

# THE Anchor NEWS

FREE! | MARCH 2026 VOLUME 23, NUMBER 8

## PAUL QUINN COLLEGE ATHLETIC LEGACY

At the Honor Banquet on February 28, 2026, Bringing Paul Quinn College Athletic History to the Present, Tammy LaTorsha Briscoe Gindratt was celebrated for an extraordinary milestone as she was inducted into the Hall of Fame. This honor recognizes not only her athletic excellence but also her perseverance, leadership, and lifelong commitment to uplifting others while representing the proud legacy of Paul Quinn College athletics.

Affectionately known on the court as Disco Briscoe, throughout the community as the Picture Lady, and lovingly called Coach G by generations of youth, Tammy's life reflects faith, service, leadership, and love. Born January 24, 1967, in Waco, Texas, to Lela Briscoe and Andrew Benton, she was raised in Parkside Village, where her passion for basketball developed at the Dewey Recreation Center. There, the game became



**TAMMY LATORSHA BRISCOE GINDRATT**

both refuge and opportunity, allowing her athletic ability and determination to flourish under the mentorship of Alice Pollard, Oliver Jones, and Julia Dixon.

A graduate of Jefferson

Moore High School, Class of 1985, Tammy excelled in basketball and track before continuing her education at Paul Quinn College from 1985 to 1989. While studying Kinesiology and competing on the women's basketball team, she earned All Conference honors and helped lead her team to conference championships and tournament success. Known for her court vision, scoring ability, rebounding strength, and leadership as a forward, Tammy became a respected all around player whose influence extended far beyond statistics. Coaches Burnell Overnight Hills and James Zip Summers played significant roles in shaping both her athletic development and personal growth.

Following college, Tammy returned to the Dewey Recreation Center, dedicating twen-

SEE **LEGACY**, PG. 4

## THE COURAGEOUS VOICE OF TONEE B. SHELTON

**BY DR. R. L. DUCKETT, HOST OF THE LIVELY ART OF CONVERSATION**

They say the pen is the tongue of the mind, but in the hands of Tonee B. Shelton, the pen becomes a lightning rod for transformation. A powerhouse communicator and visionary author, Shelton turns literacy into a lived experience. Whether delivering keynote addresses, moderating panels, or inspiring children during story time, she brings energy, purpose, and authenticity that connects deeply with audiences of all ages.

Rooted in community advocacy and public speaking, Shelton



**TONEE B. SHELTON**

has mastered the art of human connection. She has self published eleven books, each reflecting her passion for empowerment and personal growth. Her latest work, *The Scared Frog Takes the Leap!*, goes beyond storytelling to explore the courage required to leave familiar spaces and pursue greater possibilities. Reading Shelton's work reveals the power of imagination, faith, and determination in motion.

Shelton's inspiration began with a desire to reach children during their most formative

SEE **SHELTON**, PG. 2

## RACHEL E. PATE FOR WACO CITY COUNCIL DISTRICT 1

For many Waco residents, Rachel E. Pate is already a familiar voice and face. Through community television, public radio, and local outreach, she has spent years helping share the stories of the city she now hopes to represent.

Today, Pate serves as Vice President of Economic Development and Director of Lemonade Day Waco at the Cen-Tex African American Chamber of Commerce. In that role, she works closely with small businesses, women, and youth while supporting programs designed to strengthen economic opportunity across the community.

She also serves on the board of Rapoport Academy Public School and regularly volunteers with organizations that support families and community initiatives.

A lifelong resident of Waco, Pate attended schools in the Waco Independent School District and says her commitment to service began early at Toliver Chapel Missionary Baptist Church.

"I was always a kid who wanted to solve problems and help," Pate said. "I watched my mom serve as a Sunday school teacher and someone who always answered the call when people needed help. That example shaped how I see community and leadership."

Now a mother herself, Pate says those early lessons continue to guide her work and her decision to run for Waco City Council in District 1.

"I live and work in my



**RACHEL E. PATE**

district, and I hear the frustrations and hopes of neighbors who see growth happening in our city but still wonder when they will feel the benefits," she said. "I'm running because I want to help ensure District 1 families, businesses, and young people are part of that progress."

Her campaign focuses on three priorities: civic engagement, economic opportunity, and youth empowerment.

"We need people to believe their voices matter again," Pate said. "When residents are informed and engaged, we make better decisions as a city."

She also supports expanding small business resources, financial literacy programs, workforce development, and increasing government contracting opportunities for local entrepreneurs.

"For generational change to endure," she added, "we have to open

SEE **PATE**, PG. 2

ENJOY THE JOURNEY: A LIFE COACHING Q&amp;A WITH LINDA CRAWFORD—

# TURNING LACK INTO STRENGTH



**J.L. & LINDA CRAWFORD**

J.L. and Linda Crawford are co-owners of *The Anchor News*. J.L. Crawford serves as Director of Operations and is a Bible teacher and columnist writing on faith, family, and men's issues. Linda Crawford serves as Publisher and Editor, is a motivational speaker, and is the owner of Enjoy the Journey Life Coaching Services.



**LINDA CRAWFORD**  
BY LINDA CRAWFORD

**QUESTION:** I often feel like I'm behind in life. Other people seem to have more money, more confidence, more support, and more opportunities. I work hard, but I still feel like

I'm lacking something. How do I move forward when it feels like I'm starting with less than everyone else?

**ANSWER:** Many people quietly carry the feeling that they are starting life with fewer advantages than others. Sometimes the lack is financial. Sometimes it is emotional support, connections, education, or confidence. The truth is that lack can make us feel smaller than we are.

But lack does not define your future. In fact, many of the strongest leaders, entrepreneurs, and changemakers began their journeys from places of limitation. What they eventu-

ally discovered is that lack often develops something powerful inside of us—resilience, creativity, discipline, and faith.

Instead of focusing on what you do not have, begin identifying what you do have. Your experiences have taught you lessons that others may never learn. Your struggles have built muscles that comfort has never developed.

Growth begins when we shift the conversation we have with ourselves. When we repeatedly say, "I don't have enough," our minds begin to search for proof of that statement. But when we begin saying, "I am learning, growing,

and building," our minds begin to look for opportunities.

The goal is not to ignore challenges. The goal is to refuse to let them become your identity.

Sometimes what looks like lack is actually preparation.

The right opportunity, relationship, or breakthrough often meets people who have already developed the strength to handle it. Keep moving forward, keep building your skills, and keep speaking life over your future. What feels like a disadvantage today may become the very story that inspires others tomorrow.

—Coach Crawford

## SHELTON | CONTINUED FROM PAGE 1

years. She believes children's literature builds character and creates lessons that endure across generations. To Shelton, the pen represents more than ink on paper. It reflects her thoughts, hopes, and lived experiences. She describes her writing as authentic expression, capturing life both as it exists and as it can become.

Her storytelling blends entertainment with education through interactive experiences that encourage children to participate fully. By inviting young readers to "hop" like her courageous frog, Shelton transforms fear and peer pressure into teachable moments about confidence and perseverance. Her message is simple yet powerful: planting your feet and leaping toward your goals leads to growth and fulfillment.

Shelton continues expanding her impact through her newest

release, *The P.R.E.T.T.Y. Principles: Embracing Your Inner Radiance*, encouraging readers to embrace confidence and purpose. She is not simply writing stories but empowering others to take ownership of their own narratives and live courageously.

