STATION PAYS HOMAGE TO SOUTH WACO BUSINESS

BY DR. PEACHES HENRY

The grand opening of *Jean's Place Dew Drop Inn Texaco* is Monday, May 6 at 4 p.m.

A little before dawn on a frosty morning in February, a truck maneuvered to fill the gas tanks at a service station in East Waco, completing a two-year endeavor to bring a brand-named gas station to the East Waco community. After two years of late-night researching, hours on the phone, attendance at gas station conventions, acquiring property, obtaining city and state permits, and convincing an international corporation, entrepreneur Shelia Brown reached an agreement with Texaco to brand a station in East Waco. Now the Black-owned, woman-owned *Jean's Place Dew Drop Inn Texaco* station stands at the corner of East Waco Drive and Clifton Street.

The station is named in homage to Brown's grandfather, David Taplin, and mother, Willie Jean Brown, who owned



SHELIA BROWN

the *Dew Drop Inn* in South Waco. According to Brown, "my mother never worked for anyone." Instead, right out of high school, Willie Jean's father set her up in business as owner of the *Dew Drop Inn*. With the *Jean's Place Dew Drop Inn Texaco*, Brown aims to create a neighborhood store where locals can come together, just like they did at the legendary *Dew Drop Inn*. With an inviting atmosphere

and a menu featuring mouth-watering fried ribs, *Jean's Place Dew Drop Inn Texaco* is a testament to Brown's commitment to her roots and her desire to leave a lasting legacy on the community where she grew up. *Jean's Place Dew Drop Inn Texaco* will open on her mother's birthday, May 6th.

Brown's grandfather instilled the importance of being in business in his children and grandchildren, and Brown took Taplin's teaching to heart, embarking on an entrepreneurial journey that is ongoing. After leaving a 33-year successful career at Child Protective Services, she stepped out on faith to start a business. Her first business was *Bates and Bates Security*. Her second business, *Aspiring Future Leaders Academy*, a daycare, became her platform for providing childcare to all children, including those who had been rejected by other facilities due

SEE **BROWN**, PG. 5

MAYOR ANNISE PAYNE, A 21ST CENTURY RENAISSANCE WOMAN

Mayor Annise Payne, affectionately known as Niecey, was born to the late Pastor Jeremiah and Lady Mary Payne. Niecey has always enjoyed reading and writing even as a young girl. She always found it easy to express herself by putting pen to paper. She has had many accomplishments in her life and has been able to thrive and bounce back even when she was dealing with major life challenges.

Payne accepted her call in the ministry January 2013, and gave her first sermon November 2013. She became a



MAYOR ANNISE PAYNE

Pastor in 2015.
Her siblings are Derrick Sr.,

Rita and Tracy, who passed away.

Payne is the mother of Heather and Jeremiah (Tyler) and the grandmother of Princess Wynter, Prince Ryker and Princess Ryver.

Payne is a woman of many hats. She attended University of Mary Hardin Baylor, where she received her certification as a Life Coach. Payne coaches couples, battered women, and others who require the motivation to succeed.

SEE **PAYNE**, PG. 10

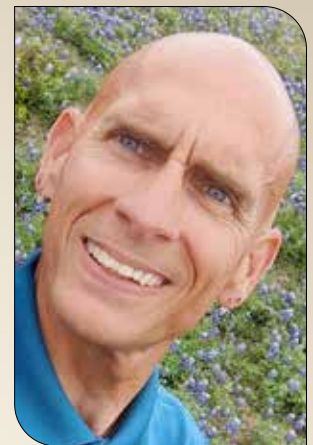
ANCHOR COLUMNIST ACHIEVES 39-YEAR DREAM

As kids, we dream of what we want to be when we grow up. Whether it's a professional athlete/Olympian, a celebrity, fire fighter, or president, we all dream of being something. For Jerry Snider, that dream was to be a professional athlete, national champion, and Olympian.

The athletic side of him started in first grade when he started soccer, but his running story began on March 16, 1985 when he ran in his first 1 mile fun run called the *Great River Road Run* in Baton Rouge. "I was 10 years old and focused on becoming a world class soccer player. Running was just a part of soccer. In high school, I stopped playing soccer because my running talent started to shine. Three individual state titles my senior year led to an athletic scholarship to Texas A&M University where I achieved All-Conference status in the Southwest Conference and Big XII," said Snider.

With all that success, he never achieved his ultimate goal. He wasn't fast enough to become a professional runner, never won a national championship, and "the closest I came to the Olympics was missing the Olympic Trials entry standard by 4 seconds in the 1500m in 1996. I came to realize my athletic dream would never happen because getting older is the enemy of athletic success in most cases."

Fast forward to 2019. Snider discovered there are track & field competitions for people over 40.



JERRY SNIDER

USA Track & Field (the same USATF that sends athletes to the Olympics) hosts Masters track meets at both Regional and National levels for both Indoor and Outdoor Track & Field, as well as national road races around the country. Athletes come together to compete for age group national championships as well as earning All-American status.

