

THE Anchor News

Serving the Central Texas Community
Celebrating 18 Years!

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Free



Young author, Princeton Akram is flying without wings

BY W.B.GUNTER

Princeton Akram will soon celebrate a milestone birthday when he turns 13 years old. He stayed on top of his academics and became a first-time published author of the self-help book, *LEARNING TO FLY WITHOUT WINGS*. The book written, for and by a young person, is currently on sale around the world. Clearly, he uses his time efficiently.

Princeton, during his younger years, spent a lot of time thinking. He understood how important it was to set goals by observing and creatively thinking about solutions. "If you struggle to pay bills, then you need to figure out a way to get where you want to go to lessen the struggle. The same



DUSTIN AND PRINCETON AKRAM

thing applies to school. You have to get your academics up and study. Get help from a mentor, family members, and your teachers."

Princeton has become a role model as a result of writing *LEARNING TO FLY WITH-*

OUT WINGS. "My friends think it's cool. Some of them have improved their behaviors just like I have. It feels good that I'm seen as a role model," said Princeton. "In school, one person came to me with an idea, and asked me how they can accomplish their goal. The first thing I did was listen. I needed to understand what they were trying to do and how to help. I try to help anyone who asks."

Princeton sits down with people who ask for his advice. "We talk about their plans, but I will never ignore them or tell them to read my book first. Being successful and accomplishing goals is a

See **AKRAM**, pg. 2

Sam Torres shares art for the soul

BY MAS SERROT

If you traveled on 11th and Elm in the month of March, you may have seen Sam Torres and his wife, Kim, in their paint splattered clothes reviving a mural they created in 2005. That same month Sam was closing a nearly year-long three man show at The International Dallas Latino Cultural Center. Art is not his main gig but his life-long passion. He has worked as a graphic designer for over 30 years. The past 14 years have been as a Visual Information Specialist at the Doris Miller Veterans Medical Center in Waco.

He was born in Lakin, Kansas in 1963. His mother and father lived in west Texas and were migrant farmworkers of Hispanic and Native American descent. They eventually moved to Waco for steady work in 1967. Sam's love for art came from his older brother, Ector, who died last year. All his siblings, Amado, Rachel, Isabel, and Diane became artists because of Ector. At age six, Sam made a conscience decision to become an artist.

Sam attended school in north and east Waco, and graduated from Waco High in 1981 where he excelled in art. After high school, he honorably served in the US Army and after received a degree in Commercial Arts and Advertising from TSTC. In 1988, he moved to Dallas where he worked at Methodist Hospitals of Dallas. In



KIM AND SAM TORRES AT THEIR MURAL, "IT TAKES A VILLAGE TO RAISE A CHILD," ON 11TH AND ELM STREET.

PHOTO BY DOREEN RAVENSCROFT

his free time, he had over 60 group and individual art shows and helped form the groundbreaking Dallas Latino art group A.R.T.E. After a personal tragedy in 1997, he moved to San Diego, California where he continued work as a designer and exhibiting his art.

In 2000, Sam returned to Waco and with his siblings started U Monthly magazine, a multicultural publication serving the Black and Hispanic Community. In 2003, Sam, Doreen Ravenscroft, and Henry Wright created the Waco Cultural Arts Festival. He and his wife later began publishing, Big Blue magazine, in Robinson, TX where they received the Business of the Year 2007 award. Sam has received awards from the NAACP, Amnesty International, and CRRP for his work in

See **TORRES**, pg. 2

The Complete Woman Conference planned for August 6-7

The annual The Complete Woman Conference entitled "Bumblebees and Butterflies... NtheStretch," is set for August 6 and 7th in Dallas, Texas. The Complete Woman Conference, designed with the 21st Century woman in mind, encourages women to actively take charge of their own physical wholeness, wellness, and beauty while it champions the delicate balance of health and duty with finesse.

The Conference ministry team is committed to the holistic concerns of all women and is dedicated to promote, inform, educate, and empower women through lifestyle direction, awareness and information towards lives of wholeness, balance and viability.



JANICE MIXON

"Women today are drummed by the constant challenges of vocational, social and domestic obligations that vie against their strained prior-

ity of health, spiritual wellness, and self-care," says Founder and host Janice Mixon. "Often the latter suffers, leaving our women sick, exhausted, and disillusioned."

