

# THE Anchor News

**Serving the Central  
Texas Community**  
*Celebrating 17 Years!*

**SEPTEMBER 2019**  
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**Free**



## Waco, get ready for September 28th's smooth jazz

Do you remember Jazz in September; It's time to enjoy an evening of Smooth Jazz featuring "The Queens Of Soul Jazz " with Soul Jazz flautist Althea Rene and Fresno, California based saxophonist Jeanette Harris.

According to her biography Rene is a native of Detroit and daughter of trumpeter, saxophonist, and longtime original Funk Brother Dezie McCullers. She grew up in a musical family. Encouraged to study music from a young age, she eventually enrolled in a classical music program at Howard University in Washington, D.C. However, while at Howard she discovered her love of jazz, and eventually returned to Detroit. She entered the police academy and spent the next 11 years balancing her time between working as a Wayne County deputy sheriff and honing her musical skills playing jazz in local clubs.



**ALTHEA RENE**

In 2000, she released her independently produced debut album, Flute Talk. More albums followed as her career took off, including 2003's Chocolate Rush, 2006's In the Moment, and 2008's No Restrictions. Along with her albums, she has made numerous festival appearances,

including dates at the North Sea Jazz Festival, Austin Jazz Festival, Norman Brown All-Star Jazz Cruise, and others. In 2013, she signed with the Trippin 'n' Rhythm label for the Michael Broening-produced In the Flow. Buoyed by the singles "Sunday Cruise" and "Free," it peaked at number one on the Billboard smooth jazz chart. Two years later she delivered the concert album Live in Detroit, showcasing a well-received performance at the Detroit Public Library. In 2018, she published the book Becoming Chocolate Barbie: A Guide for Professional Women in the Music Business. The following year, she issued her eighth studio album Flawsome (<https://www.allmusic.com/artist/althea-rene-mn0000864066/biography>).

Harris's official website calls

See **RENE**, pg. 3

## Waco's Roshanda Prior paints pain into joy

**BY W.B. GUNTER**

Meet Central Texas artist, Roshanda Prior. Her exhibit, "Beyond What You See," is now open to the public until October 13th inside of Temple's Cultural Arts Center, located at 3011 N. 3rd Street. Art has taken this Waco native, and 1986 graduate of Jefferson Moore High School a long way. After studying abroad and receiving a Master of Arts degree, Prior has been a featured artist around the country. She is a highly recognized and sought after artist.



**ROSHANDA PRIOR**

Her body of work is a visible mainstay at the Killeen Civic and Conference Center on W. S. Young Dr.

"My art is not just passion driven; it's purpose driven. With the money I earn, it goes to charitable organizations, churches, and the community," says Prior.

"That's what success is. It allows you opportunities to make your community better. Right now, I would say my art is in its beginning stage, and

See **PRIOR**, pg. 8

## Community Doulas of Waco offers training

"Give a man a fish and he will eat for a day. Teach him to fish and he will eat for a lifetime." Tonja Carpenter is happy to announce the new 501c3 non-profit organization serving pregnant moms and new mothers in the first 12 weeks after delivery. Community Doulas of Waco is an organization that basically lives up to the "teach him to fish" adage. It helps mothers and then helps to train those mothers who are interested in becoming doulas themselves. Community Doulas of Waco currently is providing postpartum doula support and in the very near future will add birth doula support to their menu of services. They also provide basic breastfeeding support to moms who have chosen to breastfeed their newborns.

Doulas are women who are trained to provide physical, informational and emotional support to birthing families. Birth doulas can provide the support during labor through birth while postpartum doulas can provide the support from birth through the 12th week after giving birth. The length of support is subject to the mother's personal desire, the doula's availability and the doula agency or organization's policies. Doulas nurture, educate, assess family needs and provide the correct referrals to providers in the community to meet those needs. Historically, doula support



**TONJA CARPENTER**

has only been available to middle- and upper-income families due to the investment needed to secure the services of a doula. The same is true for doula training as well. Most women who do not fall within those demographics find doula support and doula training to be inaccessible. The mission of Community Doulas of Waco is to bridge that gap and to make both doula support and doula training accessible to moms and families in underserved communities.

Carpenter started Community Doulas of Waco earlier this year. The owner of Postpartum Doulas and Lactation Services of Waco, for profit companies, Carpenter is an International Board-Certified Lactation Consultant and DONA International Postpartum Certified Doula. She believes that every mom who gives birth should receive

See **DOULAS**, pg. 6





Photo by Any Given Day Photography

**J.L. AND LINDA CRAWFORD**

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

## Author Linda Mason Crawford shares excerpt from her book, *God, Destiny, and a Glass of Wine*

All chapters begin with one of her 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 for \$15.99. You can also go to [lindacrawford.org](http://lindacrawford.org) to order there. *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 hold-up 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 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

**LINDA MASON CRAWFORD**

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>.

**MESSAGE FROM THE EDITOR...**

### Walking in your Jeremiah 29

God doesn't intend for us to just be here, barely making it in life. He wants us to have the abundance, the overflow of his promises—peace, healing, finances, spiritual growth, etc. He says we "have not because we ask not" (James 4:2). Sometimes, one will put it to the test. "Will you let me redo my essay?" and I'll say, "Yes." Many don't ask.

