

THE *Anchor* NEWS

FREE! | MAY 2023 VOLUME 20, NUMBER 10

MEXIA'S JOHNSON NAMED HR EXECUTIVE DIRECTOR

LaKechia Johnson has just been named the Executive Director of Human Resources for Mexia ISD for the 2023-24 school year.

She has been the Principal of RQ Sims Intermediate for two years and served as the Assistant Principal of AB McBay for two years. Before coming to Mexia ISD, she worked for Malone ISD for 18 years, serving as the Assistant Principal there for seven years.

During her tenure at Malone, Johnson taught 3rd grade as well as 6th-8th English. She has been District Academic UIL Coordinator, Special



LAKECHIA JOHNSON

Education Director, and

volleyball, basketball, track, and cross-country coach.

Johnson obtained her master's degree in Educational Leadership from Lamar University. She completed her undergraduate studies at Texas A&M - Commerce where she earned a Bachelor of Business with a focus on Marketing and Business Management.

Johnson has lived in the Mexia area for 25 years and has been married to her husband Kentral for 18 years. She is a member of the National Sorority of Phi Delta Kappa. Ecstatic about her new position, Johnson will be able to serve more in the community.

KILLEEN'S CELNEQUE BOBBITT JR. GOES PRO!!

BY W.B. GUNTER
WITH CJ BOBBITT, JR.

Celneque (sel nik) Bobbitt Jr., of Killeen, is an official member of the Australian team, Mandurah Magic! "CJ" was studying the game before he had teeth, and wowing the crowds with his agility and skills by the time he was 2. He played on the same court as Royce O'Neale. Both men belong to professional basketball teams, and they learned under the leadership of Coach Celneque Bobbitt, Sr.

Bobbitt gives the Anchor News insight into his journey as he embarks on fulfilling a goal he envisioned years ago. He begins: My journey began as a kid playing with the team Little Dribblers. My Dad was the coach. My parents believed in me and I was told that if I really wanted it, that I needed to take it seriously, work hard, and the opportunities would happen. I played AAU with Bret Williams and



CELNEQUE BOBBITT JR.

we started a team. We went to Nationals in Houston.

In my sophomore year, I was on the Texas Progress Team where joined the Nike EYB. During my junior year, I switched from the Adidas Gauntlet. As a high school senior, I decided to play during the summer. I was a member of the University of Colorado team in Denver for 2 years

before going to New Mexico State where Chris Jans was the head coach. We had a good year 28-7. We made history. All of that came to a halt when COVID hit.

I had to lift myself up, run, stay active and in shape. There was no team beside me. All of the tournaments were canceled and I was on my way to getting a contract signed when I tore my Achilles. I sat out an entire year rehabilitating. My girlfriend was playing at New Mexico State. I had to work hard and get healthy. I needed to find a coach willing to work with me. I went to Michael Harp camp twice in July and December. I felt as if they could help and get me a job, but the realization hit me that I had to put the work in for myself.

I played ABA and made it to nationals in St. Louis. In the first game, we took

SEE **BOBBITT**, PG. 2

ROLANDA BURNS NAMED TOP EXECUTIVE AT CASA

Her goal is to "collaborate closely with our community to expand our impact of advocating for all children that come into the foster care system," says Rolanda Rene Burns, who recently stepped into top leadership at CASA. On March 20, 2023, the organization announced Burns, a Waco native, would take the helm of Court Appointed Special Advocates ("CASA") of McLennan County as Executive Director. CASA of McLennan County is a nonprofit organization that recruits, trains, and supports volunteers, who advocate for children in the foster care system.

Burns is adamant that "providing safety and stability to children and families cannot only heal hearts but entire communities."

A 1979 graduate of Richfield High School, she holds a bachelor's degree in social work from Paul Quinn College—originally located in Waco, Texas. Burns' passion for advocating on behalf of children began at Paul Quinn College and has continued with 20 years of service including 15 years of employment with Child Protective Services and 5 years at CASA in positions as supervisor and Director of Advocacy.

She currently serves as a member of the McLennan County Child Welfare and Central Texas Council of Child Welfare boards; is an Ambassador for the Cen-Tex African American Chamber of Commerce, and is the treasure for Alpha Kappa Alpha Sorority Inc, Delta Alpha Omega Chapter here in Waco Texas.



ROLANDA RENE BURNS

Burns brings a skillset of work and lived experiences to the role of Executive Director.

"I know personally the difference a CASA volunteer can make in the life of a child in foster care and I hope that all communities here in McLennan County will join hands with CASA of McLennan and get involved by volunteering your time."

Her leadership vision is to grow a more diverse pool of volunteers to advance the mission of CASA to seek volunteers with lived experiences and identities that mirror the children that are served.

Burns is excited to lead CASA and looks forward to working alongside "many of you in our community as we strive to make tomorrow better than today for all those whom we serve—our most vulnerable population, our children. For every child who needs us," continues Burns, "we envision a Court Appointed Special Advocate."