**STAY CONNECTED:** Instagram: @Toneebshelton; Facebook: Author Tonee B. Shelton; Substack: @Toneebshelton.

**TAKE THE LEAP TOUR DATES:**

March 7th: TALE Festival, Temple Public Library, Temple, TX (1 pm – 5 pm)

March 21st: Storytime at Starbucks Clear Creek, Killeen, TX (1 pm – 2 pm)

March 28th: Storytime at Cha Community, Waco, TX (11 am)

April 11th: Vendor at Cha Community Women's Market, Waco, TX (10 am – 3 pm)

April 18th: A Legacy of Love and Leadership Poetry Reading

Private

April 20th: Poetry Workshop at the Central Library, Waco, TX (6:30 pm – 8:30 pm)

April 29th: Storytime at Fabled Bookshop, Waco, TX (10 am – 11 am)

May 14th: Storytime at West Public Library, Waco, TX (6:30 pm – 7:30 pm).

## PATE

CONTINUED FROM PAGE 1

doors and expose our youth to opportunities today that prepare them to lead our community tomorrow."

The Waco City Council General Election will take place May 2, with early voting scheduled from April 20 through April 28. Residents can learn more about Pate's campaign at [rachelepate.com](http://rachelepate.com).

FROM THE EDITOR...

## WOMEN'S HISTORY MONTH

March is a time to honor the courage, vision, and determination of women who have shaped families, communities, and history itself. From pioneers who broke barriers to the everyday women who lead, serve, and inspire, their stories remind us that progress is

built on faith, perseverance, and purpose. In this special issue, we celebrate the legacy and ongoing contributions of remarkable women. We invite you to enjoy this month's issue as we reflect on Women's History Month and the powerful impact of women everywhere.

## ADVERTISE TODAY!

# THE Anchor NEWS

*The Anchor News* is a free, monthly publication of Crawford Publishing, E-T-C, located in Waco, Texas, (254) 715-8943. All rights reserved.

### 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 editor-

ials reflect the opinions of the editor.

### LETTERS & 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 \$49 a year (12 issues) and can be paid by check or money order. Send all correspondences to *The Anchor News*, P.O. box 24014, Waco, Texas 76702, or email to [theanchornews@aol.com](mailto:theanchornews@aol.com).

### ADVERTISING RATES

To request advertising rates, contact the office at (254) 715-8943 or visit [theanchornews.org](http://theanchornews.org).

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# AFRICAN AMERICAN BUSINESSES: CELEBRATING EMPOWERMENT

BY JOCELYN G. PIERCE

THE WACO Club of the National Association of Negro Business and Professional Women sponsored its Annual Black History Observance on February 21, to celebrate, "A Century of Black History" with an emphasis on celebrating African American businesses in Central Texas that were organized within the last 100 years and have successfully sustained their statuses consecutively for at least twenty years by significantly impacting society, maintaining economic empowerment, strengthening community development, providing vital goods and services, and serving as role models in our cities and communities to represent excellent African American leadership.

The observance of Black History began in 1926 with Black History Week under the leadership and direction of Mr. Carter G. Woodson. Fifty years later in 1976, President Gerald Ford officially recognized Black History Month, calling on the public "to honor the too-often neglected accomplishments of Black Americans." For 100 years (1926-2026), our ancestors and forefathers helped form the foundations that we have had the privilege of building and expanding for future generations.

This year's honorees included Christian Brothers' Moving Services, Dorsey-Keatts' Funeral Home, Little Christian Academy, Inc., Littles and Sons' Funeral Home, Marilyn's Gift Gallery, McDowell's Funeral Home, Momma D's Chicken and More, Robertson's Funeral Home, and The Anchor News.

Christian Brothers Moving Services: Keeping Central Texas on the Move

Christian Brothers Services is a locally owned and operated African American business that has maintained in the Waco area for twenty-six years. Owner Janet Cheeves prides herself in offering professional moving services for residential and commercial customers and companies. Her hard work has been rewarded with A-plus ratings from the Better Business Bureau. The company also provides lawn services, clean out, and haul-off services

Janet's motivation to start her business, under God's guidance, was a deep desire to help relieve the stress involved in packing and moving as well as securing financial independence. The company's goal was and continues to be providing opportunities to create positive impact and inspire a better way of life by exemplifying Christ's love.

One main challenge that Janet has faced as an African American

business owner is not giving up, especially during difficult times. She has vowed to stay focused and keep the faith.

Impacts that her business has had on the community include providing clothes and furniture giveaways to those in need and giving food to the homeless and her church, Zion Hill Baptist Church. Janet loves offering prayer and support to those in need.

Her helpful advice for others who are interested in starting a business is to prioritize your faith, seek divine guidance through prayer, and trust that God's plan will unfold. Even when the journey gets tough, stay committed, keep your eyes fixed on your goals, and hold on to hope, for it's in perseverance that success is born.

We salute Janet Cheeves for her diligence and faith in meeting the service needs in our community.

Dorsey-Keatts Funeral Home: A Tradition of Care in Waco

Founded in 1960, Dorsey-Keatts Funeral Home has served Waco and the surrounding communities for more than six decades. This family business was established during an era when Black families depended on trusted, community-centered businesses. As a result, the Dorsey Keatts' Funeral Home became known for its professionalism, compassion, and respect for tradition.

Through changing times, the Dorsey-Keatts' families maintained their commitments to provide quality service, to build strong community ties and to expand to additional locations across Central Texas.

Owner Robert Dorsey encourages new entrepreneurs to stay patient, keep their reputation clean, and never forget that consistency and character are what truly build a lasting business.

We salute the Dorsey-Keatts Funeral Home for maintaining its longevity since 1966 and setting a standard for others to emulate.

Little Christian Academy, Inc.: Inspiring Future Leaders

Businesswoman Teresa Echols has successfully owned and operated Little Christian Academy, Inc., for the past thirty-six years. Little Christian Academy is a faith-based early childhood education center for young children, and Ms. Echols was motivated to start her academy because she had a deep desire to provide children with opportunities to grow academically, spiritually, and socially in a safe, nurturing, and developmentally appropriate learning environment.

As an African American business owner, one of the main challenges Ms. Echols has faced is



JOCELYN G. PIERCE

limited access to funding and resources, particularly during the early stages of starting and growing Little Christian Academy. Over the years, she has had to navigate regulations, secure financial support, and gain trust in systems where minority-owned businesses are often underrepresented. As a result, persistence and resilience are mandatory to maintain success. Despite these challenges, faith, community support, and a strong commitment to serving children have been key to overcoming obstacles.

Today, Little Christian Academy serves as a vital support system for families in the community and helps bridge early learning gaps by focusing on literacy, numeracy, and social-emotional development, particularly for children who may otherwise lack access to high-quality early education.

Ms. Echols advises anyone interested in starting a business to start with purpose and faith. Be clear about why you want to start your business and let that purpose guide your decisions. Pray, plan, and prepare—then trust God through the process. Surround yourself with supportive mentors, stay teachable, and remember that growth takes time. Consistency and obedience matter just as much as vision.

Her own advice and example have brought Teresa deserved accolades and success since 1989. We wish her continuous success as she remains diligent in molding young minds.