They have no idea that I will actually "do that," yet it's available to them. Some of us have no idea that God will set us on our path to freedom because it is our season---whatever the "that" is, and so we hinder ourselves from walking in the "do that" of God. We have not because we ask not. Ask Him. Let Him "do that" for you.

# THE Anchor News



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**PURPOSE**

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

**POLICY**

Anchored on the principles of scripture, *Anchor News* will at

no time publish information that is potentially libelous material or intentionally malicious, derogatory or irrelevant.

**EDITORIAL POLICY**

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

**LETTERS AND ARTICLES POLICY**

The comments and opinions of our readers are welcomed. Letters

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

**SUBSCRIPTIONS**

Subscriptions are \$39 a year (12 issues) and can be paid by check or money order. Send all correspondences to *The Anchor News*, P.O. Box 23534, Waco, Texas 76702-3534 or email to [theanchornews@aol.com](mailto:theanchornews@aol.com).

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## Can chiropractic care help fight presenteeism at work?

(NewsUSA) - There's a name for what may be ailing some businesses and their employees: presenteeism.

That's when people show up for work but don't perform at full capacity, and - for one big reason - definitely not to be confused with those who routinely waste time at their desks, say, watching the latest cat video to go viral.

That reason? Underlying health problems - including chronic conditions like back pain, headaches, and arthritis - that leave them muddling through the day.

"Underlying the research on presenteeism is the assumption that employees do not take their jobs lightly, that most of them need and want to continue working if they can," the Harvard Business Review reported.

Many say the problem has only been exacerbated by the current opioid crisis, and that it's in employers' interests to see that their workers have access to safer options to such potentially addictive (or worse) prescription painkillers like OxyContin. One popular approach for relief from neuro-musculoskeletal issues like low-back and neck pain - drug-free chiropractic care - has actually been incorporated in on-site wellness programs by companies like Google, Apple and Facebook.

Doctors of chiropractic



**DR. SHAMONICA TRUNELL-MORGAN**

tic, who are highly educated and trained in the structure and function of the human body, use hands-on techniques designed to enhance flexibility, muscle strength, and range of motion. Most insurance policies cover its use.

"Chiropractic care is a win-win situation for both businesses and their employees," said the Foundation for Chiropractic Progress' Sherry McAllister, DC.

So how much money does presenteeism cost businesses? According to a new report by Global Corporate Challenge, 10 times as much as the \$150 billion annually in productivity lost from absenteeism.

For more info, visit [f4cp.com/findadoctor](http://f4cp.com/findadoctor). Make your appointment with Dr. Trunell today. Call 254-754-4000.

## Kareem Abdul-Jabbar to speak at MCC Oct. 15

BY LISA ELLIOTT

The McLennan Distinguished Lecture Series at McLennan Community College is pleased to present "Finding Your Inner All-Star with Kareem Abdul-Jabbar" at 7 p.m., Oct. 15, in The Highlands gym on the MCC campus. The event is free, but tickets are required.

Abdul-Jabbar is the NBA's all-time leading scorer, a six-time NBA champion and the league's only six-time MVP. He is one of a handful of influential and respected black men in America who has a national platform as a regular contributing columnist for newspapers and magazines around the world, such as The Guardian and The Hollywood Reporter, where he shares his thoughts on some of the most socially relevant and politically



**KAREEM ABDUL-JABBAR**

controversial topics facing our nation today.

Currently, Abdul-Jabbar serves as chair of his Skyhook Foundation. Its mission is to "give kids a shot that can't be blocked" by bringing educa-

tional STEM opportunities to underserved communities through innovative outdoor environmental learning. A New York Times best-selling author, he has written 14 books, including two recent memoirs: *Becoming Kareem* for young readers, and *Coach Wooden and Me* about his lifelong friendship with famed UCLA coach John Wooden. Before leaving office, President Barack Obama awarded Abdul-Jabbar the Presidential Medal of Freedom, the nation's highest civilian honor.

Tickets will be released at midnight, Aug. 30 at <https://kareematmclennan.eventbrite.com>. Copies of Abdul-Jabbar's books will be available for purchase in the lobby of The Highlands, and a book signing will conclude the lecture.

For more information, contact Lisa Elliott at [lelliott@mclennan.edu](mailto:lelliott@mclennan.edu) or 254-299-8640.

## RENE

Continued from page one

her the "scintillating saxtress of Smooth Jazz." Her bio continues that she understands energetic and captivating performances matched with uplifting and inspiring vibrations in the music are the solid platinum recipe for success." You will find her on the cover of Stevie Wonder's "All I do" and the cover of "Here and Now" by the late Luther Vandross. A graduate of Berklee College of Music in Boston, she has built a name for herself (<http://www.jeanetteharrisband.com/Jeanette%20Bio.htm>).