What A CASA Does...

Volunteers with CASA of McLennan County are specially trained and are

SEE **BURNS**, PG. 2

**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.

FROM THE EDITOR...

MOTHER'S DAY

Mother's Day is the happiest of times for some, but it is bitter-sweet for others. We are among those who feel glad that our mothers aren't suffering anymore, but we are sad because we miss them so much. We believe we will see them again and wish them an awesome Heavenly Mother's Day. We hope you enjoy this Mother's Day issue of the Anchor News.

**EMMER GLADNEY**
1925-1987

We miss you so much.
Love, Linda & Kenneth

**THERESA CRAWFORD**
1919 - 2010

I miss you every day, Mother.
J.L. (Junior)

BOBBITT

CONTINUED FROM PAGE 1

a very discouraging loss. Royce O'Neale's coach, Adams, called with news of Australia as a possibility. Mike Utley watched a video of the game, and now I'm trying to get things together. A lot of people tried to talk me out of my dream, maybe to help me avoid disappointment. I was told to reassess my goals. I was hearing it so much that I began questioning myself. Some days I sat or while I was driving, I'd just break down because I never felt validated when things weren't happening.

I did see success in Denver, where I was averaging 10 points a game, but I felt I wasn't getting the credit I deserved as a contributing team member. My parents and Devonte Brown always supported my dream. They reminded me that if it's meant to be, it'll be. I was in a hurry to play overseas. My friends were making it, and mentally,

it was tough on me.

There were days when I said, "Forget it." I was about to go into teaching school. After I re-evaluated, I decided not to quit. It occurred to me that I needed to have the right energy around me and I have to maintain my own state of mind because we never know what's ahead. As I was going through ups and downs, I realized I must not lose myself in those moments. I had to myself. I knew I didn't want my dreams to sneak up on me when I was not prepared. Sometimes you have to be your own fan and a savant of the game. Lots of teams are looking for players, but not all players know how to find the teams. Listen. You have to listen in order to get further along in a career.

As a coach, my dad never showed favoritism but he was supportive and tough. Players have to have support because no one is going to guide

them through this journey. Meditate. Take time to self-affirm. No one is going to see the work you put in, the extra shots, and conditioning, so be very cautious and critical during your off time. You have to sacrifice time socially to put in the work."

Mandurah Magic games can be streamed by tuning in to NBL 1 and globally on Twitch. As Celneque Bobbitt Jr. prepares to embark on his journey, we thank him for granting us a glimpse into the world of growing into a professional athlete and wish him well.

BURNS

CONTINUED FROM PAGE 1

judge-appointed to advocate for a child or sibling group while they are in the foster care system. They advocate for the child in court, school, and other settings. This role requires that the volunteer becomes an integral part of the child/ren's lives whom they represent. Volunteers are charged with knowing everyone involved in the child/ren's life, including their parents, foster parents, teachers, doctors, family members, and others, which facilitates the ability of the volunteer to effectively advocate on behalf of the child/ren.

CASA volunteers advocate first and foremost for children

to be reunified with their parents whenever it is safe and possible. When reunification is not an option, volunteers may advocate for the child to live with another relative or family friend. They can also advocate for the child to be placed in an adoptive home. In all cases, CASA volunteers are steadfast, and consistent in their presence for the children they serve, making sure they are safe and have the resources and connections they need to grow and thrive.

Interested in learning more? Visit www.casaforeverychild.org or contact Rolanda Burns at 254/304-7982.

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

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REMEMBERING MOTHER

BY MONA DUNKIN

Can a woman forget her nursing child, that she should not have compassion on the son of her womb? Yes, they may forget, yet I will not forget you. Behold, I have indelibly imprinted (tattooed a picture of) you on the palm of each of my hands; your walls.

This scripture sounds like a Divine Facebook following of one keeping tabs on parent and child.

Mother's Day is a time to remember our mothers, whether we are blessed to still have them with us or not. Mothers, like all mortals, are a comic blend of blessings and frustrations. To remember is more than to not forget. To remember is to re – as in again – member oneself to mom.

My mother and I had a difficult relationship. Our problems stemmed from us being more alike than we were different. Only I didn't know it at the time.

My mother died before we became friends. She left a diary. In reading its pages I got to know her better and to find a kindred spirit that I did not appreciate as a child or teen. To remember is to call to mind something that may have been forgotten. In your remembering mom, make it pleasant, for you are also remembering you to you.

Although a remarkable wonderful woman with many



MONA DUNKIN

gifts and talents, she was not nurturing. She was creative and had a mind of her own. She belonged to a new-fangled thing called a book-club. Every month – stuck in the back hills of West Virginia – she received a book in the mail. A book on travel! She wrote a poem and had it published. She clipped Dear Abby columns and pasted them into a picture album.