Since 2019, Snider has earned All-American status 20 times, placed 2nd in two different National Championships, and ranked 4th in the national road race circuit in 2022. While that is a lot of success, it's not his ultimate goal. "I realize I'll never be an Olympic runner. While some people call me a professional, I know it's unlikely I'll ever be paid to compete. So that leaves me chasing a National Championship."

That chase took him to Chicago on March 21st this year for the USATF Masters Indoor Track Na-

SEE **SNIDER**, PG. 5

**J.L. & LINDA CRAWFORD**

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

A NOTE FROM THE EDITOR...

IS THIS A BAD DAY?

It is 8:15 a.m. and I was supposed to get up at 7:00. I overslept and now, it's obvious that I am already having a bad day. But am I really? Is it a bad day? I just woke up. The day hasn't really gotten on its way yet. I am running late, but do I have a car? I am going to be late to work, but does that mean I still have a job? I am no longer paralyzed, like I was in 2019 so does that mean I can get dressed on my own? I am hurrying, out of breath,

but does that mean I am not on a ventilator, like my husband was last year? Come on! With all these blessings in place, am I really choosing to have a bad day? Nope! Oh, give thanks unto the Lord, for this is a great day to have a great day. Even though I am running late, this is the "day that the Lord has made." I woke up this morning, still in my right mind. I can praise my way to victory or whine my way to defeat! I'm just saying!

CHERRY MILLS BOGGESS, WACO'S CIVIL RIGHTS ACTIVIST

**CHERRY MILLS BOGGESS**

the hair of one of Boguess's friends, the friend lost his resolve and punched the man. Boguess, guilty by association, ended up in jail. She was soon released, but the episode did not sit well with her mother, who decided Boguess would transfer to Paul Quinn College, then located in Waco. Her godfather, a bishop in the African Methodist Episcopal Church, lived nearby and could keep an eye on her. But Boguess was

undeterred. At Paul Quinn, she organized a group of students and coordinated nonviolent-resistance training. When Pipkin Drug Store refused to serve one of the student's friends, they took action.

When Boguess and her friends went inside, heads turned as they walked to the lunch counter. The students sat down at the Pipkin counter, but the staff wouldn't acknowledge them. The cook was a Black man, and Boguess remembers him shaking his head at the group, as though to discourage them. On a subsequent visit, the students arrived to find the stools at the counter removed; someone had seen them coming and tipped off the staff. But the activists continued to demonstrate, and one day, the Black cook approached them to take their order.

Finally, in late 1961, after several visits from Boguess and her fellow young activists, the store agreed to serve them. It was the outcome of their ef-

forts and other demonstrations, as well as a behind-the-scenes decision from Waco's business leaders.

Her story and those of other local activists are now told in an exhibit at a Waco museum dedicated not to the civil rights movement or to African American history but to a soft drink. In late 2021, almost exactly sixty years after Boguess's actions helped integrate Waco diners, the Dr Pepper Museum opened the ongoing exhibit "Sit Down to Take a Stand" in a corner of its gift shop and soda fountain. At a replica lunch counter, visitors watch a film that explains the sit-in movement and how it affected Waco. The exhibit demonstrates that the movement reached beyond highly publicized events in Selma, Alabama; Jackson, Mississippi; and Memphis, Tennessee, and was led by often unsung heroes as it unfolded across the South. Ladies and gentlemen, The Sojourner Truth Award, Mrs. Cherry Mills Boguess.

MINISTER MARVA HARRISON LIVING HER BEST LIFE

For 22 years, Min. Harrison has worked for the Midway Independent School District, where she served as Facilitator for the Discipline Alternative Education Program, DAEP, and is presently the Truancy Officer and Pre-Court Judge for MISD. As the facilitator for DAEP, Min Harrison is accredited for locally identifying the discipline alternative program within Midway with a more positive name, The Panther Reset Pro-

**MINISTER MARVA HARRISON**

gram. Her reasoning is biblical for, "as a man thinketh, so is he." She is known for innovative ideas that change the students' learning environment to keep them engaged and out of trouble. When she challenged a student to turn his history lesson into a rap, the entire class benefited, passed their exams, and now looks forward

SEE **HARRISON**, PG. 16

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.

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

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

ials reflect the opinions of the editor.

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

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

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BACKYARD LIGHTING IDEAS

SUBMITTED BY
LINDA MCDONALD

The right lighting in your backyard can truly set the mood for some fun outdoor evenings. You may want to have a combination of lighting styles throughout your yard, and there's an assortment of options for you to choose from.

Security lighting – Security lighting will probably be the brightest source of light in your backyard. It's meant to illuminate the entire area, keeping your home safer at night. It is typically placed in raised areas, like on the top of a garage.

Lanterns – Lanterns offer soft, low-level lighting and can be a beautiful addition to the architecture and decor of your home. If you don't want to attach a lantern to your home's exterior, you can find battery-powered tabletop options.

Landscape lighting – Landscape lighting beams a narrow light upward, varying from low to high intensity, and can be used to illuminate and showcase beautiful plants or lawn ornaments. If you're illuminating something tall like a tree, it's best to use bullet-shaped lights that have an adjustable head.

Solar lights – Solar lights are great green solution for lighting your back yard space.



LINDA MCDONALD

They come in a wide array of sizes and varying lumen levels.