Rene and Harris continue to burn up the Jazz scene across the country as they debut their new release duet "We Are

One." This was originally recorded by R&B ICON, Frankie Beverly and Maze. The Queens will be presenting one show in the newly remodeled Hippodrome Theatre downtown Waco Saturday September 28, 2019. Althea and Jeanette have amazed audiences from Seattle, Portland, Chicago, North Carolina, Alabama, and Nashville just to name a few of the 2019, 40 city tour. Also performing is a Waco favorite,

Dallas based Saxophonist Joseph Vincelli and his musical director, Waco/Riesel native, pianist and vocalist Joel McCray. This is one you just don't want to miss. This is a September to remember, that promises to rate among the best live musical events of the year.

Get your tickets now at Hippodrome box office or online at [www.wacohippodrometheatre.com](http://www.wacohippodrometheatre.com) or call 254-296-9000.

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## HOLLYWOOD THEATER!



## Marlin's Commerce Street renamed to BTW Parkway

The City of Marlin in conjunction with the Falls County Booker T. Washington Alumni & Ex-Students Association of Marlin, Texas recently unveiled the new name for Commerce Street. In a recent City Council meeting, the Council voted unanimously to change the name of Commerce Street to BTW Parkway on a proposal from the Alumni Association. The Booker T. Washington schools were located on Commerce Street when they were closed in 1968. According to BTW Alumni Association National President, Louis McGowan, the street was renamed to commemorate the schools existence and contribution to the City of

Marlin and Falls County from 1916-1968. The official unveiling was conducted on August 2, 2019. It was arranged by Mayor Carolyn Lofton and new city manager, Cedric Davis, Sr.

The honor of unveiling the new street sign went to Marlin's current Lofton and McGowan.

John Keefer, the previous Mayor, was in office when the vote was taken and was very instrumental in navigating the process from proposal to unanimous decision.

Commerce Street runs through the heart of Marlin from Main (Live Oak) Street on the north side to the Highway 6 Bypass on the south side.

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**Gayla Culp from Arlington, Texas  
(formerly with the Gospel Group, Truthettes)**

**FOR MORE INFORMATION, CONTACT  
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## Giving and gaining control

BY MONA DUNKIN

As with most things in life, control can be both a positive and a negative, depending on how it is used. No one wants to be controlled, and yet most of us try to control others. All to no avail. In the relentless effort to control, we practice insane behavior. Dr. M. Scott Peck defines insanity as "doing the same thing over and over and expecting different results." And yet, we will scream a little louder, nag a little longer, pout a little more, etc., etc., etc., all in a futile attempt to control to get our way.

It is like the old comedy stick where a man hits himself on the head and says, "Doc it hurts when I do this." The doctor looks at him dumfounded and says, "Well, then don't do that!". Stopping is a simple cure. So why don't we just stop? Big C! We are too busy trying to be in control! If what you are doing does not work, do something else. If the mood you are projecting is not helping, work on a different attitude. If the words you are using are abrasive, develop a new vocabulary. If your facial features are threatening, calm yourself down before speaking. If the gestures you use are offensive, cross your arms or sit on your hands. Yes, this may seem a little drastic, but sometimes drastic measure is needed to effect positive control of who? YOU. You can calm yourself down. That is one way to be in positive control.

If you always do what you've always done, you'll always get what you've always got. IS IT ENOUGH?

If it is not enough, then do something about it. If the demanding has not worked, then begin to politely ask. Does that mean the other person will do as you ask? Not necessarily, but it has been my experience that demanding does not work either; that it is one of those insane behaviors. Asking keeps stress down; demanding accelerates it.

The Apostle Paul proclaimed, "When I was a child I acted as a child, but now that I have become a man, I have stopped childish behaviors." This is excellent advice. Sometimes we act as tall two-year-olds. There is a big difference in being childish and childlike. Childlike is a wonderful quality that will keep us young and



MONA DUNKIN

learning and having fun. Childish are those negative traits of selfishness, demanding, and non-reasoning. Childish behavior keeps us forever immature.

In an attempt at ineffective control, I have observed people demanding things of others which they, themselves, are not willing to do. Things such as "Shut Up", or "Calm down" or "Be patient" or "Lower your voice" or "Don't use that tone with me". Sure, immature people can be annoying, but we cannot control them. Learning this will help restore your sanity.

When my daughter was a child, I made myself a note and posted it to the refrigerator door. "Melinda is a child. She will act like a child. Some of her actions are childish. I am an adult. I will act like an adult. If I will be patient and kind with her, she will learn and grow, and put away childish behaviors." And she did. She has grown into a lovely, mature adult who is an excellent parent; one who is in effective control of herself, which in turns teaches the children to be in effective control of themselves.

I use this strategy in every area of my life. With family. With business clients. With church groups. With civic organizations. With recovering addicts. With the prison population at work. We teach people how to treat us. As I act like an adult - kind but not demanding - I am treated like an adult. It works.

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

## Taking insurance on vacation

BY HENRY CHASE

Vacations -whether taken in the summer or the winter -can pose unusual risks you don't encounter every day, especially when you travel out of the country. If your fishing skills are a little rusty and you injure a fellow fisherman, or if one of the kids starts a fire in a hotel room, will your homeowners insurance respond and pay the claim or defend a lawsuit?