This year's Lenten emphasis was Nothing New. Go back to the basics. Simplify. Eliminate. Fall in love with the Holy Scriptures again and again. Focus on the milk of the Word in a childlike attempt to learn Jesus. And the spiritual child – all of us – is nourished. And corrected. And forgiven. And restored. Allow the breach to be expanded or removed dependent on loving and being loved. Giving and receiving.

Grace given and grace received. Giving forgiveness and forgiveness received. To and from God. To and from you. To and from the offender.

Today's society is far removed from the innocent rhythmic cadence of love-marriage-baby-carriage. The principle remains as founding truth. Whether formal or casual, planned, or impulsive, loving, or unloving, the union has holiness to it. The office of parenting is untarnished.

The child, regardless of the circumstances surrounding conception, is innocent and came from the original source of divine love. Whether the home produces benevolent leaders or malevolent dictators, all of us share in the propagation of light and darkness. The human condition is a complicated mix of good and evil. Correcting the slippery slope or climbing to a higher plane is all, 'Thanks Be To God'. 4/15 505

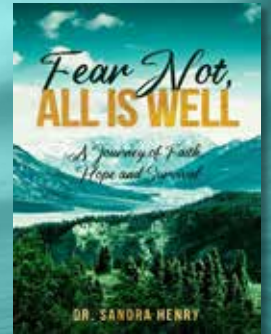
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BUILDING YOUR TOOLKIT

BY HERMANN PEREIRA

Reprinted from Act Locally. Have you ever started a project and realized you didn't have a tool that is necessary? It has happened to me so many times. It used to frustrate me, but now I take the trip to the hardware store with joy because I get to add another tool to my toolbox.

As I enter my last week at Prosper Waco, it is causing me to reflect on this portion of my career and the opportunities it has provided for me to sharpen my skills and add to my toolkit. One of the main tools that I have developed is



HERMANN PEREIRA

more of a multi-use tool. The seven elements of collective impact is that multi-use tool that has shaped my work at PW but also will be a skill that I take into the next portion of my career.

My time at Prosper Waco has been very meaningful. The work we accomplished was great, but the relationships that were built are what I will take with me. This is my last week at Prosper Waco, but I am not going very far. I look forward to connecting with many of you as I move over to the Greater Waco Chamber of Commerce to lead their workforce and talent initiatives.

BOOST YOUR RETIREMENT INCOME WITH LITTLE-KNOWN BENEFITS

(NewsUSA) - But Retirement in the United States can be expensive, and even savvy seniors who have budgeted for this phase of their lives may feel squeezed in areas such as housing and health care. COVID-19 has made things even harder for many.

Many older Americans who have worked hard all their lives are unaware that they qualify for a range of public and private benefits to help pay for food, medicine, utilities, and many more essentials that ensure a safe and stable retirement. Every year, \$30 billion in benefits go unclaimed because eligible older adults don't know the programs exist or how to apply.

These programs are not scams, and they are not loans. They are legitimate public and private funds designed to help older adults boost their bud-

gets.

The National Council on Aging (NCOA), the nation's oldest and most trusted nonprofit working on behalf of seniors, offers the latest information on benefits programs on its free and confidential website, BenefitsCheckUp.org.

The site includes a simple search tool to help retirees and their caregivers safely and securely identify programs that may help meet their financial needs. There are benefits that help pay for medication and other health care costs (including home care and nursing home care), as well as food, housing, and utilities.

For those living on a fixed income, an extra \$200-\$300 a month can make a significant difference in their standard of living and quality of life.

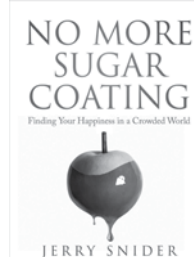
Approximately half of all Medicare beneficiaries live on incomes below \$26,200 a year. For those who qualify, Medi-

care's special programs can save them thousands of dollars annually on their premiums, medications, deductibles, and co-pays.

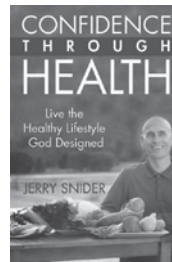
BenefitsCheckUp.org also includes information on employment and volunteer programs, programs for veterans, property tax relief, travel and recreation discounts, and support for families and caregivers.

To raise awareness about these valuable benefits, NCOA is introducing an educational campaign called Boost Your Budget Week: Find Your Benefits to Age Well. Planned for July, the week is a great time for older adults to learn about opportunities to boost their budget with benefits.

Interested older adults can visit ncoa.org/Boost to start their free BenefitsCheckUp. Or they can connect with one of NCOA's local community organizations across the country for in-person assistance. Partners can be found on ncoa.org/Map.