Littles & Sons Funeral Home: A Legacy of Strength in Waco

Founded in 1974, over fifty years ago, Littles & Sons Funeral Home has long served Waco's Black community. Established during a time when Black-owned businesses faced limited resources, discrimination, and economic barriers, Littles and Sons' Funeral Home became a place of comfort and cultural understanding for generations of families, and its survival reflects resilience, faith,

and community trust.

Owners Glenn and Myrtle Littles encourage new business owners to stay rooted in service, treat people with compassion, and build relationships that outlast difficult seasons. Businesses grounded in integrity and community purpose can endure for decades.

Serving with dignity, compassion, and respect, we congratulate Littles and Sons' Funeral Home for meeting the comforting needs of families in our community.

Marilyn's Gift Gallery and Sound World Music: Providing Cultural Elegance

Business owners, Dwayne and Marilyn Banks have remained loyal to the East Waco Community since 1989. For thirty-seven years, they have offered unique gifts, elegant cultural fashions, reflective art, and soul stirring music that reflect the distinctive characteristics of our heritage.

Motivation by Dwayne's love for music and Marilyn's love for fashion, hats, jewelry and pretty things that she grew up admiring at her grandmother's house, they fulfilled their dreams and purposes to open a quaint shop that became a haven for Black History to reflect our very rich African American legacies in positive and uplifting ways.

Some people doubted their

success and longevity in the beginning, especially on Elm Avenue in East Waco, but by God's Grace and the people who believed in their purpose and supported their vision, they have enjoyed the fruits of their labor for the past thirty-seven years.

They believe that their positive impact has inspired others to believe in the possibilities of their own success just as they were inspired by other business owners in the community.

They attribute their success over the years to putting God first in their decisions and by praying and asking God to guide them in their endeavors.

Congratulations to Marilyn and Dwayne Banks for faithfully and culturally serving Waco and its surrounding communities for over three decades.

McDowell's Funeral Home: Changing the Paradigm of Funeral Services

McDowell's Funeral Home, L.L.C., a well-established business in the East Waco community, was motivated by a vision of the late Mr. Lester McDowell forty-four years ago. Mr. McDowell was driven, compassionate, and motivated to have a black owned and operated business that would serve the black community and

SEE **BUSINESS**, PG. 11

**MEDITATION**

*"O Befriended Stranger! The candle of thine heart is lighted by the hand of My power... The healer of all thine ills is remembrance of Me, forget it not. Make My love thy treasure and cherish it even as thy very sight and life."*

— Bahá'u'lláh

To learn more about the Bahá'í Faith, call (254) 717-7903 or visit [wacobahais.org](http://wacobahais.org)

[bahai.org/beliefs](http://bahai.org/beliefs)

# NEIGHBORWORKS WACO CEO NEARS FIRST ANNIVERSARY

For most of her career, Delisa Burnell-Smith has helped families in Waco take one of the most important steps of their lives—walking through the front door of a home they can finally call their own.

Now, nearly a year into her role as President and Chief Executive Officer of NeighborWorks Waco, Burnell-

Smith continues the work she began decades ago: helping individuals and families build stability, opportunity, and stronger communities through homeownership.

Her connection to the organization began in 1994. Over the years, Burnell-Smith has guided thousands of prospective homeown-

ers through the often complex path of purchasing a home. As a licensed residential mortgage lending professional and HUD-certified housing counselor, she has helped families prepare financially, understand the process, and move toward long-term financial security.

For Burnell-Smith, the work has always been personal.

“A home represents more than a place to live,” she said. “For many families, it represents stability, pride, and the opportunity to create something lasting for the next generation.”

Beyond her work with NeighborWorks Waco, Burnell-Smith has long been active in civic and nonprofit leadership throughout the community. Over the years, she has served on boards and advisory groups for organizations including the Family Abuse Center, the Greater Waco Chamber of Commerce, the Cen-Tex African American Chamber of Commerce, and several City



**DELISA BURNELL-SMITH**

of Waco advisory commissions.

Her current community involvement includes service with the Community Race Relations Coalition, the Waco Housing Authority Family Self-Sufficiency Advisory Board, the Cadence Bank Community Advisory Council, and the Heart of Texas Workforce Development Board.

A native of Waco, Bur-

nell-Smith is a graduate of Paul Quinn College in Dallas, where she earned a Bachelor of Science degree. She later completed the Achieving Excellence Program at Harvard Kennedy School, an intensive executive education program focused on strengthening leadership and performance within nonprofit organizations.

Her faith also plays a central role in her leadership. Burnell-Smith often reflects on the scripture from Philippians 4:13: “I can do all things through Christ who strengthens me.”

As she approaches her first anniversary leading NeighborWorks Waco, Burnell-Smith says the organization’s mission remains rooted in the same purpose that has guided her career from the beginning—helping families build stronger foundations for the future.

And for her, that mission always begins with the simple but powerful moment of helping someone open the door to a home of their own.

## LEGACY

CONTINUED FROM PAGE 1

ty seven years to coaching and mentoring young athletes. She continues her service today as a Home Parent at the Methodist Children’s Home, providing stability, encouragement, and care to youth.

Family and faith remain central to her life. She is the proud mother of LaTorsha and

Tashea Gindratt, godmother to Tamara Givens, and grandmother to TaLelah, XZhakai, and Autumn. Guided by Hebrews 13:16, Tammy LaTorsha Briscoe Gindratt continues to inspire through service, mentorship, and unwavering faith, leaving a lasting legacy worthy of Hall of Fame recognition.

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## DR. MAE JACKSON REMEMBERED

BY LINDA CRAWFORD

The late Dr. Mae Jackson is remembered in Waco as a respected educator, community leader, and trailblazer who helped open doors for African American women in leadership throughout the city.

During a time when opportunities for women of color were limited, Dr. Jackson became one of the first Black women in Waco to serve in influential roles within education and civic leadership. Her work helped shape conversations about equity, education, and community development across McLennan County.

Dr. Jackson devoted much of her life to education and to encouraging young people to pursue excellence. Colleagues and former students often spoke of her high expectations and deep belief that education could transform lives and communities.



**DR. MAE JACKSON**

Her leadership extended beyond the classroom as she worked to ensure that African American voices were included in important decisions affecting the city.

In addition to her professional achievements, Dr. Jackson remained actively involved in civic and community

organizations. She supported initiatives that strengthened families, expanded educational opportunity, and promoted cooperation among diverse groups in Waco.

Those who knew her describe a woman of quiet strength, wisdom, and determination. She believed leadership meant lifting others and creating pathways for the next generation.

Today Dr. Mae Jackson’s legacy continues to inspire many in the Waco community. Her willingness to step forward and serve during a time of limited representation helped pave the way for women who now follow in leadership roles throughout the city.

Her life stands as a reminder that lasting progress often begins with individuals who are willing to lead with courage, faith, and a commitment to their community.

# MIDWAY HIGH SCHOOL CELEBRATES THREE NATIONAL MERIT FINALISTS

WOODWAY, Texas — Midway High School is proud to announce that all three students previously recognized as National Merit Semifinalists have advanced to National Merit Finalist standing, one of the highest academic distinctions awarded to high school students in the United States.

The National Merit Scholarship Program begins each year with more than 1.5 million students who take the PSAT/NMSQT. Based on scores, approximately 50,000 of the nation's highest scorers receive recognition. From that group, about 16,000 students advance to Semifinalist status, and roughly 15,000 meet the rigorous requirements to become Finalists. Ultimately, approximately 7,500 students nationwide are selected to receive National Merit Scholarships totaling over \$30 million annually.