What if you participate in different recreational activities while on vacation, like golfing, boating, jet skiing, biking, snowmobiling, or hang-gliding? Will you be renting a golf cart or snowmobile, or maybe a moped, 3-wheeler, and 4-wheeler? All of these activities can be fun, but they can also be dangerous. Will one of your policies respond if you hurt someone or damage property belonging to others while participating in these activities?

One of your current policies may provide coverage for some of these activities, but unfortunately, there is no policy that will provide coverage for all of these activities.

**Automobile Risks.** The typical auto policy covers auto accidents and losses in any U.S. state, territory or possession, and Puerto Rico and Canada. In fact, the liability limits under your auto policy may actually change as you cross state lines or enter Canada, in order to meet financial responsibility or compulsory insurance laws requiring certain minimum limits and coverages for automobiles operated in that jurisdiction.

It's a different story, however, if you travel to Mexico or a foreign country other than Canada or Puerto Rico. Your policy does not provide adequate coverage for accidents in those countries. (Your policy may extend some coverage to accidents in Mexico, but the coverage is very limited and you shouldn't



HENRY CHASE

count on it providing adequate protection for your family.)

If you don't plan to rent a car while vacationing in a foreign country, but may be using some form of public transportation such as buses and taxis, consider buying special trip insurance to cover medical and other expenses that may result from an accident -see Trip Insurance below.

If you rent a car while vacationing in the U.S., your auto policy provides limited coverage for damage to the rent car and

other claims arising out of the operation of the rent car. However, we recommend you purchase the damage waiver offered by the rental company for complete protection. (We have a separate report available on rental car exposures. Please ask and we'll send it to you.)

If you rent a car in a foreign country, you will definitely need special coverage. Ask the rental company what they offer, and see Trip Insurance below.

**Recreational Vehicle and Watercraft Risks.** If you rent any kind of recreational vehicle or watercraft on your vacation, your auto or homeowners policy may not cover damage to the rented vehicle or watercraft, or injury to others or damage to property owned by others. To be safe, we recommend you ask the rental company if a damage waiver and liability insurance is available for an additional charge.

Henry Chase, Chase Insurance Group LLC, 512 N Hewitt Drive, Hewitt, Texas 76643, (254)235-7620.

## Weathering a Stormy Market

BY MATT BOUDREAUX

For many of us, including myself, the first week of September marks a return to normalcy. Vacations are great, but what's not great is trying to get back into the zone at work afterward. To complicate matters, it seems like chaos is all around us. Markets are volatile, bond yields topsy-turvy, and an actual hurricane is bearing down on the east coast.

How can you prepare? Examine your portfolio considering how many years you have left till retirement and with your long-term goals in mind. Together, we can evaluate your financial strategy to make sure you are prepared for the storm.

Please feel free to share these articles with your family and friends. They are excel-



MATT BOUDREAUX

lent conversation starters.

Contact Matthew Boudreaux, Financial Advisor with ClearVista Financial, LLC at: Office: 800.491.4508, matt@clearvistafinancial.com, matthewboudreaux.com/ or clearvistafinancial.com/.



## DOULAS

Continued from page one

support whether it is from family members or a professional doula.

"Many moms don't have support available to them because of the change in the nuclear family dynamics we face today," says Carpenter. "In the distant past when a woman gave birth, she was surrounded by and cared for by her mother, aunts, sisters and other women in the community for an extended period," continues Carpenter.

(NewsUSA) - Many people have trouble falling asleep, and there are many sleep supplement products available to help.

However, only certain products are truly effective at promoting the deepest, most restful sleep needed for no morning drowsiness. The deeper the sleep, the better for the restoration of your mind and body.

During sleep, your brain goes through five stages that repeat in approximately

90-minute cycles. These stages are divided into non-REM and REM sleep.

Non-REM: The first stage of non-REM (non-Rapid Eye Movement) sleep starts when you first fall asleep (stage 1) and progresses through stage 2 of light sleep.

Stages 3 and 4 are the deepest and most restorative times of sleep, when your heart rate slows, your muscles and skin heal and grow, and your immune system recharges.

REM: REM, or Rapid Eye

Movement, is the shallow sleep that occurs as the fifth and last stage of a sleep cycle. REM sleep is associated with dreams, learning, and memory.

Some sleep aid products, such as melatonin, focus on sleep quantity. While these types of products can make you sleepy, many people who have trouble sleeping can't relax their brains into deep sleep. Certain amino acids, however, such as glycine, can help.

Glysom is a unique dietary supplement that contains glycine. Unlike some other glycine supplements on the market, Glysom has been well studied as a sleep supplement to show that it is effective, helping the brain to relax into the deep sleep cycle.

Data on Glysom have shown that the product can help promote deeper and more restful non-REM sleep without such side effects as daytime sleepiness.

Glysom is not an injection or pill; it is available in small packets as a lemon-flavored powder to help make it easy to take.

For more than a decade, Glysom was only available from health care professionals, but it is now available directly to consumers.

Glysom is produced by Ajinomoto, a global leader in the manufacture and distribution of amino acid products.

For more information about Glysom and how to improve sleep quality, visit [glysom.com](http://glysom.com).



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## TSTC Graduate Harnesses New Technology in Job

(WACO, Texas) - Randall Frett's career in Waco is blossoming like a magnolia tree in springtime. Frett, a graduate of Texas State Technical College, is an information technology systems administrator at Magnolia, which encompasses real estate, vacation rentals, home decor and food.