String lighting – Great for entertaining, string lights will provide warm, low-level accent lighting. You'll want to opt for a waterproof option that's rechargeable or battery-operated to avoid the need for unsightly extension cords. They can be hung from just about anywhere.

Path lighting – If you're looking for soft lighting that will safely illuminate the walkways in your backyard, path lighting is the way to go. You can install it along stepping stones, both sides of any walkway or even along the curves of flower beds and gardens.

Linda McDonald, CRS, GRI, PMN, SRES, TRLP; 254 855-1717.

CANDIDATE SELECTION FOR THE POSITION OF COMMISSIONER PATRICIA CHISHOLM-MILLER

SUBMITTED BY
MARY MANN

McLennan Democratic Party chair, Mark Hays, announces the selection of the Democratic candidate to seek the position of Precinct 2 McLennan County Commissioner Patricia Chisolm-Miller. We express our sorrow for her loss and promise to work diligently to see her legacy continued with a strong candidate. Selection of the Democratic candidate will be done by the voting precinct chairs in Commissioner Precinct 2. The selection will be done the week of June 17th.

Any Democrat in good



COMMISSIONER PATRICIA CHISHOLM-MILLER

standing wishing to place their name in the process should call McLennan Democratic Party Chair, Mark Hays, as soon as possible.

The candidates will participate in two candidate forums in late May at locations, dates, and times to be determined.

Selection of the Democratic candidate to be placed on the November 5th General Election ballot will be the week of June 17th at an MCDP Executive Committee meeting.

If you are interested in the candidacy, call Mark Hays at the MCDP office, 254-301-7648.

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THE ESSENTIAL ROLE OF BIRTH DOULAS IN ENSURING POSITIVE BIRTH EXPERIENCES

BY LACRESHA DUFFEY

Pregnancy and childbirth are transformative experiences for any woman, whether it's her first or fourth time. Amidst the myriad of decisions to make, one crucial aspect often overlooked is the support team. The presence of a skilled birth doula can significantly impact the birthing journey, ensuring both mother and baby get off to the best start possible.

According to statistics from the Cochrane Review, the involvement of birth doulas correlates with a notable decrease in the cesarean section rate by 28%. This is a particularly significant statistic considering the major abdominal surgery and associated risks involved in a c-section. Continuous support from a birth doula throughout childbirth can alleviate discomfort, provide emotional reassurance, and help the mother explore different birthing positions conducive to a natural deliv-

ery.

Moreover, the use of Pitocin, a synthetic version of the hormone oxytocin used to induce or augment labor, decreases by 31% with the presence of a birth doula. Pitocin-induced contractions are known to be more intense and uncomfortable, often leading to increased interventions such as epidurals. Birth doulas play a vital role in advocating for natural birth processes and reducing the need for medical interventions.

The likelihood of spontaneous vaginal birth, considered the simplest and safest delivery method, increases by 12% with doula support. Doulas assist mothers in finding optimal birthing positions and techniques, minimizing the need for medical tools like forceps or vacuum extraction, which carry inherent risks for both mother and baby.

Importantly, the risk of dissatisfaction with the birth experience decreases by 34% with the presence of doulas.

Their knowledge, resources, and continuous support empower both the mother and her partner, ensuring they feel informed and prepared throughout the birthing process.

Furthermore, birth doulas contribute to reducing the length of labor by 25%, making the experience more manageable and less exhausting for mothers. Their expertise in providing physical and emotional support facilitates smoother and more efficient labor progression.

Experts emphasize the importance of reducing unnecessary cesarean sections, particularly among low-risk, first-time mothers, as they can pose risks to maternal and neonatal health. Evidence-



LACRESHA DUFFEY

based strategies aimed at healthcare providers and hospitals, coupled with doula support, can significantly im-

prove birth outcomes while minimizing interventions.

In light of these benefits, the presence of a birth doula is increasingly recognized as essential during pregnancy, childbirth, and the immediate postpartum period. For those who may face financial constraints, options such as the Community Doulas of Waco, offer free doula services to eligible individuals. Those receiving government assistance, such as Medicaid, SNAP, WIC, or Section 8, qualify for this invaluable support. Interested individuals can contact Community Doulas of Waco at 254-307-0377 or visit comdoulaswaco.org to check eligibility and register between 27-34 weeks of pregnancy.

THE RESET

BY BRENDA KHOZEIN

It just happened again. Another pain. Another sorrow.

When you reach a certain age, the pain of losing someone close to you happens more often.

This time it was my brother-in-law Ruhi.

I've just gotten spiritually settled with losing both of my brothers, but they were sick. I saw their passing coming. I felt their pain and their relief when they took their flight to the heavens above. This one was a shock. His passing came quick and without warning.

During Ruhi's memorial service, one of the vers-



BRENDA KHOZEIN

es from the Baha'i writings read "To consider that after the death of the body the spirit perishes is like imagining that a bird in a cage will be destroyed if the cage is broken . . . Our body is like the cage and the spirit is like the bird . . . if the cage becomes broken, the bird will continue and exist. Its feelings will be even more powerful, its perceptions greater, and its happiness increased. . ."