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CTAACC RETURNS HOME TO THEIR ORIGINAL LOCATION, THANKS TO STRATEGIC PARTNER, TFNB

Waco, TX – The Cen-Tex African American Chamber of Commerce (CTAACC) relocated on May 1, 2023 to expand its operations in the previous TFNB Your Bank for Life (TFNB) Elm location, also the former site of CTAACC and the Eastern Waco Development Corporation in 2004. CTAACC is the premier advocate for Waco's African American owned businesses and a valuable partner for continuous economic growth in the city. The historic, former Paul Quinn Campus was home to CTAACC for 7 years. The non-profit's move back to 715 Elm Avenue allows the Chamber to be further visible with a main-street presence and offer an accessible community economic hub, while supporting the growth of the Black-owned business community.

The Chamber is eager to see the transition happen back to the core of Elm Avenue to better serve the community. Expansion plans include storefronts for their Esther's Closet (EC) workforce program for women and the Center of Business Excellence (CBE) for established businesses and entrepreneurial education for startups.

"At the heart of East Waco, the commercial corridor is made up of small Black-owned businesses, entrepreneurs, and residents of color. It is the center of wealth creation, employment, services, and resources for the people working and living there. Therefore, with all the new development happening, it becomes critical that the Chamber establish a strong presence, along with impactful programing,



PICTURED ARE RACHEL PATE (VP) & JOHN BIBLE (PRESIDENT)

to create an environment for business and community advocacy, networking, resource opportunities, and training and development. A historically undeserved neighbor-

hood, once cut-off from economic opportunities to thrive, becomes a central location for business prosperity, opportunity, and hope; preserving the authenticity of history and heritage in East Waco," stated John Bible, CTAACC President.

The CTAACC move has been part of TFNB's vision for the Elm Avenue location. The bank has been a key strategic partner with the Chamber, ensuring that East Wacoans and businesses are provided with convenient banking solutions

and access to capital in their neighborhood. Since opening it is Elm location in 2020, TFNB has served as a resource for financial growth and business readiness in the historically underserved corridor and utilized their partnership with CTAACC as a catalyst for various major developments in the area, including the launch of the Cen-Tex Minority Business Equity Fund housed under the Chamber's CBE program.

"TFNB Your Bank for Life has been welcomed with open arms by the East Waco and surrounding communities! We are excited to be able to play a role in the evolution and re-birth of the Elm Avenue corridor. The restoration of the Elm Avenue thoroughfare, filled with vibrant businesses and community service providers, will be a bedrock for extending the success of the West side of the Brazos/Downtown Waco areas across the river and into the East side of our city. This brings CTAACC full circle and back to a front and center location which will position them to maximize their mission!" stated David Littlewood, TFNB Board Chairman.

HUMBLE IS THE WAY

BY PASTOR
MATTHEW REED

As a child I remember my father and mother pray saying humble is the way. As I was contemplating on a message for today's church this thought came to me, I hope it helps someone. Remember this Jesus has given us the keys to the kingdom of God.

Matthew 18:3 And said, Verily I say unto you, Except ye be converted, and become as little children, ye shall not enter into the kingdom of heaven.

4 Whosoever therefore shall humble himself as this little child, the same is greatest in the kingdom of heaven. This scripture is a key and is key to enter into the kingdom Of God. 1 Peter 5:6 Teaches us



PASTOR MATTHEW
AND LADY HELEN REED

(Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time): To the church we must

humble ourselves and believe and receive every word of God. For example if the scripture commands marriage between a woman and a man so that the sex act be not sin and sanctioned by God. All that will be saved will have to acknowledge and accept the word of God. You will have to humble yourselves or you cannot be saved. In Romans 4 it is recorded that righteousness is given for faith in Christ, you have to humble yourselves and receive this or you cannot be saved. In the Lord's prayer we are instructed to forgive others, that we be forgiven. This is the whole thing in a nutshell, we have to humble ourselves and obey God!

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PLAN FOR THE OLDER YEARS

BY MARGARET IVORY

My mother was an amazing go-getter. She was accustomed to running a lot of things in our family, at church, at work and in the community. She looked forward to becoming a senior citizen and was invited to speak to several groups about the joys of turning 65.

When she had a moderate stroke in her mid-70's, she became very upset about growing older and not being able to do what she was accustomed to doing. She became frus-



MARGARET IVORY

trated with having to depend on others for transportation, mobility and help with personal care.

I believe most seniors are like my mom was. They fight for control over their own lives. This is very understandable. They have lived independent fulfilling self sufficient lives.

Their adult children find themselves dealing with stubborn, angry and frustrated elderly parents. The roles are suddenly reversed and both groups are in unfamiliar uncomfortable roles.

Parents, please know that your adult children love you. They want the best for you. Please do not make it difficult for your family to care for you. Talk with your children ahead of time about your wishes and desires. Prepare final items now so that your family won't make these difficult decisions while sad and distraught.

Adult children, please remember not to treat your parents like children. Allow them to continue making as many decisions for their lives as long as possible. Discuss everything with them. Explain

thoroughly so they can understand the processes and procedures.