"My responsibility is to be what my company needs for me to be," Frett said. "We (the IT staff) find solutions to problems. And we solve issues, whether it is server-related or cloud-related, and we try to adapt to our environment."

Frett must also be innovating, which for him means finding new ways to make technology more effective. He said this takes research and experimentation. "TSTC really taught me that in my career, I do not want to get to where I am complacent," he said.

"Complacency means you are too comfortable. I love what I do because I love to see things evolve and see things change."

Frett graduated in 2006 from Waco High School, where he took technology classes. He has an Associate of Applied Science degree in Computer Networking and Systems Administration and an Associate of Applied Sci-



**RANDALL FRETT**

ence degree in Network Security Technology, both from TSTC. He also has a Bachelor of Business Administration in Computer Information Systems, Information Technology from Tarleton State University.

Clint Pate is a TSTC instructor who taught Frett in networking classes when he was a student. Pate is now an instructor in TSTC's Cloud Computing program.

"Randall was an up-and-coming student with a lot of potential," Pate said. "He got into the networking side of the house quickly. He was quick to pick up on concepts." For more information on Texas State Technical College, go to [tstc.edu](http://tstc.edu).



# Don't miss these signs of school bullying

(NewsUSA) - The start of the new school year should be a positive and exciting time for children, but for many it also means a return to being bullied, and the physical and mental health consequences that accompany it.

Results of a study published in School Psychology Review found that nearly half of children in grades 4-12 reported being bullied by other students at least once during the previous month.

According to the National Bullying Prevention Center, a slightly higher portion of female than of male students report being bullied at school (23 percent versus 19 percent.)

In a 2017 survey conducted by the U.S. Centers for Disease Control and Prevention, 19 percent of North Carolina high schoolers reported being bullied on school property within the previous year. When broken down by gender, 23 percent of high school girls and 15 percent of high

school boys in North Carolina reported being bullied at school.

Possible signs that a child is being bullied at school include:

- Acting in a way that is out of character for the child, such as becoming more angry or anxious.
- Trying to avoid school with excuses such as increased physical complaints.
- Demonstrating trouble with schoolwork.
- Exhibiting unusual eating or sleeping habits.
- Losing valuables such as lunch money or possessions.

"Bullying behavior tends to peak in middle school years, but it can happen at any age," says Dr. Michael Golinkoff of AmeriHealth Caritas, a national leader in healthcare solutions for those most in need.

"Victims of bullying may be reluctant to inform their parents or others. So it is important for parents to be observant for signs that their child may be getting

bullied and respond accordingly," he emphasizes.

But parents can help stop bullying before it starts and be part of the solution when it occurs. Some steps parents can take to help their child include:

- Be informed. Find out your school's policy on bullying and speak to the principal or other administrator.
- Be engaged. Talk to your child about his or her experience. Don't judge, just listen.
- Be a team. Involve your child in strategies to help stop the bullying. Get the teachers on board so everyone knows what to do when

problem behavior occurs.

"The most important advice for a child who is being bullied is to help them develop assertiveness skills and conflict resolution skills," says Dr. Golinkoff.

"This includes standing

up for their beliefs and ignoring negativity directed towards them. Role playing exercises can help children learn how to take a stand against an aggressor."

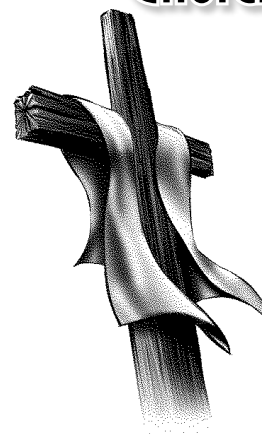
For more information, go to [amerihealthcaritas.com](http://amerihealthcaritas.com).

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## PRIOR

Continued from page one

there is so much more of me to give."

The journey along the road to success wasn't always easy. She worked tirelessly through a personal loss, a car accident, and illness. She realized that her mind had to actively be in control of her body's recovery. Prior reveals a time when she was aching so bad, but she had committed to walking. She had to let her body know that healing needed to be done and giving in was not an option. So instead of walking one mile, she walked at least 4 miles. She says, "I want to be a blessing each day. After a car accident, I found my purpose. I made it my service, and art is my ministry. Now, I have focus." Prior says she knows what to do and how to do it. She knows what to say and how to say it.

"But most of all, I know how to live it. What I learned was that you can paint your pain into joy. You have to tell your mind to tell your flesh to follow the obedience of your mind."

The Cultural Arts Center of Temple has added an educational program entitled, "Hands On." Together with the Temple Independent School District, the CAC presents interactive events for students to taste foods, experience performing arts from around the world, and see visually appealing art. Prior is proud to be a part of this great venture with the Beyond What You See art exhibit in the Howard Gallery.

Be sure to visit, "Zebeautiful 5" and look deep into the eyes of the untamed. Feel the emotional stirrings as you stand face to face in a conversation with the art as it touches deep into the soul. Smile, and be inspired as the journey to the top is celebrated in the piece entitled, "I Made It Myself." Sit with the art, and enjoy its beauty. Get to know Roshanda Prior through her visual compositions and enjoy the multiple series as you too look beyond.