The CWC was brought about to portray the Woman in her various roles, she says. "More importantly we wanted to raise the awareness of women everywhere, from all walks of life, professionally and ministerial."

Join The Complete Woman Conference with hostess, Janice Mixon as Women get NtheStretch to reach their goals, extend their wings and get ready to fly while address-

See **MIXON**, pg. 3



Photo by Any Given Day Photography

J.L. AND LINDA CRAWFORD

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

AKRAM

Continued from page one

big thing for people my age. Kids go through a lot. Some have depression.”

Princeton’s compassion is just one motivating factor propelling him. The other comes from his parents.

Princeton’s father, Dustin Akram, has established a foundation of excellence for his family. He offered a glimpse into being a supportive parent. “I’m proud. I want all of my children to grow up. They have to recognize and be ready for opportunities.” Dustin says when he was a kid, there were only a few ways out of the hood, “and not all of them were good. He continued that children had dreams, but sometimes they were met with dream crushers.

“For instance, when anyone asked me what I wanted to be, I’d say rich. Teachers used to tell me that I can’t do this or that. I knew I didn’t want to be broke. Along the way, I learned to see failure as a les-

son. It was a way to learn from experiences, not be an obstacle holding me back,” he explained, “and when something didn’t work, I’d figure it out. To do this, I had to decide what I wanted, then start with a plan, research what skill sets I needed, and actively achieve goals.”

Dustin said he began to see that the people who crushed dreams did so out of a place ignorance or not knowing.

“Some people can only perceive what they know as reality. Take for instance two birds, an eagle and a crow. They both fly and see at a greater distance than other animals. The eagle soars higher in the sky than any other bird so it has a range of vision far greater than that of a crow. You have to show people.”

Next year, Princeton will enter a new academic year. He’s learned lessons beyond a typical classroom setting for his grade. According to Princeton,

“Many schools don’t teach financial literacy. So I have to pay attention in math, not just how to count, but how to budget, and I’m learning about stocks.”

Before he wrote his book, he liked a lot of comics, fiction, and biographies, and he still does. But now he understand book formats, and father is his editor.

Princeton’s father teaches his children about finances and provides them with opportunities for long term investments. Dustin tells his children to, “begin by investing in yourself. Once that’s done, then begin investing, building, and growing your legacy.”

Dustin is very clear about how imagery acts as lure to create a financial bondage. He teaches his children to be aware so they are financially literate.

“There was a time when I had more shoes than money in my pocket. I had 62 pairs of shoes and didn’t have \$60 in my pocket. I needed to change that. I needed to have wealth instead of looking like I had it.. There are a lot of traps we fall into if we aren’t careful. Everybody wants free, but it’s a trap. It works through the use

of imagery.

“False success leads to destruction, that easily goes from Rolex to handcuffs. What you are competing with is an unfair psychological illusion through tv, social media, and videos, and its common to see those things played out in neighborhoods and classrooms. We see big stacks of money, and when a kid sees the potential to get a lot of quick money, you’ve lost him.”

Dustin is convinced that when kids see their father as a hero, there is nothing the streets can do to lure them in.”

In the book, FLYING WITHOUT WINGS, Princeton provides his readers with a blueprint to work out a plan, set goals, and work towards their own successes. He has applied the wisdom of his father into a book so others can join him as he soars without wings to higher heights. The book is available at Amazon and other retailers online. Let’s help him reach a million readers before his 13th birthday.

For bookings, questions, and comments, contact Dustin Akram on Facebook or send an email to Dustin.Akram@gmail.com.

A NOTE FROM THE EDITOR...

Are you having a bad day?

It is 8:15 a.m. and you were supposed to get up at 7:00. You overslept and now, it’s quite obvious that you’re already having a bad day. But are you? Is it a bad day? You just woke up. The day hasn’t really gotten on its way yet. In your case, with all that’s going on with COVID, there are so many other things you can

say or think about. You are running late, but do you have a car? You are going to be late to work, but with COVID, does that mean you still have a job? You are not paralyzed, so does that mean you can get dressed on your own? You are hurrying, out of breath, but does that mean you are not on a ventilator? Come on! With all

of these blessings in place, are you really choosing to have a bad day? Oh give thanks unto the Lord, for this is a great day to have a great day, a “day that the Lord has made.” You woke this morning, still in your right mind. You can praise your way to the victory or whine your way to defeat! I’m just saying!

TORRES

Continued from page one

promoting racial unity.