This verse always comforts me as it appeals to me spiritually and logically.

Baha'u'llah goes on and explains "Know thou for a certainty that in the divine worlds the spiritual beloved ones will recognize one another, and will seek union with each other, but a spir-

itual union. Likewise, a love that one may have entertained for anyone will not be forgotten in the world of the Kingdom, nor wilt thou forget there the life that thou hadst in the material world."

As I begin my reset back to my now reality, although my sorrow will run its course, my soul will rely on the spiritual and healing words expounded by Abdu'l-Baha when asked how should one look forward to death. He replied, "How does one look forward to the goal of any journey? With hope and with expectation. It is even so with the end of this earthly journey. In the next world, man will find himself freed from many of the disabilities under which he now suffers. Those who have passed on through death, have a sphere of their own. . . Time with us is measured by the sun. When there is no more sunrise, and no more sunset, that kind of time does not exist for man. Those who have ascended have different attributes from those who are still on earth, yet there is no real separation."

Let's all live a life that when our time comes to abandon this physical garment and ascend to the spiritual realm we too, will look forward to this journey with hope and expectation.

Dr. Andrea S. Petty
Attorney At Law

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WANDA B. GUNTER

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

THERE'S NO PLACE LIKE HOME

BY MARGARET IVORY

Do not be afraid to buy a home in this current economic climate but be certain to get American Home Shield or a comparable service. These services will fix or replace water heaters, heat/air conditioners, air compressors, electricity, washers/dryers, plumbing, etc. Please review the contract to see which services the company provides.

My husband and I have had American Home Shield for over 20 years. You pay about \$75 when they come out but they handle the balance of the cost. Roof repairs are covered in some cases by homeowners insurance after paying a deductible.

It pays to have your own home. Now is still the time to buy as you can get a great deal on a home due to low home sales.

Plus the monthly mortgage will not go up if you have a Conventional, FHA, or VA loan. Do not ever get an Adjustable Rate Mortgage that will adjust to higher premiums in a few years and possibly continue adjusting during the life of the mortgage.

When we were shopping for a home twenty years ago, we sat in our car in different neighborhoods at different times of the day to get a feel of the neighbor-



MARGARET IVORY

hood.

Mrs. Linda McDonald was our wonderful realtor. We described the type of home we wanted. Told her which neighborhood we wanted to reside in. Afterwards, we purchased the second house we were shown that happened to be six doors down from the first house. We still love our home, we love our neighbors and we do not plan on ever moving.

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to behavioral issues; it closed in 2023. Currently, her BB & E Enterprise, LLC handles commercial and residential rental property while another of her businesses, DBA Legacy Event Center, is an event venue.

A native Wacoan, Brown was raised on Clifton Street just blocks from where her service station now stands. One of four children, she attended

BROWN

CONTINUED FROM PAGE 1

J. H. Hines Elementary, G. L. Wiley Junior High, Lake Air Junior High, and Richfield High School. In 1981, she graduated from Prairie View A & M University in political science with a minor in accounting and with a teaching certification. She has a Master's in sociology from Baylor University and a Master's in social work from the University of Texas

at Arlington. She is the mother of four children and seven grandchildren with one on the way.

As she continues to make waves in her community, Brown's story serves as a reminder that with resilience, determination, and a heart full of compassion, one person can make a profound difference.

SNIDER

CONTINUED FROM PAGE 1

tional Championship. Competing in the 3000m run, Snider finally won his first National Championship. The race itself took him 9 minutes and 22 seconds, but the journey took 39 years. "This is proof that you can always achieve your dreams," explained Snider, "no matter how long it takes to get there."

Now that he has achieved this goal, what's next? Snider's next race is the 5000m at Baylor's Michael Johnson Invitational on April 19th, competing with college kids. In July, after he turns 50, and he will be racing for the 5000m National Outdoor Track title in Sacramento. March 2025, 40

years from his first race. "I'll be competing at the World's Masters Indoor Track meet in Florida chasing a World Champi-

onship."

Follow Jerry's running success on Instagram @allin-healthandwellness

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SIAS



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 back yard 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>.

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WHAT MOTIVATES YOU?

BY JERRY SNIDER

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

Motivation is an interesting part of life. You can find motivation within you or you can look to others to motivate you.

When it comes to your health, it's really important to be internally motivated. The people that have this are the ones that are successful at living a healthy lifestyle. You don't have to have the knowledge of what to eat or how to exercise, but you do need to find your motivation. What's inside you that will keep you

working towards a healthy life.

There are so many different things that could be your motivation. For me, it came after we adopted our son. At the time, I wasn't living the healthy lifestyle I knew I should have been. I was not eating healthy, not exercising, and gaining a little bit of weight each year. I remember one day struggling more than I felt I should have to get up off the floor after playing with him. I was in my late 30s and should not have had that much difficulty with what should be a simple movement.

For some people it's a health scare or disease diagnosis. Others want to be an



JERRY SNIDER

example for their children or have a desire to be fit enough to travel the world to experi-

ence different cultures.

What your motivation is doesn't really matter, the fact that you have a motivating factor is the difference maker. If you aren't motivated to be healthy at a level that creates health, I suggest you take some down time to do some soul searching. While there are a lot of things that keep us busy, nothing should be more important than keeping our one and only body healthy.