To contact Roshanda Prior, contact Protocol For Design at 254-371-3987. She specializes in residential and commercial art, limited edition prints, home décor, and consultations.



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# Nine questions every tenant should ask

SUBMITTED BY J.L.  
CRAWFORD, SR. MANAGER

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

laws in your state or province.

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

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



J.L. CRAWFORD

behavior not associated with everyday use can be deducted. Protect your deposit by having a walk through with your landlord to document any preexisting issues before moving in. Before and after pictures may also be helpful if the landlord attempts to charge you for damages you did not cause.

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

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

**7. How long will I need to wait for my deposit to be returned?** Your landlord must return your deposit in a reason-

able amount of time. Specific time frames may vary. If you need assistance with the return of a security deposit, your LegalShield provider law firm can help.

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

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

*If you need assistance dealing with a debt collector, call your LegalShield provider law firm and speak with an attorney. LegalShield can help you with your legal issues. Preexisting problems are covered, so give me a call at 254-717-4927. Hurry. With LegalShield, "...we can help you worry less and live more." Please see the ad in this issue of The Anchor News. J.L. Crawford, Senior Manager.*

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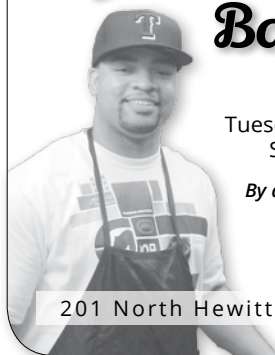


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## Health and Wellness Q & A

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

### QUESTION:

Hi Jerry. Due to the job I have, eating out for lunch is an almost daily occurrence. I'm finding it really hard to eat healthy while also having a variety from day to day. I rarely get to pick the restaurant so sometimes there is nothing on the menu that appears healthy. I've gained weight over the past year since I started this position. What do you suggest I do?

Thanks, DJ

Hi DJ,

Well DJ, this is a pretty common issue for people that work jobs where they do networking or sales. I've lived this life before. Even now I often find myself eating lunch out for many meetings a month. I know it can be boring going with the salad option every day. Yes it's



JERRY SNIDER

healthy, but few of us can eat the same exact thing day after day even if it's the only healthy option.

Here are a few tips you can follow to help you when are eating lunch out:

- Drink water when eating out. While there are other drinks that are not high in calories, this option is not about calorie count. Water hydrates your body and helps you feel full. Other drinks may hydrate you but

they also create an atmosphere where your cells start to crave other sources of food such as sugar and salt. Stick with water and you'll eat less.

- Always stick to the lunch portion, if you are forced to eat a less-than healthy meal there's no reason to overeat as well. If there is no lunch portion offered, box up half the meal before you begin eating so that you won't be tempted to overeat.

- Stay away from appetizers and desserts. They are a non-necessity at lunch time. These are 100% wasted calories and almost guarantee you will overeat.

- If you go to a buffet restaurant (which you never should) order off the menu. Never eat the buffet even if it's cheaper than anything on the menu, that alone should tell you something about the quality of the food on the buffet. If there is no menu option, this is where you go for the salad.

A key thing to remember

is that lunch is a small portion of your daily food intake. It's ok if you have little control over this one daily meal as long as you are disciplined about what you eat during your other meals. When I counsel on nutrition I find that most people know certain meals they eat are bad for them but they don't realize that the other meals are not exactly good for them either.

Be diligent about the meals you can control and don't stress about the ones you can't control.

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

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# Gwen McNuckles among 3 generations to graduate together

Reprinted by permission from *Connections and Reflections* <https://connectionsandreflections.com>.

Gwendolyn Vance McNuckles is the founder and chief visionary of Connections and Reflections. This organization offers support to women who come together to collect, connect and reflect on pieces of their lives to mold a beautiful mosaic of wholeness. McNuckles does not desire that women be healed, but that they are restored to wholeness and walk in the God given power they were born with. McNuckles has chosen to see her difficult life experiences as a survivor of domestic violence, homelessness and single motherhood as a remarkable puzzle of moments both of rain and sunshine to be used to lead her and others to a place of overwhelming triumph. She describes herself as a soul on a life's journey of ser-



**GWEN McKNUCKLES**

vice.

McNuckles completed her bachelor's degree in business management in 2010 at the age of 57 at Peirce College in Philadelphia, PA. She and her daughter Dionne and granddaughter Denise made college history as the first three generation family to graduate at

the same time completing degrees in business management as well as marketing. She has coined them the Triple Threat.

McNuckles went on to achieve her master's degree in leadership from Capella University in 2016 at the age of 63. She pursued a degree in Leadership because she saw the need for effective leaders to inspire people to achieve their highest form of greatness and pursue their dreams.

She has been blessed to serve and support organizational needs in several key companies, including the University of California – Los Angeles, University of Tennessee – Memphis, Temple University School of Medicine, the City of Philadelphia Public Library, The City of Columbus Mississippi Police Department, Domtar Personal Care and her personal crowning achievement, Paramount Studios during the 25th Anniversary of Star Trek.