Sam is married to Kim Torres and they have two daughters, Tiffany, and Kelsey, sons-in-law, Matt and Jose, and grandchildren, Victor Eli, and

Manu. After years of working in the Dallas and Waco community, Sam continues to use graphic design as sustenance for him and his family, and art to feed his soul.

THE Anchor News



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PURPOSE

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

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

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The comments and opinions of our readers are welcomed. Letters

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Korteweg running for re-election in Waco ISD

BY DR. FLOYD BARRY, M.D.



STEPHANIE YBARRA-KORTEWEG

Stephanie Ybarra-Korteweg has always dreamed of serving children. It was at Baylor University that she discovered her life's calling to become an educator. She graduated in 2000 with a Bachelor of Science in Education and immediately began working in Waco ISD schools where she has continuously served for over 20 years.

Ybarra-Korteweg earned numerous accolades (including Teacher of the Year), co-authored a Texas Teacher's practice manual workbook, and was a leader amongst her teacher cohorts. Her greatest accomplishment and joy was seeing her children become successful. She then went on to become the director of STARS Book clubs—a faith-based organization that helped to mobilize 30+ congregations across the city to volunteer in Waco ISD schools. Over 600 mentors were reading with children in 12 schools across the district during her tenure. For the past 6 years she has been serving on the Waco ISD school board. Her experience as an educator has knit her heart to the families of this community. Her humble background as the daughter of Spanish speaking parents taught her the value of hard work and education.

Ybarra-Korteweg sees the opportunity for Waco ISD to be the most coveted and desired district in Central Texas. She holds the deep belief all children have limitless potential that must be encouraged, nurtured, and drawn out. Often you will find her working to remove the negative labels placed on our district. She is continuously raising the bar for excellence and will not settle for mediocrity

because our children, families and community deserve better. Ybarra-Korteweg believes families send their most precious and valuable possession to our schools and entrusts us to not only educate, but care for them.

In 2018 state legislation was forcing the closure of 5 schools close to the Brazos river; that was when her mom instincts kicked in. This legislation was disproportionately affecting schools in communities of color and she was not about to let that happen to our kids. Ybarra-Korteweg made sure she attended the pivotal board meeting, only 4 days after having an emergency C-section and while her daughter was still in the NICU, because she knew it was of utmost importance to keep those schools open. She voted in favor of the Transformation Zone which saved the 5 schools from closure and ensured that they remained not only in the community but were community governed.

Ybarra-Korteweg's passion and her lifelong commitment to our community is why she is running for re-election in Waco ISD. She would be honored to have your vote on May 1st.

MIXON

Continued from page one

ing concerns that persistently threaten today's woman.

Attendees can register right away. Monetary gifts and contributions toward workshops, procurement of resource information, and referral sources can help as the team em-

powers and encourages the new millennial woman to become full and complete.

For more information, call 1-800-712-ACTA (2282), check the website, JaniceMixonMinistries.org or send an email to Actarms@yahoo.com.

Jessica King Gereghty inspired to run for WISD

BY REV. KYNDALL RAE ROTH AUS



JESSICA KING GEREGHTY

Jessica King Gereghty watched in awe as her son's kindergarten teacher managed to engage an entire classroom of five and six year-olds via Zoom all while balancing her own three-year-old on her lap. Passionate about education her entire career, the pandemic only increased Jessica's profound appreciation for teachers.

The pandemic also inspired Gereghty to run for Waco ISD Board of Trustees.

With years of career experience in higher education, Gereghty understands that our city is facing an education crisis. "Every year in a child's education is a building block on top of the next," she said, and with so much missed school after a full year of global pandemic, "we are at a pivotal point in American education."

Gereghty wants to ensure that no kid in Waco gets left behind. "I'm running now because I'm ready to roll up my sleeves and do the hard work we are facing in this moment."

supported, they can reach their potential.

Veronica Thompson Smith, who worked for Jessica for ten years, recounts how Gereghty would encourage her to apply for promotions when she was struggling to believe in herself. "If she can fight for an employee like this, imagine how she will fight for students, teachers, and administrators."

Smith also says of her former boss, "She was always the biggest champion of diversity and inclusion in my office. It was necessary for her from the beginning. I've never worked in such a diverse place before or since." Gereghty believes diversity is a foundational strength of any team, thus she always strives to create room for varying opinions. "I don't believe my idea is the winning idea," she says. "The winning idea is going to be the culmination of collaborative input."