Once you find your motivating factor to be healthy, don't lose it. There are so many distractions in our world to prevent us from achieving the things we want. Stay motivated, find help with the pieces of the health puzzle you don't

understand, and have a positive attitude. Success with health is rarely a quick process but it is always achieved by those that stay motivated to reach the goal.

Have a question for Jerry? Send it to jerry@allinhealthandwellness.com. Jerry Snider is an exercise physiologist, health coach, and owner of All In Health and Wellness. He has authored two books available on Amazon: *No More Sugar Coating and Confidence Through Health*, and is the host of the podcast *Confidence Through Health*. Visit www.allinhealthandwellness.com to learn more about Jerry Snider.

PAYNE

CONTINUED FROM PAGE 1

In addition to being church founder, pastor and a motivational speaker, she is also an actress, event planner, and author. Her most recent accolade includes becoming the Mayor of Lacy Lakeview Texas.

Payne believes that empowered people empower people. She is a firm believer that we must be the change

that we want to see. "Be kind," she says, and "be nice and wrap it all up in love. That is a recipe for success."

Niecey's favorite scripture is Jeremiah 29:11 as she believes this is a promise that God has a plan for our lives and regardless of our current situation, He can work through it to prosper us and give us a hope.

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WHAT HAPPENS WHEN YOU CO-SIGN ON A LOAN?

SUBMITTED BY JL CRAWFORD, LEGALSHIELD, SENIOR MANAGER



J.L. CRAWFORD

Co-signing on a loan involves a lot more than just your signature. When you co-sign a loan you put your credit history and personal assets on the line. Though it may be difficult to say no to a friend or family member it is important to make sure you fully understand the risk you are taking before you co-sign a loan. Your LegalShield provider law firm can review the terms of the loan before you sign.

- You are responsible for paying back the loan. Consider that any number of emergency situations could cause the borrower to miss or stop making payments altogether. If the primary borrower cannot pay the loan, you will be responsible. Make sure you are prepared to pay off the loan before you co-sign.

- Know the laws where you live. Some laws allow the lender to collect from the co-signer if the primary borrower misses a single payment. In some instances the lender may be able to go after

you even if the primary borrower dies. Before you sign make sure you know the law where you live. Call your LegalShield provider law firm to learn more.

- Review the terms of the loan carefully before you sign. Read the loan documents. Make sure you know the interest rate, duration and terms of the loan. Retain copies of all of the loan documents and copies of checks used to make payment on the loan. Have your LegalShield provider law firm review any loan terms before you sign.

- Do not be afraid to negotiate with the lender. As a co-borrower you may be able to negotiate the terms of the loan including the interest rate, potential late fees and payment dates. Require the lender to notify you if a single payment is missed so you can address problems quickly.

- Failure to pay the loan will damage your credit. In many cases co-borrowers are required because the primary borrower has poor credit. While timely payments on the loan will improve the primary borrower's credit score, consider how late payments will hurt your rating. A drop in your credit score could prevent you from getting other types of credit or increase the interest rates you receive from lenders

- If the primary borrower defaults on the loan be proactive. If you receive a notice to make payment on a loan you co-signed do not wait to contact the lender. You may be able to negotiate a settlement directly with the lender. If the lender is forced to take legal action you may end up on the hook for court costs,

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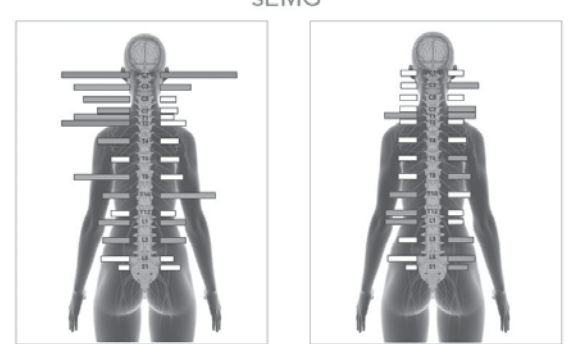
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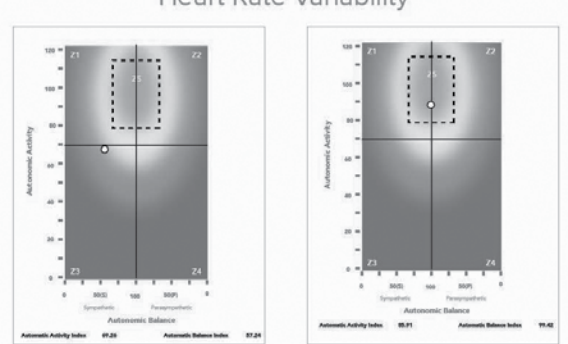
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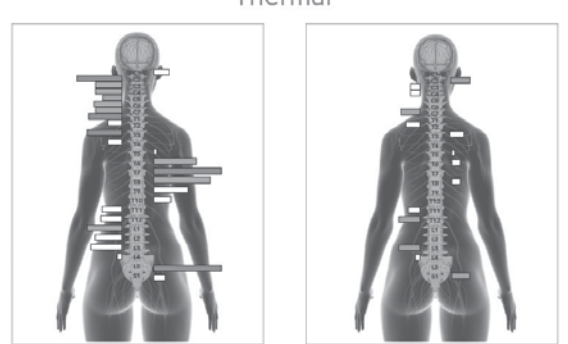
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ONCE SAVED, ALWAYS SAVED...MYTH, OR TRUTH? PART 4

BY EVANGELIST RUBY MCCRAY

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

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

Precious people, the majority of folks will spend eternity in hell. That's what Jesus said in Matthew 7:13, 14. The pathway to heaven is very narrow and every now and then will be a traveler. The road to hell is crowded with those who made their decision to go while here on earth. I don't want my worst enemy to go there.