I am turning 65 this year, and I am certain I will apprehensively enter that phase myself.

Knowing myself very well, I will go kicking and screaming into that stage of life, but it is inevitably going to happen. Oh well.

Praying That This a Great Day for You.

Stay Safe! God Bless!

Margaret Ivory, Your Friendly Medicare Plans Broker, 254-523-8978.

MIDWAY HIGH SCHOOL SENIOR ACHIEVES PRESTIGIOUS CONGRESSIONAL AWARD

BY KATY DURHAM,
MULTIMEDIA SPECIALIST

A Midway High School student has been awarded one of the highest honors presented to youth by the U.S. Congress after dedicating over 1,000 hours to goal setting and community service. Senior Chloe Choung was presented with the Congressional Award Bronze Medal this spring, which honors student leaders for setting and working toward personally challenging goals while giving back to their community. To earn the Bronze Medal, Chloe set and accomplished goals in the following four program areas: voluntary public service, personal development, physical fitness and expedition/exploration.

"Since I was already involved in the Spirit of Midway at school, I wanted to

continue my efforts and challenge myself to achieve more goals," Chloe said. "I learned how to help others in my community, how to get involved, how to self-improve and how to step outside of my comfort zone to take on a leadership role."

Along with her participation in the Spirit of Midway community service program, Chloe spent over 100 hours to fulfill her public service goals by volunteering at her local library and food bank, serving as an instructor in a program teaching children at Mission Waco the basics of survival swimming, and playing the piano for senior citizens in the community.

Additionally, for her personal development goals, she logged over 530 hours practicing and competing in piano competitions and worked as a tutor to develop her teach-



MIDWAY HIGH SCHOOL SENIOR AND CONGRESSIONAL BRONZE MEDALIST CHLOE CHOUNG.

ing skills. She also spent 422 hours improving her swim times and techniques to accomplish her physical fitness goals, and for her expedition/exploration, she took a trip to Boston to explore the history of America.

Chloe said the road to re-

ceiving the Congressional Award was a rewarding journey filled with numerous valuable experiences. Looking ahead, she plans to attend the University of Texas at Austin in the fall and major in government with the goal of continuing to make a positive impact on the lives of others.

"I wanted to achieve this award because I sought to help others and was interested in finding ways to impact my community," Chloe said. "When more people get involved, change occurs that benefits others for the better."

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SUBMITTED BY JL CRAWFORD, LEGALSHIELD, SENIOR MANAGER

Many people falsely assume the personal information they email or post online is private. It is important to understand how your online history can be used against you in a legal proceeding, jeopardize your employment or even put children at risk. The following information will help you understand how your online presence can expose you to risk and how to avoid key mistakes.

• **Anonymity** – Posting comments to online forums, news outlets or blogs may give you a false sense of anonymity and privacy. There is no anonymity online; everything can be traced back to its source. Before posting anything online consider the very real possibility that it will be traced back to you. In addition, anything you post online may be used against you in court. You should never assume that information you post online is private or confidential.

• **Attorney-Client Confidentiality** – Attorney-client confidentiality protects direct communication between you and your attorney. These communications whether in person, by phone or online cannot be used against you in court. You can jeopardize your confidentiality by talking about your legal matter with anyone other than your attorney. A breach of attorney-client privilege can seriously harm your case. Do not discuss the details of your case with anyone other than your attorney and avoid discussing legal matters online.

• **Children** – Child predators use social networking sites to find victims. Talk to your children about online safety. Even uploading pictures of your children to social media or photo sharing websites could put them at risk. Most smart phones and many newer digital cameras use GPS to tag your pictures with the exact location where they were taken. Predators can locate your child within a few feet using this information. The best way to avoid this danger is to disable GPS tagging on your smart phone or camera.

• **Teens** – Online bullying can have tragic consequences. It is important to talk to children about how to handle being bullied, as well as the importance of reporting and not participating in the bullying of other children. It is also important to teach teens about the

dangers of posting or transmitting illicit photographs or videos. In recent years teens have been convicted of child pornography charges for possessing nude photographs of underage peers. Explain to teens the legal risks of taking, transmitting or even receiving such images.

• **Your Job** – Employers are increasingly turning to social media to learn more about applicants. Applicants should be aware that their profiles and posts could be used for this purpose. Employers must be careful not to unlawfully dis-



J.L. CRAWFORD

criminate based on age, gender, race, religious beliefs or sexual orientation. Employees who make negative comments about customers, co-workers or their employer could end up losing their job.

• **Family Law** – Facebook profiles and Twitter posts are being introduced as evidence more and more frequently in divorce and child custody cases. No matter what your intention when posting something online, consider how it could come back to haunt you. The best advice is to take a break from Facebook or other social

media during a divorce or custody dispute.

• **Criminal Law** – In addition to divorce court, the digital trail created through social networking is becoming increasingly common in criminal cases. Discussing illegal activity, even as a joke could land you in hot water.