**DENISE GARRISON, GWENDOLYN VANCE McKNUCKLES AND DIONNE GARRISON-HUBERT**

McNuckles raised two beautifully gifted and successful daughters, Dionne Garrison-Hubert a thriving real estate agent in Philadelphia, PA and Facetta Garrison-Greene, the General Manager of The Dell, the City of Philadelphia amphitheater and 2019 Woman of the Year by WDAS Radio and the City of Philadelphia. McNucklesdolyn also has 7 grandchildren and 2 ½ great grandchildren.

She is living the life as one of the Three Musketeers or Three Stooges, along with her 93 year-old father, George and her 86 year-young mother, Arlillian in Waco, Texas.

Presently, McNuckles is pursuing her dream of mentoring women locally in Waco, Texas by imparting her incredible insights through her weekly blog on weekly prayer, praise and accountability. McNuckles has an extraordinary, revelatory ministry called "The She Shed" in which her visitors take part in awe-inspiring edification, scripturally based men-

toring, and boundless intercessory prayer. Visitors to the She Shed typically come in one way and leave transformed as a vision is imparted into their spirit, soul and body.

When McNuckles' She Shed calendar is not quite full, you will find her adding the finishing touches to her soon-to-be best seller, "Messages from the Board Room with the CEO", a culmination of true-grit life experiences, heartfelt humor, and Godly inspiration positioned to take her audience of women to the next level of success triumph. McNuckles also continues to take up professional speaking opportunities and hails as the president of her local Toastmasters chapter.

If you are interested in scheduling a "She Shed" experience with McNuckles or you are looking for a dynamic and inspirational public speaker, please contact Connections and Reflections at 254.292.8377 or [connections.reflections24.7@gmail.com](mailto:connections.reflections24.7@gmail.com).

## Doris Miller Memorial Park

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

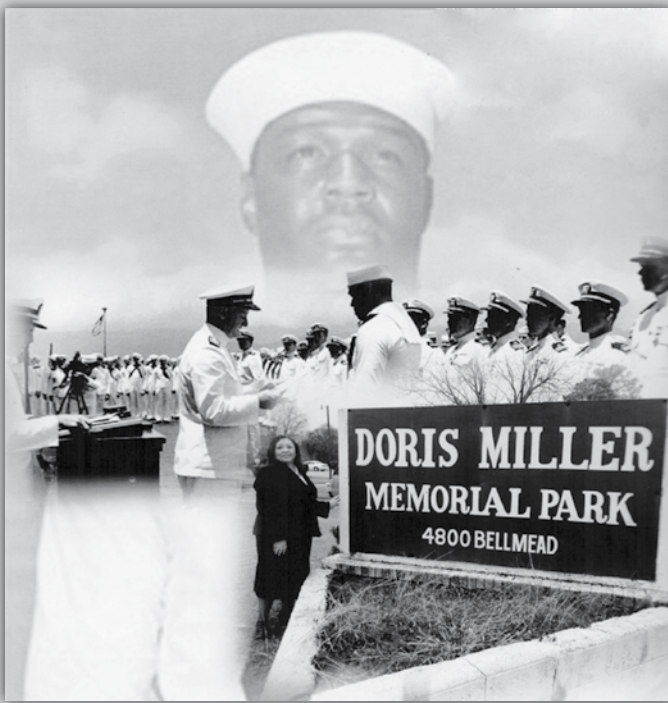
The Cemetery was established in 1949. The first burial was that of Doris Miller's father, Connery Miller. The Cemetery is named in honor of Doris Miller, the WWII hero. It has been under the present ownership since 2001.

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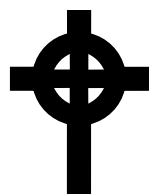


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## Tips for Millennial investors

SUBMITTED BY LINDA MCDONALD, ABR, CRS, GRI, PMN, SRS, TRLP  
COLDWELL BANKER  
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Investing in real estate can be fruitful. Now, after years in the workforce, more millennials are taking the leap. Many are first-time investors who need helpful tips about how to get started in the real estate game.

**1. Improve your credit.** Investors need a good credit score to get certain loans—especially first-time investors. Money lenders comb through your finances to ensure you're a good risk, so pay off previous loans to bump up your score.

**2. Build your savings.** Having a stable savings stream puts you in good standing with lenders. Save a percent-



LINDA MCDONALD

age of your paychecks to store funds for your first purchase, and create a smart and consis-

tent plan to pay off your high-interest debts first.

**3. Study up.** Research can help you build a strong portfolio and learn about the industry. Calculate how much you can spend and how long it takes to renovate and sell homes in your price range. Use comparisons for similar real estate in the area to save time, money and stress.

**4. Use your brain.** Emotion can get in the way of real estate investment. What may seem too good to be true often is. Consult an inspector prior to making a purchase. And learn from any failures to become a stronger, smarter investor.

Call Linda McDonald, "The Real Estate Lady," for all of your real estate needs: Coldwell Banker/Apex Realtors, 254-855-1717.