By the same token, winning this election won't just be a win for Gereghty. It will be a win for District 2, for the community, for the whole collaborative project of public education.

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*(Up to 10 words, not counting dates for the deceased)

DEADLINE IS MAY 1ST.

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Experts warn of impending mental health epidemic; there are things we can do

Reprinted with permission from Act Locally Waco.

BY TIFFINEY GRAY

One year ago, on Sunday, March 8, 2020, I attended church service with my family, drove to MILO to have brunch, then went to Michael's to pick up some crafting materials. With two little ones (then 5 months and 3 years old) along for the ride, it was no small decision to add two more stops to our outing. Looking back, I'm glad I braved the possibility of a nursing infant meltdown and toddler restlessness to see smiling faces at church, enjoy brunch, and pick up supplies. Little did I know that day would be my last in-person church service, Sunday brunch, and in-store shopping experience for a

very long time.

Two weeks ago, our community marked one year since our local shelter-in-place order. One year of hunkering down, wearing masks, travel restrictions, canceled parties, rescheduled family events, and modified birthday celebrations. For many of our neighbors, this past year has brought on much more than mere social inconveniences, but instead has meant financial, occupational, and family hardships like never before.

All of this change, not to mention the duration, can take a toll on mental, emotional, and physical health. I've been checking in with colleagues, family, friends — and myself — to see how we're doing. How we're trudging along. It seems like many of us need a little more help, more support, and



TIFFINEY GRAY

more grace these days. And our recent deep freeze hasn't made this marathon of calamity any better. For many of our Waco neighbors February's icy, snowy storm dealt yet another blow to a long haul of health concerns, economic uncertainty, lost income, social isolation, and all kinds of distress. Being in the dark, being in the cold, wanting for running water, and watching your groceries (bought with hard-earned wages) spoil right before your eyes have a way of layering on the pressure and testing our ability to cope.

These pressures can accumulate, and experts are warning of an impending mental health epidemic that could sweep across the country, but especially impact communities of color.

Last spring, we witnessed the disproportionate physical

health impacts of COVID-19 in Black and Hispanic communities brought on by historical social and economic inequities. Changes in the way families interact, commune, socialize, celebrate, and mourn have aggravated existing traumas, brought on separation distress, grief issues, anxiety, and a host of other mental health challenges. But what can we do to reduce the impact of this looming storm?

CHECK ON YOUR NEIGHBORS, FAMILY, AND FRIENDS.

Use every safe communications channel at your disposal, including digital and traditional ways of engaging. Think Zoom, FaceTime, Google Meet, What's App video calls, and good old-fashioned land lines. A carside-to-front yard meet up (with masks in tow) is also a family favorite. Maintaining relationships and social connections is more important than ever to keep spirits high.

TELL YOUR HEALTH PROVIDER WHAT'S GOING ON.

When we have back pain, we don't hesitate to see a spine doctor or a physical therapist. The same should be true of emotional pain. Connect with a mental health provider or schedule an appointment with your family doctor to ask about more specialized support from a mental health practitioner, therapist, or counselor.

TALK WITH A TRUSTED ADVISOR.

Whether it's a pastor, a com-

munity elder, a professional mentor, or in my case another mom of toddlers, extend an invitation to pray together, to share a devotion through FaceTime, or to have virtual coffee to talk and catch up. My hope is that the outpouring of grace, prayers, and encouragement flows both ways.

CALL FOR IMMEDIATE HELP.

The Heart of Texas Region MHMR is home to emergency counseling services for anyone impacted by the pandemic. MHMR is a huge local resource with a host of counseling and therapeutic services in addition to social support and wellness resources. Whether it's a crisis or you simply need to talk to someone, MHMR is available to help.

MHMR Crisis Line 866-752-3451

MHMR COVID Help Line 866-576-1101

ADVOCATE FOR BETTER COVERAGE OF MENTAL HEALTH CARE.

I've been on the search for mental health support and therapy for my family and me for several months. With my own health consumer hat on, navigating insurance coverage and which providers even accept my (really good) insurance, or accept insurance at all, has been both surprising and disappointing. We need collective advocacy to demand better. Better payor coverage of mental health services and better acceptance of insurance by mental health providers. There is undoubtedly a need — a market — for mental health care, and marketplace vendors (practitioners and payors) should better respond to consumer needs.