You can't live this life straddling the fence with one foot in the church and one foot in the world. The devil doesn't mind that because he knows that he has all of you. God will not share you with the devil; He won't even share you with yourself. He wants ALL of you, or none of

you. You have to deny even yourself. Luke 14:26-33 You must run and finish this race to the very end.

"And because lawlessness will abound, the love of many will grow cold. But he who endures to the end shall be saved." Matthew 24:12, 13

"Moreover, brethren, I declare to you the gospel which I received and in which you stand, by which also you are saved, IF you hold fast that word which I preached to you—unless you believed in vain." 1 Corinthians 15:1, 2

"For if, after they have escaped the pollution of the world through the knowledge of the Lord and Savior Jesus Christ, they are again entangled in them and overcome, the latter end is worse for them than the beginning. For it would have been better for them not to have known the way of righteousness, than having known it, to turn from the holy commandment delivered to them. But it has happened to them according to the true proverb: 'A dog returns to his own vomit,' and, 'a sow, having washed, to her wallowing in the mire.'" 2 Peter 2:20-22

Another thing that I hear a lot is that God has said He will never leave us nor forsake us. Hebrews 13:5b



EVG. RUBY MCCRAY

That's true, but I don't hear the first part of that Scripture which says, "Let your conduct be without covetousness; be content with such things as you have." That's Hebrews 13:5a, because covetousness is sin, Exodus 20:17; Romans 13:9, and sin cannot enter Heaven. What we need to say is that God won't leave us as long as we want to be kept by obeying what He says. Let's see what else the Scriptures tell us about God not leaving us.

"As for you, my son Solomon, know the God of your father, and serve Him with a loyal heart and with a willing mind; for the LORD searches all hearts and understands all the intent of the thoughts. If you seek Him, He will be found by you; but if you forsake Him, He will cast you off forever." 1 Chronicles 28:9 Precious people, when we break our covenant with God, there no longer remains a covenant to keep.

"And he [Azariah] went out to meet Asa, and said to him: 'Hear me, Asa, and all Judah and Benjamin. The LORD is with you while you are with

Him. If you seek Him, He will be found by you; but if you forsake Him, He will forsake you." 2 Chronicles 15:2

"Therefore, behold, I, even I, will utterly forget you and forsake you, and the city that I gave you and your fathers, and will cast you out of My presence. And I will bring an everlasting reproach upon you, and a perpetual shame, which shall not be forgotten." Jeremiah 23:39, 40

When things are going well for us, many of us could care less about God; yet, He longs to have fellowship with us. Psalm 139:17, 18

"And you shall remember the LORD your God, for it is He who gives you power to get wealth, that He may establish His covenant which He swore to your fathers, as it is this day. Then it shall be, if you by any means for-

get the LORD your God, and follow other gods, and serve them and worship them, I testify against you this day that you shall surely perish. As the nations which the LORD destroys before you, so you shall perish, because you would not be obedient to the voice of the LORD your God." Deuteronomy 8:18-20

Please join me in May, the Lord willing, as I continue this series. All Scripture is taken from the New King James Version of the Bible unless otherwise stated. You may not believe me...just what if I'm right!

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

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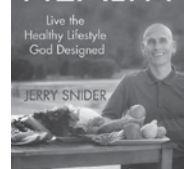
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GAIN PEACE THROUGH GOD'S WORD

BY PASTOR
MATTHEW REED

A lack of morals exist because men are without God our maker. Jesus told us in Matthew 4:4, "It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." The world is trying to have life without God. We keep (wrongly) thinking if we had more money more people would have life. What we can't understand is that peace and joy is not of money. If this were so, why are there people who have money but lack peace and joy?

According to man's reasoning, all people with money should have life (be happy, have peace). We know that's not so. This reasoning has found its way into the church. Let's see what life is according to the scriptures. Romans 8:6 says For to be carnally minded is death; but to be spiritually minded is life and peace. 1 John 5:11 And this is the record, that God hath given to us eternal life, and this life is in his Son (not money). John 1:4 In him was life, and the life was the light of men. Matthew 6:25 says Therefore I say



PASTOR MATTHEW
AND LADY HELEN REED

unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment (there is more to life than tangible things)? John 6:53 says Then Jesus said unto them, Verily, verily I say unto you, Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you. John 17:3 says And this is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent.