Finalists are evaluated based on academic performance, SAT scores, leadership, extracurricular involvement, and a detailed scholarship application endorsed by their high school.

For all three Midway High



**MIDWAY STUDENTS EARN NATIONAL MERIT FINALIST HONORS**

School Semifinalists to advance to Finalist standing in the same year is a rare and significant achievement. This ac-

complishment reflects not only the exceptional dedication and scholarship of these students, but also the strength of Midway ISD's academic programs and the support of its educators and families.

"We are incredibly proud of these students and the example they set for Panther Nation," said Midway High School Principal Alison Smith. "Their achievement reflects the culture of excellence we strive for

every day at Midway — where hard work, high expectations, and strong relationships create opportunities for students to thrive at the highest levels."

Midway ISD congratulates these outstanding students on this prestigious honor and looks forward to celebrating their continued achievements.

For more information about the National Merit Scholarship Program, visit [www.nationalmerit.org](http://www.nationalmerit.org).

## WACO WALKS TOURS HISTORIC CHURCHES

Waco Walks will host a guided tour of historic downtown church buildings March 28.

Dr. Ken Hafertepe, professor of museum studies at Baylor University and author of *Historic Buildings of Waco, Texas*, will lead the walk. Stops include St. Francis on the Brazos, St. Paul's Episcopal Church, First Baptist Church, Saint James United

Methodist Church (now Second and Clay), and the original site of the Presbyterian Church.

Participants will meet at 9:30 a.m. at St. Francis on the Brazos, 315 Jefferson Ave.

For more information, search "Waco Walks" online or find Waco Walks on Facebook. The walk was originally scheduled for Jan. 31.

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# THE 5 BENEFITS YOU MAY BE MISSING

BY MARGARET IVORY

And It Could Be Costing You \$12,000+ Per Year. Every month, I meet seniors who are struggling — not because they failed to plan, but because no one told them what they qualify for.

The truth is simple: many seniors are leaving thousands of dollars unclaimed every year.

Here are five benefits worth reviewing.

#### 1. SNAP (Food Assistance)

Three out of five eligible seniors never apply. The average benefit is about \$200 per month — roughly \$2,400 per year for groceries. For a single individual, the income limit is about \$1,600 per month (varies by state). There is no shame in applying. You paid taxes your entire working life. SNAP exists to help with rising food costs.

Apply: Contact your state SNAP office or local social services.

#### 2. Extra Help (Medicare Part D)

This is one of the most underused senior benefits.

Average value: \$6,200 per year.

Extra Help can reduce or eliminate prescription drug premiums, deductibles, and high medication costs. Co-pays can be as low as \$1.60



MARGARET IVORY

for generics.

Income limits: \$23,475 (single) \$31,725 (married). If you are paying high drug costs, this benefit is worth checking.

Apply: SocialSecurity.gov or 1-800-772-1213.

#### 3. Medicare Savings Programs

If you pay the standard \$202.90 monthly Part B premium, that equals \$2,435 per year deducted from Social Security.

These programs may:

Pay your Part B premium

Cover deductibles

Cover coinsurance

Types include: QMB, SLMB, QI, QDWI.

Income limits typically range from \$1,600–\$2,000 per month, depending on the category. Many assume they earn

too much — often, they do not.

Apply: Contact your state Medicaid office.

#### 4. Property Tax Freeze (Age 65+)

Homeowners, this is critical.

Many states freeze property taxes at age 65. In Texas, seniors can receive up to a \$200,000 school tax exemption.

Average savings: about \$1,000 per year, sometimes more. Property taxes are a leading cause of senior foreclosure. Do not overlook this protection.

Apply: Call your county tax assessor.

#### 5. Supplemental Security Income (SSI)

SSI is for seniors with limited income.

Maximum federal benefit: \$994 per month (nearly \$11,928 per year).

Some individuals can receive both SSI and Social Security. Those who qualify often also receive SNAP, Medicaid, and Extra Help. Income limit: generally under \$994 per month.

Apply: Call Social Security at 1-800-772-1213.

The Bottom Line  
Potential total value:  
\$12,000+ per year.

That is groceries.

That is medication.

That is property tax relief.

That is peace of mind.

If you are unsure whether you qualify — ask.

If you think you make too much — double-check. You worked your whole life. You deserve to know what support is available.

Margaret Ivory, Ivory and Associates, 254-313-7413.

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# COMM. PATRICIA CHISOLM MILLER BROKE BARRIERS

BY LINDA CRAWFORD

The late Commissioner Patricia Chisolm Miller is remembered as a trailblazer whose leadership helped open doors for women and African Americans in public service across McLennan County.

Miller made history when she became the first Black woman elected to serve as a McLennan County commissioner. Her election marked a significant moment for the county and reflected the growing influence of women leaders committed to community service and civic engagement.

Throughout her time in office, Miller was known for her dedication to improving the lives of residents in Precinct 2 and across the county. She focused on community development, public infrastructure, and programs that support-



**COMMISSIONER PATRICIA CHISOLM MILLER**

ed families and neighborhoods. Her leadership style combined determination with a strong belief that public service should uplift the entire community.

Those who worked along-

side her often described Miller as a leader who listened carefully and spoke with purpose. She understood the importance of representation and believed that leadership should reflect the diversity of the community it serves.

Beyond her official role, Miller remained active in civic and community organizations and encouraged others to participate in local government and public life. Her example inspired many women, particularly young Black women, to consider careers in leadership and public service.

Today, Patricia Chisolm Miller's legacy continues to resonate throughout McLennan County. Her historic election and years of service remind the community that progress is built by individuals willing to step forward, serve faithfully, and create opportunities for those who follow.

# MAE JEMISON: PIONEERING THE STARS

When Dr. Mae Jemison traveled into space in 1992, she carried with her the dreams of countless young people who had never seen someone who looked like them among the stars.

Jemison made history as the first Black woman to travel into space when she served as a mission specialist aboard the Space Shuttle Endeavour. During the eight day mission the crew conducted scientific experiments that helped researchers better understand how living organisms respond to weightlessness and other conditions in space.

Her journey to NASA began long before the historic flight. Jemison showed an early interest in science and learning while growing up in Chicago. Encouraged by her parents to pursue her curiosity, she developed strong skills in mathematics and science that later shaped her career.

She attended Stanford University where she earned degrees in chemical engineering and African and African American studies. She later received her medical degree from Cornell University and worked as a physician before joining the NASA astronaut program.

Jemison's achievements reflect a unique combination of science, education, and service. Before becoming an astronaut she worked with the Peace Corps providing medical care in parts of Africa and helping improve public health pro-



**DR. MAE JEMISON**

grams.

Even after leaving NASA, she has continued encouraging young people to explore careers in science and technology. Through education initiatives and speaking engagements she challenges students to imagine possibilities beyond the limits others may place on them.

Jemison often reminds young people that curiosity and courage can lead to extraordinary opportunities. She believes that when students see new possibilities for themselves, they begin to change the future in powerful ways.

Her historic space flight remains an important milestone not only in space exploration but also in the broader story of opportunity and representation. By stepping aboard the space shuttle, Dr. Mae Jemison helped show the world that the path to discovery belongs to anyone willing to dream, learn, and reach for the stars.