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# Walking in divine health and blessings, Part 6

BY RUBY MCCRAY

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

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

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

In the August article, I ended by telling you how I was talking to God about what had I done incorrectly. Why wasn't my daughter healed? I kept up my routine spending time talking to Father and listening to what He had to say to me. Although Joyliet didn't have many attacks during her 1st grade year, I thought that she wasn't supposed to have any at all.

The school year had now ended, and it was time for the ceremony. We were all excited! When it was time for the students to walk across the stage to get their honor award's certificate, naturally, Joel was right in the mix. When they called for the students to line up to receive their perfect attendance certificate, Joel made history;

he was in that mix for the first time. We were happy, but he was the happiest.

When we got in the car to leave, Joyliet said, "Momma, when we get home, will you read that little book and put some oil on me so Jesus can heal me? I knew then that her brother receiving his perfect attendance certificate for the first time had made that drastic impact. I was very happy to oblige her.

We got home and looked at the report cards, talked about them and the certificates. Afterwards, we three went back into my bedroom, took our same position and read the booklet. It didn't take nearly as long because they were very familiar with it, and we talked about Kenneth Hagin often.

After reading the booklet, I anointed her only, but had Joel to put his hands on her, too, while I prayed. Precious people, the summer passed, and she was now in the 2nd grade and Joel was in the 4th. She had no asthma during the first semester. At the end of the year, she and Joel received perfect attendance certificates. Now I talked to God about why Joyliet



EVANGELIST  
RUBY MCCRAY

wasn't healed on the first go-around. I understood it all after He took me back and reminded me about the way it really happened.

After I ended the prayer for the children the first time, Joel made a confession in a serious tone something like this: "devil, my body is a house for Jesus to live in! You and He cannot live in it at the same time, so you're going to have to leave!" He was so very serious. The Lord let me know that it wasn't my faith alone that got Joel healed, and it wasn't my faith alone that got Joyliet healed. Remember, she

let me know that after I read the book and put oil on her, that Jesus WOULD heal her! And that's exactly what He did. That healing really did increase both of their faith.

When Joyliet was about 13, she asked me if she could have some bunk beds. I told her, no, because she already had a nice bedroom suit with a full-size bed. We talked about it a bit, and I told her to ask God for them. She did. The very next week, one of my students asked me if I knew of anybody who NEEDED some bunk beds. I couldn't believe my ears! I told him that I didn't know of a soul who needed bunk beds, but I knew someone who just mentioned on last week that she WANTED some. He asked who, and I told him Joyliet. He said tell her that she has some. When she got married some years later, she took those beds to their apartment and put them together to make a king size bed.

During Joel's first semester of 4th grade, his teacher's husband who pastored a church, suffered a heart attack. After a while, his substitute teacher suggested that the students make get-well cards. Joel asked

me where's the Scripture that got him healed. I told him it was Mark 11:23. My curiosity got the best of me, so I asked him, "Why?" He said his class was making get-well cards for his teacher's husband. When he finished, he had drawn a picture of Jesus hanging on the cross, had written that entire Scripture, and said that we used it for Jesus to heal him from asthma.

Several months passed and I got a call from his teacher telling me how much they appreciated all the students' cards, but her husband believed that Joel's card was the one God used to heal him. She wondered if he could go to their church to give his testimony.

Please join me in October for the conclusion of my children's testimonies. All Scripture is taken from the New Living Bible unless otherwise stated. You may not believe me, but...just what if I'm right?

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## There's only one body



PASTOR MATTHEW AND LADY HELEN REED

BY MATTHEW REED

The one thing that I have learned to enter into the kingdom of God, you must become a part of the body and he is the head of the body, the church: We are talking about the body of Christ. In Ephesians 4:12 (For the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ: ). We through scripture know that Christ is the head of the church (the body) Ephesians 5:23 even as Christ is the head of the church: and he is the savior of the body, Colossians 1:18 And he is the head of the body, the church:.. These scriptures establish that the church is the body of Christ, 1st Corinthians 12:25 that there should be no schism in the body; but that the members should have the same care one for another. In John 10:16 the scripture states ( And other sheep I have, which are not of this fold: them also I must bring, and they shall hear my voice; and there shall be one fold, and one shepherd.)

We've established that Jesus is the head of the church and that the church is his body. In John ten we see his commission to bring the gentile into the salvation of God. In 1st Corinthians 12:25 He has to prevent schism (division). How does he accomplish this,

He creates a new creature out of the two men (Jew and Gentile). What instrument does he use His words (the word of God). Those of us that want this great salvation will be required to lose our identity and a new identity established. You can't be white any more, you can't be black anymore; you can't be Jew or Gentile. If you retain any identity other than a Christian there will be a schism. There will be division and God is not having that in his son's body.

Being a perfect God He will have nothing less than a perfect body for his son. He will deal with only those that accept and comply with these teachings. Ephesians 4:2 says, "With all lowliness and meekness, with longsuffering, forbearing one another in love; 3 Endeavoring to keep the unity of the Spirit in the bond of peace. 4 There is one body, and one Spirit, even as ye are called in one hope of your calling; 5 One Lord, one faith, one baptism, 6 One God and Father of all, who is above all, and through all, and in you all can enter into the kingdom of heaven and be saved. You and I will have to follow the example described in Philippians 2:8 "And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross." Amen!

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