Is your challenge listed above? 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.

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DOSS SALES MERGING WITH PIONEER SALES & PROMOTIONS

WACO, TX – Doss Sales Co., a Waco-based distributor of advertising and promotional products since 1957, will merge into the recently formed Pioneer Sales & Promotions, LLC of Waco and relocate in May to a new showroom in the Pioneer Steel & Pipe Building (2003 S. Loop 340, Waco). The value of the merger was not disclosed.

H.G. “Butch” Doss and partner Brooks Embry of Pioneer jointly announced: “Our goal is to broaden PS&P’s reach into the Southwest as well as our spectrum of merchandise. We will use expanded digital technologies and social media platforms to improve ordering, deliveries and customer satisfaction.”

Doss Sales, founded 65 years ago by Butch’s father, B.F. “Benny” Doss, now offices at 1315 Lisa Dr. in Bellmead. The company deals in school and booster club items, wearables, edibles, convention gifts, etc., primarily serving light industrial, corporate, financial and educational institutions.

“After a lifetime in this sometimes zany business, I realized it’s time to reap the rewards,” said Doss, age 75. “I began at age 10, printing business cards one at a time. My father’s motto was ‘Early to bed and early to rise; work like heck and ADVERTISE!’ But I’m not ready to retire.”

“I guess in view of Doss Sales’ highly respected reputation and Butch’s vast experience, I’m the new boy on the block,” Embry said with a chuckle. The Waco native played left field for the two years for the McLennan County College Highlanders baseball team. He earned a B.A. degree in Business Marketing at Baylor University in 2022 and is the son of John Embry, CEO of Pioneer Steel whose own father started that metal products company 80 years ago.

“We’ll use Butch’s savvy and my technical expertise to grow revenues and penetrate new industries and markets,” Embry added. “Social media is extremely powerful, often memorable. Right now,

increasing Pioneer’s own visibility is priority No. 1.”

The company showroom will be about 1,200 square feet. The displays will offer a hands-on, three-dimensional experiences, not just catalogs for accessing thousands of manufacturers and tens of thousands of products. “Clients will appreciate the extreme range of potential products and see previous client examples to stimulate their own advertising campaigns,” Embry noted.

The new company will maintain Doss’ industry memberships: Promotional Products Assn. International, based in Irving, and SAGE, which provides software solutions and business management systems to help such companies increase efficiency and revenues.

A BRIEF HISTORY OF PROMOTIONAL ITEMS:

The first U.S. promotional product dates to 1789 and the election of George Washington -- commemorative campaign buttons. That success sparked other items, from al-

manacs to calendars and wood specialties such as rulers. In the late 1800s, newspaperman and printer Jasper Meeks – considered “the father of ad specialty items,” -- started distributing burlap book bags to local schools to promote his newspaper and keep the presses running during slow times.

The idea of creating and distributing promotional products to build customer loyalty has grown into an annual \$20 billion industry. Statistics show such items are one of the most cost-effective options for businesses to promote their brands. An average cost per impression is \$.005.

Consumers keep promotional products for an average of six months, the most popular of which are wearables, writing instruments, bags and drinkware.

FOR MORE INFORMATION OR INTERVIEWS: H.G. “Butch” Doss, CEO, Doss Sales Co., Waco TX, cell: 254-717-5770, hgdoss@doss-tex.com, www.dosstex.com; Brooks Embry, Partner, Pioneer Sales & Promotions, Waco TX, 254-716-6101, brooksembry@gmail.com; or Preston F. Kirk, APR, Kirk Public Relations, 3730 Greenleaf Dr., Waco TX 76710, 512-940-4402, prestonkirkactorpoet@gmail.com.

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LINDA MCDONALD

If there's one thing you can count on when you own a home, it's the arrival of the energy bill each month. One homeowner's energy cost will be higher or lower than the next, but there are easy ways to save a little money each month.

1. Use the dishwasher. Dishwashers, especially Energy Star appliances, are more efficient than washing dishes by hand. It's also important to load your dishwasher as effectively as possible, so check your manual for the best way. If you don't own a dishwasher, save water by turning the tap on only when you need to rinse.

2. Unplug idle electronics.

**LINDA MCDONALD**

Electronics and appliances still use standby energy even when not in use. Since unplugging every cord in your home is not feasible, consider

using power strips with multiple plugs that you can turn off and on with the flip of a switch.

3. Circulate air with fans. Even with central air conditioning, it can be tricky to keep every room at a steady temperature on hot days. Position standing fans to circulate air throughout your home, rather than lowering the AC thermostat temperature. If you have ceiling fans, make sure they're circulating in the correct direction: counter-clockwise during the summer—so air is being pushed down—and clockwise in the winter.

4. Measure laundry loads. Washing clothes in cold water instead of warm saves energy. And make sure there's enough space inside the dryer for hot air to circulate, or you could end up running two cycles.