A year ago, I wrote a post about minding your mental health during the COVID-19 pandemic. It's hard to believe that we're still riding out this storm 11 months later and my hunch is that this ride of ours isn't over yet. Our resilience has been tested, tried, and tested again, but we're in this together to support our neighbors when they need us and to lean on our neighbors when we need them.

Tiffiney Gray is senior content specialist for health with Prosper Waco.

The Act Locally Waco blog publishes posts with a connection to these aspirations for Waco. If you are interested in writing for the Act Locally Waco Blog, please email Ferrell Foster at ferrell@prosperwaco.org.



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God, Destiny and a Glass of Wine, an easy read and perfect gift

The best Christmas 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 for \$15.99. You can also go to lindacrawford.org to order there. *God, Destiny, and a Glass of Wine* is sure to open your heart to receive healing, encouragement, and a different outlook on life.

CHAPTER 1: THIS TOO SHALL PASS, BUT WHEN?

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

was the safest place to keep my valuables, like my car keys and what little money I had. I had learned a lot in my 29 years. With lightning speed, I dashed out the backdoor, tripping over the threshold, but still holding my balance and determination. Thank God my boy was spending the night with a friend. It was pitch-black dark outside, as I had no time to flip on the outside lights. I just needed to get out. Once inside my car, I let out a sigh, unaware that I had been holding my breath. Quickly locking the car doors, I knew I was on my way. The car was run down and bent up, but it was my path to freedom tonight and my only means of transportation. I'll never forget it. It was a gray and black Toyota, well...a fading gray and a fading black, a hatchback, about 8 years old at the time, and a stick. Ha! A stick. That could be a 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



LINDA MASON CRAWFORD

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

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

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

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

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

(Reviewed in the United States on August 20, 2019)

"I absolutely love this book! I could not put it down and read it in two days. There is so much good stuff in this book that I am reading it again. It is inspiring, encouraging and will bless you."

5.0 OUT OF 5 STARS FIVE STARS | AMAZON CUSTOMER

(Reviewed in the United States on May 21, 2018)

"This is an amazing book. It is entertaining, compelling and convicting. A definite must-read for everyone!"

5.0 OUT OF 5 STARS | EASY READ AND APPLICABLE TO MY LIFE

(Reviewed in the United States on March 27, 2019)

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

Rey

5.0 OUT OF 5 STARS | EXCELLENT BOOK

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

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

Dr. Mia Moody-Ramirez



GOD, DESTINY, AND A GLASS OF WINE
AVAILABLE ON AMAZON

The Shadow King: A Novel by Maaza Mengiste

BY JIM MCKEOWN

Maaza Mengiste is the author of two novels. Her latest is *The Shadow King*. She was born in Addis Ababa, Ethiopia. She is a Fulbright Scholar and professor in the MFA in Creative Writing & Literary Translation program at Queens College. Her work can be found in *The New Yorker*, *Granta*, and *The New York Times*. The story is based on the early days of the 1935 invasion ordered by Mussolini against Ethiopia.

I will begin with the prologue. She writes, "She does not want to remember but she is here, and memory is gathering bones. She has come by foot and buss to Addis Abba, across terrain she has chosen to forget for nearly forty years. She is two days early' but she

will wait for him, seated on the ground in this corner of the train station, the metal box on her lap, her back pressed against the wall, rigid as a sentinel. She has put on the dress she does not wear every day. Her hair is neatly braided and sleek and she has been careful to hide the long scar that puckers her shoulders like a broken necklace. You must keep them for me until I see you again. Now go. Vatene before they catch you. // Inside the box are the many dead that insist on resurrection. // She has traveled for five days to get to this place. She has pushed her way through checkpoints and nervous soldiers, past frightened villagers whispering of coming revolution, and violent student protests" (3-4). This seemingly innocuous beginning has many



JIM MCKEOWN

frightful stories ahead.

Maaza continues, "She has watched while a parade of young women, raising fists and rifles, marched past the bus taking her to Bahir Dar. They stared at her, an ageing woman in her long drab dress, as if they did not know those who came before them. As if this was the first time a woman has carried a gun. As if the ground beneath their feet and not been won by some of the greatest fighters Ethiopia has ever known" (3-4). The story is that of brave woman who have fought among their men, however their story has been forgotten--until now.