1 John 1:1-2 speaks of Jesus as being a product of the word. It declares that his coming and all the things he did opening blind eyes, healing the lame, giving hearing to the deaf, delivering an accused woman from the curse of the law, raising the dead, forgiving sins and etc. to be a manifestation of life that is in the word of God. These He did because he was a doer of God's word. Jesus trusted God, knew God and being found in the fashion of a man he humbled himself and obeyed God. All he accomplished and did, he did by being a doer of the word of God. Proving that life is in the word of God. We the church having the word of God has let the world beguile us and cause us to think that life is of something other than the word of God Jehovah. We've got the word. Let us once again become doers of the word. And that same life that was manifested in Jesus will manifest itself in our lives.

Not only should we be doers of this word but we should teach (encourage) others to be doers of God's word having full faith that if God said it he will uphold it. Amen!

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BALANCING OUR EMOTIONAL SCALES

BY MONA DUNKIN

Dr. William Glasser, founder of *Reality Therapy*, likens our emotional state to mental scales that weights what we have against what we want to have. The more we are living the life we want to live, the happier we are. The more evenly balanced our mental scales are, the more connected one is with reality.

Automotive experts tell us that cars run more efficiently on a full tank of gas. The gas is used up driving long distances or in stop-and-go traffic. The driver keeps an eye on the fuel tank and adjusts as needed. When the gauge is nearing 'E', the driver does not panic but simply keeps an eye out for a gas station to fill up.

Likewise, our lives run more smoothly when our emotional tank is full.

Emotions are there to communicate with us and to alert us to what we are creating in our lives. When you feel lower-level emotions, such as frustration or anger, it is because you perceive that you are not getting what you want.

So, what's a body to do? And that is just the point. The body responds negatively to drained or overwrought emotions. All behavior is total that includes the enmeshed employment of thoughts, actions/inactions, emotions, and physical responses all at once.

Feel it. Recognize that you are feeling the way you feel and allow yourself to feel it. Emotions must be owned before they can be kept, adjusted, or discarded. Denying the emotion does not eliminate it; it just pushes it down to fester.

Self-evaluate. Ask yourself why you are feeling the way you feel. And more importantly, do you want to continue to feel that way? If not, what choices are you willing to make to adjust or discard the emotion?

The basic trigger behind drained emotions is the failure to get what you want in any given situation. The more stack attacks of such deficiency, the greater the scales are askew. Not getting what you want fits into several categories from the trivial wanting steak and being served soup to the serious boundary breakers. Are you willing to make the choice to enjoy cheese and crackers? Are you willing to speak up despite the butterflies in your stomach?

We are never in perfect balance, but our objective is to



MONA DUNKIN

stay as balanced as possible. Balance is maintained by being aware of your feelings and patterns. When you see yourself drifting off course, take notice and make an adjustment.

It is hard to have a bad day when the emotional tank is close to full. Life's journey runs smoothly as we keep an eye on the emotional scales and fill up. It is the total behavior that drains; it is the total behavior that refills. Connect with whatever brings you back to reality: run, jump, dance, meditate, work, play, cuddle or whatever.

Mona Dunkin, Motivational Speaker and Personal Success Coach, www.

monadunkin.blogspot.com or www.monadunkin.com. @SolutionsPrinciples253

Mother's Day Special

Honor that special someone, whether she's still with you or whether she is gone.

Color \$45.00 B&W \$35.00

DEADLINE IS MAY 1ST.
Limited spots available! To secure your spot, cashapp \$LindaMasonCrawford

Church DIRECTORY

Tree of Life NDC
1612 Austin Avenue, Suite A | Waco, Texas 76701
Pastor/Founder – RT Allen | Co Pastor – Sandra Allen

SUNDAY SCHOOL – 9:30
MORNING WORSHIP – 10:30
WEDNESDAY INTERCESSORY PRAYER – 6 to 6:30
BIBLE STUDY – 6:30 to 7:45

254-339-9375

HIGH POINT CHURCH
www.highpointchurchwaco.com

SERVICES EVERY SUNDAY AT 10:30 A.M.

JOHN RAMBEAU, SENIOR PASTOR

WACO HIPPODROME : 714 AUSTIN AVE : WACO, TEXAS

BETHEL BREATH OF LIFE Ministries Church

SERVICE TIMES:
Sunday School – 9 a.m.
Sunday Morning Worship – 10 a.m.
Tuesday Night Bible Study – 7 p.m.
Friday Night Prayer – 6 to 7 p.m.
Monday through Friday Prayer – 6 a.m.
All services except Monday through Friday 6 a.m. prayer are both in the church and on our virtual platform.

JOIN US AT LINK
<https://global.gotomeeting.com/join/203878837>
The access code is 203878837
Or dial in to 1-646-749-3122.
Access code: 203878837

2300 SCHWERTNER DRIVE | KILLEEN, TEXAS 76543

Rising Star

MISSIONARY BAPTIST CHURCH

1408 EAST WACO DRIVE | WACO, TEXAS 76704

WEDNESDAY BIBLE STUDY 6:30 to 7:30 p.m.
SUNDAY SCHOOL 9:30 to 10:30 a.m.
SUNDAY MORNING WORSHIP 11:30 a.m.
PASTOR ROBERT CUMMINGS

Temple of Christ
— CHURCH —

SUNDAY SCHOOL10:00 a.m.
MORNING WORSHIP11:15 a.m.
SUNDAY EVENING.....6:00 p.m.
MON. BIBLE STUDY.....7:00 p.m.
WED. PRAYER WORSHIP...7:00 p.m.