# KETANJI BROWN JACKSON MAKES SUPREME COURT HISTORY

When Justice Ketanji Brown Jackson took her seat on the Supreme Court of the United States, she stepped into history while carrying the hopes of many who had waited generations to see such representation on the nation's highest bench.

In 2022, Jackson became the first Black woman ever confirmed to serve as a justice on the Supreme Court. Her appointment marked a historic milestone in a nation where the Court had existed for more than two centuries without a Black woman among its members.

Jackson's journey to the Court was built on years of academic excellence, public service, and legal experience. She graduated magna cum laude from Harvard University and later earned her law degree from Harvard Law School. During her career she served in several influential roles, including as a federal public defender, a vice chair of the United States Sentencing Commission, and later as a federal district court judge.

Before her Supreme Court confirmation, Jackson also served on the United States



**JUSTICE KETANJI BROWN JACKSON**

Court of Appeals for the District of Columbia Circuit, one of the most respected appellate courts in the country. Her experience representing defendants as a public defender gave her a unique perspective rarely seen on the Supreme Court, where most justices have backgrounds as prosecutors or corporate attorneys.

Throughout her career, Jackson has emphasized fairness, careful reasoning, and respect for the Constitution. During

her confirmation hearings, she spoke about the importance of applying the law faithfully and approaching each case with independence and integrity.

For many Americans, her presence on the Court symbolizes progress and possibility. Young people across the country have pointed to her achievement as proof that barriers once considered unbreakable can be overcome.

Jackson has also spoken openly about the influence of her family and her belief in perseverance. Her parents were public school educators who emphasized the importance of education and hard work. Their encouragement helped shape the determination that carried her through one of the most demanding professional paths in the country.

Today Justice Ketanji Brown Jackson continues to serve on the Supreme Court, participating in decisions that shape the legal and social landscape of the United States. Her historic appointment stands as a reminder that leadership, dedication, and opportunity can open doors that once seemed closed.

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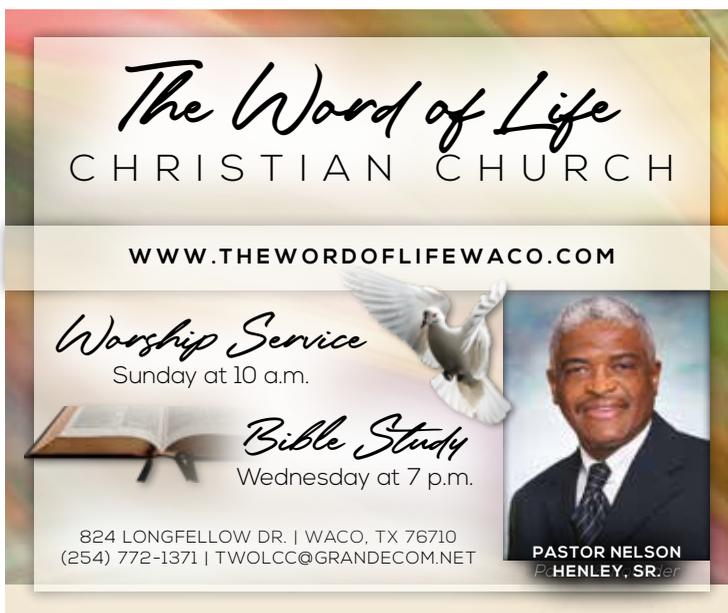
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# DR. PLUMMER: FROM KILLEEN TO THE NATION

Dr. Letitia Plummer, who spent part of her early life in Killeen, Texas, has built a career defined by leadership, service, and a commitment to strengthening communities. Her work in health care, business, and public service has made her a respected voice and an example of how determination and vision can shape opportunity for others.



**DR. LETITIA PLUMMER**

Plummer is a trained dentist and entrepreneur who has used her professional success as a platform for community advocacy. After earning her Doctor of Dental Surgery degree from Howard University College of Dentistry, she began building a practice while also becoming involved in civic leadership and public policy discussions.

Her influence grew as she began serving on several non-profit and advisory boards focused on health care access, education, and community development. Through this work she became known for

promoting economic opportunity and encouraging young people, especially young women, to pursue leadership roles in their professions and communities.

Plummer later entered public service and was elected to serve on the Houston City Council. In that role she has advocated for neighborhood development, economic growth, and policies that support families and small businesses.

Throughout her career, she has spoken openly about the importance of representation and the need for young people to see leaders who reflect their own backgrounds and experiences. Her journey from Central Texas to national civic leadership demonstrates how education, service, and perseverance can open doors and inspire others.

Today Dr. Letitia Plummer continues to serve as a voice for community empowerment while encouraging the next generation of leaders to believe that their goals are within reach. Her story reflects a growing legacy of Black women from Central Texas who are helping shape the future through leadership and service.

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"After God, Destiny, and a Glass of Wine, I felt like I could take the author's response to certain circumstances and apply to my own life. Each chapter is a life learning lesson of praising God through hard times, and walking into God's plan for my life. It may appear as an easy read, because I read it in one day my first time reading it. Then I had the opportunity to re-read and breakdown each chapter week by week."

Rey

### 5.0 OUT OF 5 STARS | EXCELLENT BOOK

*(Reviewed in the United States on June 13, 2020)*

"This is an amazing book. I found it helpful in navigating my fear of not reaching my full potential. It helped me understand how I can have a positive God-ordained destiny. Excellent work!"

Dr. Mia Moody-Ramirez



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# THE FLESH PROFITED NOTHING

BY PASTOR MATTHEW REED

John 6:63: "It is the spirit that quickeneth; the flesh profiteth nothing. The words that I speak unto you, they are spirit, and they are life."

Looking to Washington will not profit. It does not matter what the president or Congress does; it will not profit mankind. We believers must look to Jesus, who in turn will direct us to God. When we look to man and his laws, they are flesh, and the flesh will not profit. When we turn to God, who is Spirit, then we will have power. This power to have life is found in the scriptures.

We, as mankind, are failing to understand that God rules. Jehovah (Yahweh) in the Old Testament made His power clearly seen and experienced by the world.



PASTOR MATTHEW REED

He turned His people over to the desires of their enemies when they disobeyed. When they repented and obeyed, He delivered them. For His people who trusted Him, He destroyed kings and kingdoms. He made the flames of fire have no effect and closed the mouths of li-

ons. God has made His power known throughout history. He has also made His love known to us by sacrificing His only begotten Son so that we might have a sacrifice well pleasing and acceptable unto Him. His intent to do us good and not evil is seen in the scriptures. Yet we, as human beings, choose to walk in the flesh, following our own thoughts, and in doing so we continue to fail.

This article is meant to exhort you, the reader, to repent of the flesh, become spiritual, and experience God's desire to do you good and not evil, to give you life and not death. To have this godly experience, read your Bible and follow its instruction. The experience you have will be beyond your greatest expectation.

# BUILDING HOMES AND COMMUNITIES

BY LINDA MCDONALD

Many people think real estate is only about buying or selling a house, but in reality it is about building stability and opportunity for the future. A home is often the largest investment a family will make, and the decisions surrounding that purchase deserve careful thought and planning.

In today's market, preparation is one of the most important steps a buyer can take. Before beginning the home search, it is wise to review your credit, determine a comfortable monthly payment, and speak with a trusted lender about financing options. Knowing what you can afford helps remove uncertainty and allows buyers to focus on homes that truly fit their budget and lifestyle.