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AGING WELL BY STAYING HEALTHY

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.

While it may not always be on your mind, being healthy as we age is typically a goal we all share. I recently spoke with Dr. Ron Kaiser, Ph.D., author of REJUVENAGING®: The Art and Science of Growing Older with Enthusiasm, on my podcast. He shared some helpful information for those of us heading into the 2nd half of life.

We all know that we need to eat right and exercise so that our physical body will be

strong and healthy as we age. There may be a more important piece of the puzzle to aging well. That piece is having a community of friends to share life with.

The mental and emotional side of our lives were designed for relationships. Many of the doctors I have interviewed agree that people with a strong support system tend to have better mental and emotional health, especially as they age.

This tells us that we need to not just make friends but keep in good contact with them. Be there to support them when times are difficult but also be vulnerable enough to share



JERRY SNIDER

when we need help.

Another key to aging with good mental health is to keep learning. The mind has been shown to be able to create new neural connections at every age of life. As we age, we need to find new things of interest and spend time learning about them. This is one reason why some people retire from work and then get so bored with retirement that they go back into the workforce. They didn't find a hobby they liked but craved the learning aspect of work.

As Dr. Kaiser says "Mental fitness is not a spectator sport." If we want to continue to have strong mental capabilities as we age, we must

be engaged in the process of mental fitness. So go make some new friends and find something new to learn about. Your overall health will thank you for it.

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.

DOULAS HAVE POSITIVE IMPACT ON CHILDBIRTH OUTCOMES

BY TONJA CARPENTER, IBCLC, RLC, PCD(DONA)

In recent years, there has been a growing recognition of the benefits of having a doula present during childbirth. According to DONA International, the largest doula-certifying organization in the world, a doula is a trained professional who provides emotional, physical, and informational support to women and their families during pregnancy, childbirth, and the postpartum period.

Studies have shown that having a doula present during childbirth can have a positive impact on both the mother and the baby. For example, a study published in the Cochrane Database of Systematic Reviews found that women during childbirth who had continuous support from a doula were less likely to have

a Cesarean section, less likely to need pain medication, and more likely to have a positive childbirth experience overall.

While the benefits of having a doula present during childbirth are well-documented, it is important to remember that doulas can also provide valuable support during the postpartum period. Postpartum doulas provide emotional and practical support to new mothers and their families during the weeks and months following childbirth.

According to a study published in the Journal of Obstetric, Gynecologic, and Neonatal Nursing, postpartum doula support can improve maternal mental health, reduce the incidence of postpartum depression, and increase breastfeeding rates. In addition, postpartum doulas can provide practical support such as helping with house-



DOULA TEACHING MOM AT THE PARK

hold tasks, preparing meals, and caring for the baby so that the new mother can rest and recover.

It is important to note that doula services may not always be accessible to every-

one due to financial barriers. However, there are non-profit organizations that offer free doula services to those who cannot afford them. One such organization is Community Doulas of Waco, a non-profit that provides free doula services to expectant mothers in the Waco area.

Community Doulas of Waco believes that every woman deserves access to a doula regardless of their financial situation, and emphasizes the importance of helping moms and helping those moms to help themselves. The organization is committed to helping women have a positive birth experience and reducing disparities in maternal health outcomes. Their services include prenatal education, birth support, postpartum care, and basic breastfeeding support. If you are an expectant mother in the Waco area and are in-

terested in receiving free doula services, you can visit their website at comdoulaswaco.org to learn more about their services and how to apply. Their team of trained and certified doulas is dedicated to supporting you and your family through the entire childbirth and postpartum experience.

The value of having a doula present during childbirth is clear. From emotional support to practical guidance and evidence based information, doulas provide a wide range of benefits to expectant mothers and their families. If you are an expectant mother, consider exploring the option of hiring a doula or seeking out free doula services to support you and your family throughout the pregnancy, birth, and beyond.

Community Doulas of Waco, comdoulaswaco.org, 254-307-0377.



MOMMY, SOME THINGS YOUR CHILDREN MUST KNOW!

**BY EVANGELIST
RUBY MCCRAY**

To find previous articles about other subject matter, please go to www.theanchornews.org, click "Archives," and you'll find several years.

Mommy, it's sad that so much responsibility of rearing your children has fallen on you, but that's not God's fault. He's given us instructions in His Word, the Bible, about how we are to live in this world; not only how to survive, but how to thrive.

Let's start at the beginning, the Book of Genesis, Chapter 1. God created everything in heaven and on earth. He created everything that we can see with the naked eye, and everything we cannot see. God created all the animals, birds, fish, creeping things, flying insects, and even microscopic things. He commanded that everything reproduces after its own kind. Genesis 1:1-31

Everything must stay connected to the place from where He called it to survive. The sun, moon, stars, etc. must stay in the sky to survive, or die. All the fish and sea creatures must stay in the water, the animals, creeping things, birds must eat the food that comes from the

ground, (Verses 29 and 30), because that was the place from where they were called. God commanded everything to reproduce after its own kind.