MATTHEW REED MINISTRIES, INC.

1710 Monte Vista • Waco, TX 76777 • (254) 753-0772

The Word of Life

CHRISTIAN CHURCH

Worship Service Bible Study
Sunday at 10 a.m. Wednesday at 7 p.m.

WWW.THEWORDOFLIFEWACO.COM
824 LONGFELLOW DR. | WACO, TX 76710
(254) 772-1371 | TWOLCC@GRANDECOM.NET

WWW.WACONACCP.ORG


SOULS TO THE POLLS 2024

Sunday, April 28, 2024
12:45PM - 3:00PM

Doris Miller Community Center on Quinn Campus
The first 50 voters get a free food truck meal.
Additional meals available at cost

Let's Use Our Superpower and Vote Together!
Caravan from church or come alone.
Let's celebrate democracy with food, music, & line dancing.

More Info: 254-733-5261 or waconaacp@gmail.com



CURBING COLORECTAL CANCER IN MINORITY POPULATIONS

(NewsUSA) - April is National Minority Health Month, and Black Americans, American Indians/Alaska Natives (AI/AN), and underserved Americans, are among those disproportionately affected by colorectal cancer, according to the Colorectal Cancer Alliance (Alliance), the leading national nonprofit organization dedicated to ending the disease.

The Alliance is expanding its health equity efforts to increase awareness of colorectal cancer risk in minority populations and to improve access to screening



and care.

"Colorectal cancer is highly treatable when caught early," said Cedrek McFadden, MD, colorectal cancer surgeon and Alliance Medical Scientific Advisory Committee member. "Providing equity and access for minority and underserved communities with barriers to screening and care must be a priority to help decrease incidence and mortality rates."

To further address disparities, the Alliance has created a Health Equity Fund and Health Equity Advisory Committee to forge partnerships that:

- Offer free or low-cost screening options to more Americans in need.
- Expand financial assistance for patients during treatment.
- Enable innovative research to identify reasons for and solutions to disparities.
- Connect those most in need with high-quality and potentially lifesaving screening and treatment options.

"The Colorectal Cancer Alliance is committed to

breaking down barriers to prevention, diagnosis, and treatment," said Angele Russell, Senior Director of Partnerships & Health Equity, and leader of the Health Equity Advisory Committee at the Colorectal Cancer Alliance. "The Alliance's Health Equity Fund and Health Equity Advisory Committee were established to address disparities in healthcare and provide free lifesaving screening and care resources to communities most affected by this deadly disease."

The Alliance urges everyone, especially Black American and American Indian/Alaska Native populations, to know the risk factors and symptoms of colorectal cancer.

Risk factors include a family history of colorectal cancer, certain inherited genetic syndromes such as Lynch syndrome, chronic inflammatory bowel diseases, such as ulcerative colitis or Crohn's disease, and type 2 diabetes.

Symptoms of colorectal cancer may include a change in bowel habits, rectal bleeding, abdominal discomfort, weakness and/or fatigue, and unexplained weight loss.

The Alliance offers a free and easy online quiz, available in both English and Spanish, that provides a screening recommendation based on personal risk factors. Visit quiz.getscreened.org to take the quiz and receive a customized screening recommendation based on personal risk factors that you can discuss with your doctor.

HARRISON

CONTINUED FROM PAGE 2

to the student's once-a-week rap lesson.

Min. Harrison is credited for developing a mentally and emotionally positive program for at-risk students; instituting Character Ed classes, the mentorship program for the students and developing The Panther Reset "Student Leadership Crew," a group of at-risk DAEP students identified as having strong leadership skills. Now called Trustees, these students make decisions for the DAEP student population. Min. Harrison is currently

developing Enriching Panther Families, a program providing on-going support for Midway's families. Her most recent role as a Pre-Court Judge for Midway ISD involves working with families of truant situations. Harrison is married to Dr. George Harrison, pastor, of The First Baptist Church, NBC of Waco, Texas. Min. Harrison is the co-pastor promoter of excellence within the souls of humanity. She is the proud mother, godmother, grandmother, and great-grandmother.

KNOW YOUR RIGHTS SEMINAR



Real Talk on How to Interact with the Police:
A Know Your Rights Seminar for Young People (ages 11-25)

Presented by NAACP Experts & Local Attorneys

TOPICS:

"You Have the Right to Remain Silent" -- Please Do Do's and Don'ts when Approached by the Police
In your Car
On the Street
In your Home
If you are arrested



Edwards Chapel AME Church
2600 N. 21st St.
Waco, TX 76708

Saturday, May 18, 2024
10AM-1PM

There will be a Q & A Session plus Role-Playing.

Free breakfast and lunch will be served

FOR MORE INFO CONTACT US

Email: Waconaacp@gmail.com
Phone: 254-300-7105

WWW.WACONACCP.ORG