For sellers, presentation and pricing are key. A well maintained home that is priced realistically will attract serious buyers more quickly than one that enters the market at an unrealistic price. Small improvements such as fresh paint, landscaping, and decluttering can make a signifi-



LINDA MCDONALD  
REALTOR, CRS, GRI, PMN, SRS

cant difference in how potential buyers view a property.

Real estate is also deeply connected to community growth. When families invest in homes, neighborhoods grow stronger and more stable. Whether buying, selling, or simply planning for the future, thoughtful real estate decisions can create lasting benefits for both families and the communities they call home.

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**BUSINESS** | CONTINUED FROM PAGE 3

beyond. This family-owned, respected business provides services that strive to make losing loved ones a comforting and consoling experience.

Current owner, Mrs. Lois McDowell and her daughters, Madelyn and Andrea, continue to promote and support her husband's and their father's vision by not only providing the best ethical services, but also keeping costs affordable, and going above and beyond during very challenging times.

Through it all, McDowell's Funeral Home has had a lasting, positive impact on the community it serves as they remain traditional, thoughtful, and caring for families during the process of honoring loved ones.

Congratulations to McDowell's Funeral Home for the role it has played and continues to play in meeting the needs of families.

Momma D's Chicken and More: Delicious Soul Cuisine

The owner and founder of Momma D's Catering and Momma D's Chicken & More is Denise Robinson, a professional caterer and food entrepreneur. Her motivation to excel in this career started with her family as she grew up watching her mother and father and her Uncle Floyd run a restaur-

ant and catering business at their family establishment. She later attended culinary school in 2000 at TSTC, where her passion began a career.

Her passion evolved into Momma D's Catering and Momma D's Chicken and More to provide home-style meals through her catering services for weddings, re-pass dinners, pop-ups, celebrations, and community events.

Some business challenges Denise has encountered include startup costs, managing food expenses, standing firm on pricing, and maintaining consistency while growing her business.

As an African American business owner, Momma D's business has positively impacted the community by serving families during important moments, supporting local events, and representing resilience and Black entrepreneurship.

Her advice for someone who wants to start a business is to believe in yourself, learn your craft, stay consistent, and never undervalue your services. Success comes with patience, faith, and hard work.

We appreciate Ms. Denise Robinson for sharing her family's influence, her love for good cooking, and her excellent service in

our community.

Robertson Funeral Home and Cremation: Built on Dignity and Trust

Robertson Funeral Home, owned and operated by Rev. F. A. Green, has served Falls County and particularly Marlin, Texas and surrounding areas for the past ninety-seven years. Robertson Funeral Home is built on a foundation of dignity and a deep respect for lives entrusted to their care.

Rev. Green was motivated and became interested in the funeral business as a young boy when E. B. Anderson of Boykins Funeral Home in Waco introduced him to the industry. From the onset, he viewed the funeral business as a ministry.

While building his career in the business, Rev. Green's focus has been for every service to reflect the unique story of the person being honored because every life deserves to be celebrated. Maintaining a powerful impact is also important and often goes far beyond the services because it reaches into emotional, cultural, and social fabrics of the people served.

One challenge Robertson Funeral Home has faced as a community based and family-owned

business is earning trust in a competitive industry. Another challenge is having financial power resources when compared to larger companies and balancing traditions with modern expectations.

Rev. Green encourages and advises others interested in starting a business to know why you want to start a business as well as the purpose. Secondly, do your research to understand what people need, and finally, build a simple, realistic plan to share what you offer and who you serve, and start small and grow steadily.

Congratulations to Robertson Funeral Home for longevity and continued success in the business industry.

The Anchor News: Putting Your Business in the Streets

The Anchor News, a community-focused publication serving the Central Texas area, began in 2002, when Linda heard a heav-

enly voice that instructed her to start a newspaper and call it The Anchor News. After not heeding to this initial command, she was summoned again in Bible Study, which prompted her to answer the call that has continued to summon J. L. and Linda as they approach their twenty-fourth year as owners and operators on August 5, 2026.

In fulfilling what they love, they simply highlight the good stuff that the community shares by spotlighting individuals, businesses, and special events as well as pertinent topics such as health issues and educational updates.

Sharing news is very important, and although J.L. and Linda's desire is to do so in an economic and affordable way, one

SEE **BUSINESS 2**, PG. 15

## HABITS OF HIGHLY EFFECTIVE NETWORKERS

BY MONA DUNKIN

1. Be proactive. Take responsibility and initiative for getting your service or product known in the community. Do not be victimized by thinking someone else has a bigger budget and can advertise. One-on-one and word-of-mouth is still the best advertising on the market. Become friendly. Seek out places and ways to attend a variety of social gatherings.

2. Begin with the end in mind. Get a clear sense of your personal mission, your business mission, and your values. Become a self-fulfilling prophecy.

3. Put first things first. You do not have clients because you are in business; you are in business because you have clients. And you need more clients to grow. Networking is vital to getting new business.

4. Think win-win. Focus on developing interpersonal relationships with new contacts. Always think about mutual benefits. Givers gain.

5. Seek first to hear and



MONA DUNKIN

then to speak. Listening is a lost art. Find it and use it. Listen, really listen, to the other person's spiel. Ask questions and be genuinely interested.

6. Synergize. When you work together with others, you increase your contact base and can produce far more.

7. Sharpen the saw. We have many dimensions: body, mind, heart, and spirit. Keep your body healthy. Keep your mind active by continually learning. For the heart, build

strong relationships with key people in your life. And for the spirit, make sure you live by your conscience, so you have total integrity.

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# UNDERSTANDING PASSIVE AGGRESSIVE BEHAVIOR AND HOW TO RESPOND

BY LINDA CRAWFORD,  
CERTIFIED LIFE COACH

Many people have encountered someone who seems pleasant on the surface but communicates frustration in indirect ways. This pattern is often called passive aggressive behavior. A passive aggressive person avoids expressing anger or disagreement openly. Instead, their feelings come out through subtle actions such as sarcasm, procrastination, silent treatment, backhanded compliments, or intentionally doing something incorrectly. Rather than addressing problems directly, the person may appear cooperative while quietly resisting.

Passive aggressive behavior usually grows from discomfort with conflict. Some people were never taught healthy ways to express disagreement, disappointment, or anger. Others fear confrontation or rejection, so they bury their feelings and express them indirectly. While the behavior may seem minor at first, it can create confusion, tension, and mistrust in families, friendships, workplaces, and even church communities.

One of the most effective ways to deal with a passive aggressive person is to re-



LINDA CRAWFORD

spond with calm and clarity. Instead of reacting emotionally or becoming defensive, focus on direct communication. If someone says something sarcastic or behaves in a way that feels indirect, gently bring the issue into the open. You might say, "I sense that something may be bothering you. I would appreciate hearing your thoughts directly." This approach removes the hidden nature of the interaction and encourages honest dialogue.

It is also important to set healthy boundaries. Do not reward the behavior by engaging in the same indirect communication. Stay respectful, stay calm, and continue to speak plainly. Over time, clear communication

can discourage passive aggressive patterns because the person realizes that indirect behavior will not control the situation.

Dealing with passive ag-

gressive personalities requires patience and emotional maturity, but it is possible to maintain peace without becoming entangled in the tension.