God also made man out of the dust of the ground in His own image and likeness, but He breathed His Spirit into his nostrils; therefore, man became a living soul. What does this mean? Mankind must stay connected to the earth by eating what it produces, BUT he also must stay connected to God who gave him His breath of life. Job 34:14, 15; Psalm 143:3, 4

Since mankind is also spiritual, he/she must also daily eat spiritual food which is the WORD of GOD. It's evident that mankind eats plenty of earthly food, and has grown fat, but he eats little, or no spiritual food, and has become so wicked. The WORD of GOD will keep one from sin. The more spiritual food that he consumes, the less he will sin. Joshua 1:8; Psalm 119: 9, 11; John 17:17; Ephesian 5:25-27

Mommy, it would be so good if you'd take a little time out of your day to read the Bible to your child(ren). If you think you don't have time to read, download a FREE Bible App on their smart device so



EVG. RUBY MCCRAY

that it can read it to them, or let them download it—you know that they can. I recommend you download The New Living Version of the Bible.

The Word of God is a Living Word because it's JESUS. John 3:1-5; Hebrews 4:12, 13. Some of you may argue that your very young child won't understand it because you use the excuse that you don't understand it. You don't understand a thing about how the ingredients work that are in your child's medication; you can neither pronounce their names, nor the name of the medicine, but you faithfully give it to your child(ren). You dare not miss a

day because the doctor gave you that order. Well, let me tell you what the Greatest Doctor said:

"For He established a testimony in Jacob, and appointed a law in Israel, which He commanded our fathers, that they should make them known to their children; That the generation to come might know them, the children who would be born, that they may arise and declare them to their children, that they may set their hope in God, and not forget the works of God, but keep His commandments; and may not be like their fathers, a stubborn and rebellious generation, a generation that did not set its heart aright, and whose spirit was not faithful to God." Psalm 78:5-8 Mommy, that's not a suggestion; that's a command.

I have a couple of suggestions that just might be of interest to you: Proverbs, Chapter 1, Verses 1-7 tells us that studying the Proverbs will make one wise. Several months have 31 days, and there are 31 Chapters in the Book of Proverbs. You and your child(ren) can read the Chapter of Proverbs for each corresponding day. You'll read Chapter 16 on May 16, etc. If there are 30 days in

the month, read Chapters 30 and 31, then begin anew on June 1 along with other Books of the Bible. Two or three Chapters daily isn't too much. I did that when my children were in the womb, and every day after their birth. I taught them to do the same with their children. I'm not saying that they have angel wings, but I can guarantee you that they don't have horns and a forked tail.

The final suggestion: go to YouTube, type: Superbook full episodes English playlist. They are also available in other languages. You'll find Bible stories from Genesis to Revelation. I enjoy watching them with my great grandchildren.

If you don't teach your child(ren) God's Word, the day will come when you'll wish that you would have. Going to church for one hour per week will not suffice.

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 rubbyacorm@yahoo.com or write to: A City of Refuge Ministries, P. O. Box 2025, Waco, Texas 76703.



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

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

Chapter 1: This Too Shall Pass, but When?

I was almost out of breath by the time I made it to the car. Though it was just a few feet away, it seemed like 100 miles. I had parked my car in the 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



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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.

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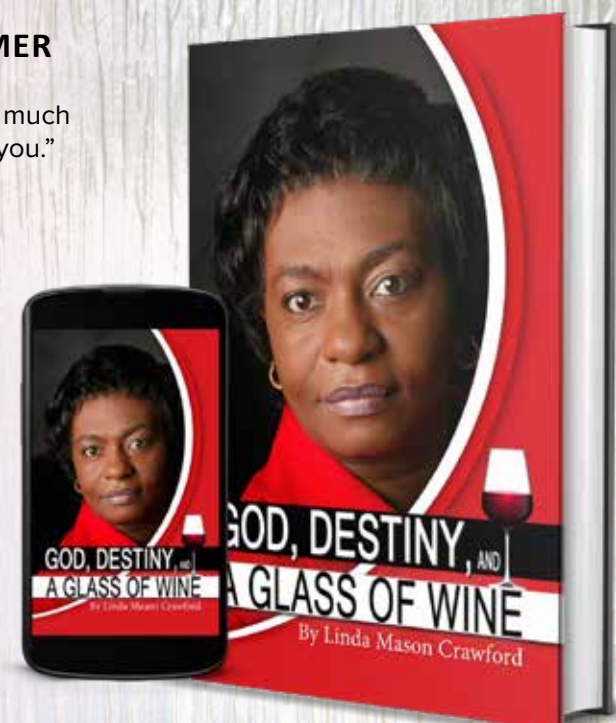
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