Join me next month for a second strategy on how to recognize and respond to passive aggressive behavior with confidence and wisdom.

A MONTHLY WORD OF WISDOM AND ENCOURAGEMENT FOR MEN...

## RECOGNIZING WOMEN WHO MAKE HISTORY

BY J.L. CRAWFORD

Brothers, history is not only written by presidents and generals. Much of it has been shaped by women who carried responsibility, broke barriers, and moved society forward while often receiving less recognition than they deserved. Women's History Month gives us an opportunity not only to celebrate accomplishments but also to acknowledge the strength and leadership women bring into our homes, communities, and nation every day.

Consider Vice President Kamala Harris. Regardless of political views, her rise to become the first woman Vice President of the United States



J.L. CRAWFORD

represents a moment history will always remember. Young girls now grow up seeing pos-

sibilities that once seemed unreachable. That matters. Representation changes expectations, and expectations shape the future.

Justice Sonia Sotomayor's story tells another powerful lesson. Raised in modest circumstances, she rose through education, discipline, and determination to serve on the United States Supreme Court. Her journey reminds us that greatness often begins in ordinary places when opportunity meets preparation.

History also remembers women like Eleanor Roosevelt, who transformed the role of First Lady into one of advocacy and service. She spoke for human rights and social justice at a time when many expected women to remain silent in public affairs. Her courage helped redefine leadership itself.

Brothers, honoring women who make history should begin close to home. Many of us were raised by strong mothers, supported by faithful wives, encouraged by teachers, and guided by women whose sacrifices helped shape who we became. Too often their influence goes unspoken.

Real strength recognizes strength in others. Supporting women's leadership does not diminish men. It strengthens families, communities, and future generations. When women succeed, society advances.

As men, we should celebrate the women making history on national stages and the women quietly making history in our everyday lives. Progress continues when respect, partnership, and appreciation walk hand in hand.

History is still being written, and brothers, wise men recognize who is helping to write it.

*Linda McDonald*  
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# KEEPING THE MOMENTUM

BY W.B. GUNTER

We have arrived at March with new objectives. The previous months were filled with more activities than one calendar can hold. If you're a parent of a student, it's almost time for Spring Break and planning structured activities. If you are a community advocate, your plate stays full. So, how can we continue implementing strategies for a healthy vibrant community? What are we doing to enrich the learning, participation, and the way our communities support?

Taking periodic assessments will ensure improvements are carried out based upon feedback and building upon the foundational blueprints laid before us. Consider adding non holiday centered events to the calendar. Invite a small group of individuals to share information and strategize ways to fill in the gaps. Grand gestures and events are fine, but there are times, when



W.B. GUNTER

smaller efforts can provide a greater impact. One example may be assisting retired adults with navigating online and with social media. Show interested individuals who may benefit from technological enrichment how to serve a greater need. After learning to navigate using technology, that individual may be the perfect fit for marketing an event or program. You may have interested someone in review-

ing data. Create a dynamic team by offering to build it one person or small group at a time.

Spring Break was mentioned earlier. Take the principles of Kwanzaa, the lessons of Black History Month, and incorporate them daily. Encourage innovation, art, science, speaking, spelling, and language acquisition. If movies and television are your thing, write an alternate script while learning about theater. Dive into family genealogy, interview loved ones and enter their stories. Make a 12-24 month calendar of family one liners, recipes, pets, or profiles for reunions. Reunion season is around the corner.

For all that has been done successfully this year, continue growing and building upon it. Advertise upcoming events in this media outlet. If you're reading this article, so are others outside of your immediate area. Pick up multiple copies of this paper and share with

organizations, businesses, and friends so they too will have access to information. A large number of participants may prefer non electronic means of gathering information or may have very limited access to an internet provider.

Make sure you do some-

thing nice for yourself. Add a nap, a few moments with nature, drink an extra quart of water, make an appointment for a quiet hour to your list of things to do. The best way to be productive is to take time out, unplug, and enjoy the moments of presence.

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## THE LORD SAID IT, SO WHY?

BY APOSTLE FANNY MINNIT

This article was inspired by 1 Kings 13:17: "For it was said to me by Yahweh's word, 'You shall eat no bread or drink water there, and don't return by the way that you came.'" WEB

The Old Testament story tells of a man of God sent by God, King Jeroboam, the northern king of Jerusalem, the altar, and an old prophet. King Jeroboam committed an act of defilement against God at the altar. All who read this story should think deeply about how disobedience toward God may bring generational devastation. However, it is the interaction between the old prophet and the man of God that teaches us that if the Lord commands a thing, we must do it.

So often we say, "The Lord told me," yet we disregard what God said and ask others, "What do you think I should do?" The Lord said it, so why are you asking others? Why



APOSTLE FANN MINNIT

are you questioning what thus says the Lord? Why are you turning back to the very thing God commanded you to stay away from?

The man of God was sent on a mission to prophesy. He accomplished his task, yet he failed to follow God's command found in 1 Kings 13:17. The old prophet lied to him, claiming that an angel had given different instructions than those God had spoken. The man of God turned back, ate bread, drank water, and disobeyed God's com-

mand. Why? He listened to someone else's voice instead of God's command. He was later found dead after being attacked by a lion.

This situation reflects the Garden of Eden, where God gave Adam a command, and the serpent deceived Eve. Eve then gave Adam fruit from the forbidden Tree of the Knowledge of Good and Evil, resulting in the fall of humanity.

Throughout history, God has issued commands that His people have often ignored, leading to righteous judgment and even death. We continue to disobey God's commands today. When the man of God prophesied at the altar, that prophecy came to pass 300 years later. When we disobey God's commands, it can affect our families, communities, political spheres of influence, and even the earth itself.

It is critical that we remain obedient to God's commands. If the Lord said it, why would you follow anyone else's command? If God said it, it is so.

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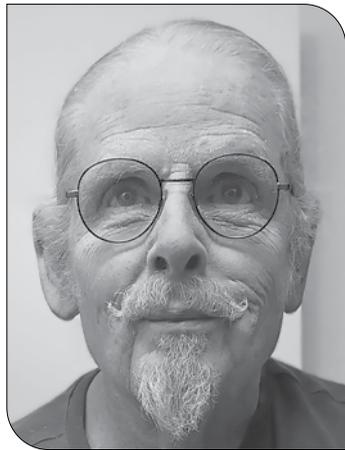
# HOW A LITTLE BOOK CHANGED MY LIFE

BY MICHAEL JONES

Everyone with a religious ulti you have never heard of the short book *The Hidden Words* by Bahá'u'lláh, one of the founders of the Bahá'í Faith, you might consider getting a copy. Though small in size, this little book contains powerful spiritual insights that can encourage deep reflection and personal growth.

*The Hidden Words* is made up of 153 brief passages revealed by Bahá'u'lláh around 1857 and 1858 while he was walking along the Tigris River in Baghdad. The passages are direct and easy to read, yet they carry layers of meaning that invite readers to return to them again and again. Bahá'ís believe these words are written in the voice of God as a message of guidance and love to humanity.

Unlike many books that people read mainly to gain information or follow a story, *The Hidden Words* in-



MICHAEL JONES

vites readers to reflect on their own lives. Each passage encourages quiet meditation and thoughtful consideration.

One passage explains the purpose of human creation:

"O Son of Man! Veiled in My immemorial being and in the ancient eternity of My essence, I knew My love for thee; therefore I created thee."

Another reminds readers

of the noble potential within every person:

"O Son of Spirit! Noble have I created thee, yet thou hast abased thyself. Rise then unto that for which thou wast created."

These short passages encourage a deeper awareness of the relationship between humanity and God. They remind readers that spiritual growth begins with reflection and a willingness to listen inwardly.

For me, meditating on these writings has strengthened the conversational nature of prayer. When I read a passage, I often pause to reflect on its meaning and how it applies to my life. In those moments of quiet reflection, the words seem to guide my thoughts and help me better understand my own spiritual journey.

Those interested in reading *The Hidden Words* can find the book online or learn more about the Bahá'í Faith by visiting [wacobahais.org](http://wacobahais.org) or [bahai.org](http://bahai.org).

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# STRONG WOMEN PRIORITIZE PREVENTION

BY DR. SHAMONICA TRUNELL

March is Women's Health Month—a time to spotlight the unique health needs of women at every stage of life. From adolescence to motherhood to menopause and beyond, women's bodies undergo constant change. Prioritizing prevention, strength, and balance is not just important—it's essential.

Women are often caregivers, leaders, and nurturers, but in caring for everyone else, they sometimes neglect their own well-being. This month is a reminder that taking care of your health is one of the most powerful investments you can make—for yourself and for those who depend on you.

## KEY PILLARS OF WOMEN'S HEALTH

1. Stay Consistent with Preventive Screenings

Routine wellness exams, cervical screenings, mammograms (as recommended), and blood pressure checks are foundational to long-term health. Early detection saves lives. If you've postponed an appointment, consider this your reminder to schedule it.

2. Strengthen Your Body

Strength training is critical for women of all ages. It supports bone density, improves metabolism, protects joints, and reduces the risk of osteo-

porosis. Two to three sessions per week can make a powerful difference.

3. Support Hormonal Balance

Balanced meals, regular movement, stress management, and quality sleep all influence hormonal health. Pay attention to irregular cycles, persistent fatigue, mood shifts, or sleep disruption—these may signal that your body needs support.

4. Protect Mental & Emotional Well-Being

Women are statistically more likely to experience anxiety and depression. Carve out time for



DR. SHAMONICA TRUNELL

rest, connection, and activities that bring joy. Seeking support is strength, not weakness.

5. Nourish with Intention

Iron, calcium, vitamin D, and adequate protein are especially important for women. Build meals around whole foods that support energy, immunity, and long-term vitality.

## YOUR TAKEAWAY

Women's health is not just about reacting to illness—it's about building strength before problems arise. Prevention, consistency, and self-awareness are powerful tools.

This March, commit to honoring your health with the same

dedication you give to others. Strong women prioritize prevention—and thrive because of it.

## MONTHLY SELF-CARE CHALLENGE

"Schedule & Strengthen"

This month, schedule one preventive appointment you've delayed and add one weekly strength-training session to your routine. Small, intentional steps create lasting health.

Screening Reminder: Review your annual wellness schedule and discuss any hormonal, mental health, or bone density concerns with your healthcare provider.

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## BUSINESS 2

CONTINUED FROM PAGE 11

challenge they face in general is people wanting free advertisement. As kindhearted and giving as J. L. and Linda are, increased prices of paper, ink, and printing expenses must be met to keep the presses rolling.

Despite a few setbacks, God continues to bless the Crawfords, and The Anchor News continues to make a positive impact on an awaiting audience in Waco and other surrounding cities and communities.

The Crawfords advise people interested in starting a business to NOT quit a primary job to do so. A business expert once told Linda when the Anchor News started that it was a baby, and a baby cannot support the family.

We wish the Crawfords and the Anchor News much success in the future as they continue to put the business of Central Texas in the streets.

The WACO National Association of Negro Business and Professional Women salute ALL of our 2026 Black History honorees for working hard and being examples of perseverance and resilience in our communities.

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# AN ATTORNEY'S FAITH-DRIVEN LEADERSHIP

BY LINDA CRAWFORD

At just 35 years old, Attorney DeAndrea Petty has already reached a level of leadership that many attorneys spend decades striving to attain. Her journey, however, has never been driven by titles or comparison. Instead, it has been shaped by faith, preparation, and a deep commitment to justice and service.

Raised in the small town of Marlin, Petty's foundation was built on humility, family, and community. She credits her steady grounding to her proud mother, Annie Faye Petty, who remains a constant presence in her life and work. Known for doing nearly everything alongside her daughter, Annie Faye Petty has been a source of encouragement, accountability, and strength throughout DeAndrea's academic, professional, and leadership milestones.

From the beginning of her legal career, Petty embraced what she calls a "Yes we can" mindset. Rooted in her faith in God, she believes the greatest limitations are often self imposed. Once she rec-

ognized how and where she could make a difference, she moved forward with intention, determined to be a change agent and an advocate for others.

For eight years, Petty successfully owned and operated her own law firm, building her practice from the ground up. While law school prepared her to analyze the law and advocate effectively, entrepreneurship taught her lessons that could only be learned through experience. Managing taxes, marketing, advertising, and daily operations strengthened her understanding of leadership beyond the courtroom. Those skills also allowed her to extend her legal knowledge into leadership roles within professional organizations, including service as a parliamentarian and in national attorney positions.

As a young solo practitioner, Petty learned how to lead without a safety net. She spent countless hours researching, preparing, and learning independently when answers were not immediately available. Over time, she built strong professional re-



DEANDREA PETTY

lationships with other attorneys who provided guidance during trials and offered perspective when she needed direction. Through that process, she learned to trust her preparation and discovered that most of the time, she knew more than she initially realized.

Returning to Central Texas after law school in Houston meant starting over professionally. Without an established network in Waco, Petty had to build relationships from the ground up and navigate the profession without a

formal mentor. She overcame those challenges by stepping out on faith, asking questions, and letting go of assumptions about who might be willing to help. One defining moment came when a seasoned attorney admitted not knowing the answer and suggested researching it together. That experience reinforced a lasting truth that experience does not always mean certainty and that collaboration strengthens leadership.

Petty is now stepping into a new regional leadership role within a larger legal system, expanding her impact beyond individual cases. While the position differs from private practice, it draws directly from her years of hands on experience as a solo attorney. In this role, she brings a balanced perspective shaped by understanding multiple sides of the legal process, strong research habits, and a commitment to fairness, consistency, and ethical decision making. It represents both professional growth and a broader opportunity to influence systems that affect many lives.

Being one of the youngest professionals in many leadership spaces has required confidence and clarity. Early in her career, Petty was told she seemed too quiet and too kind for criminal law. Her response became a guiding philosophy. A lion does not roar while hunting. It moves quietly, quickly, and decisively. Petty relies on preparation, honesty, and accountability. When she is wrong, she acknowledges it, believing credibility is built through integrity.

The journey has required sacrifice. As a solo practitioner, she served as attorney, secretary, and office manager, often sacrificing free time and vacations. While recently hiring a secretary brought balance, her new role requires a different sacrifice. She is closing a business she worked tirelessly to build and stepping away from being her own boss.

Petty credits her family, especially her mother, along with supportive attorneys, judges, The Anchor News, and her sisters of the National Association of Negro Business and Professional Women's Clubs.

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