The main character, Hirut Getey, is the center of the sto-

ry. At this point, she is a mere child. Maaza writes, "She feels the first threads of a familiar fear. I am Hirut, she reminds herself, daughter of Getey and Fasil, born on a blessed day of harvest, beloved wife and loving mother, a soldier. She releases a breath. It has taken so long to get here. It has taken almost forty years of another life to begin to remember who she had once been. The journey back began like this: with a letter, the first she has ever received" (5).

Emperor Haile Selassie is facing the threat of becoming overrun by the Italian army. Maaza writes, "The real emperor of this country is on his farm tilling the tiny plot of land next to hers. He has never worn a crown and lives alone and has no enemies. He is a quiet man who once led a nation against a steel beast, and she was his most trusted soldier: the proud guard of the *Shadow King*. Tell them, Hirut. There is no time but now. // She can hear the dead growing louder: We must be heard. We must be remembered. We must be known. We will not rest until we have been mourned. She opens the box" (6).

This last passage demonstrate the lovely, fluid, and absorbing prose Maaza has written. Here is one among many

examples, "This is Hirut. This is her wide-open face and curious gaze. She has her mother's high forehead and her father's curved mouth. Her bright eyes are wary but calm, catching light in golden prisms. She leans into the space in front of her, a pretty girl with slender neck and sloping shoulders. Her expression is guarded, her posture peculiarly stiff, absent the natural elegance that she will not know for many years is hers. She looks away from the camera and struggles not to squint, her face turned to the brighting sun. It is easy to see the sharp slope of her collarbone, the scarless neck that rises from the V collar of her dress. It is this picture that will preserve the unmarked expanse of skin that spread across her shoulders and back. No other way to recall the Unblemished body she once carried with the carelessness of a child. And look, in the background, so far away she is hard to see, there is Aster, pausing to watch, and elegant line cutting through light" (7).

This moving and forgotten lives of women who fought with their men, *The Shadow King* by Maaza Mengiste, is one a reader can never forget.

Jim McKeown is a retired McLennan Community College English Professor.

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"The happiness of Mankind lieth in the unity and harmony of the human race."
from the Bahá'í writings

What does it mean to be a Bahá'í?

GLORIA HARRIS, Detroit native, Waco resident and professional nurse, recently talked about what the Bahá'í Faith means to her. The Youtube video of the interview is available at this link: tinyurl.com/yjfvpt4u

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Yes, most insurance plans cover chiropractic care

(NewsUSA) - Sponsored News - Feel free to use your insurance card when seeing a doctor of chiropractic.

About 30 million Americans seek chiropractic care annually, and apparently not all of them realize their visits are now routinely covered by major medical plans, Medicare, workers' compensation, and even some Medicaid plans. Part of the increased availability is a result of measures like the Affordable Care Act and the embrace of chiropractic care at various government levels including military bases and Veterans Administration facilities.

How much of a game-changer would boosting awareness be? Well, consider this: The more than \$796 billion spent caring for musculoskeletal diseases in 2011 made it among the costliest health care expenditures, according to the latest available statistics. Meanwhile, the "chiropractic-first" approach many experts advocate -- avoiding traditional surgery and potentially addictive drugs, that is -- has been shown in numerous studies to be friendlier to both wallets and patients.

"Chiropractic care is documented to reduce costs per episode of care by up to 40 percent, while also yielding improved clinical outcomes and overall higher patient satisfaction," notes Sherry McAllister, DC, executive vice president of the not-for-



DR. SHAMONICA TRUNELL

profit Foundation for Chiropractic Progress.

Doctors of chiropractic, who have a minimum of seven years of higher education, practice a hands-on, drug-free approach to addressing neuro-musculoskeletal conditions, including back, neck and joint pain.

Although perhaps best known for performing spinal adjustments, doctors of chiropractic are also trained to provide nutritional, dietary and lifestyle counseling. Hillcrest Chiropractic in Waco, TX is a total wellness center. To make your appointment with Dr. Shamonica Trunell, call 254-754-4000.

Tips for millennial investors

SUBMITTED BY
LINDA MCDONALD

Investing in real estate can be fruitful. Now, after years in the workforce, more millennials are taking the leap. Many are first-time investors who need helpful tips about how to get started in the real estate game.

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

Build your savings. Having a stable savings stream puts you in good standing with lenders. Save a percentage of your



LINDA MCDONALD

paychecks to store funds for your first purchase, and create a smart and consistent plan to pay off your high-interest debts first.

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

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

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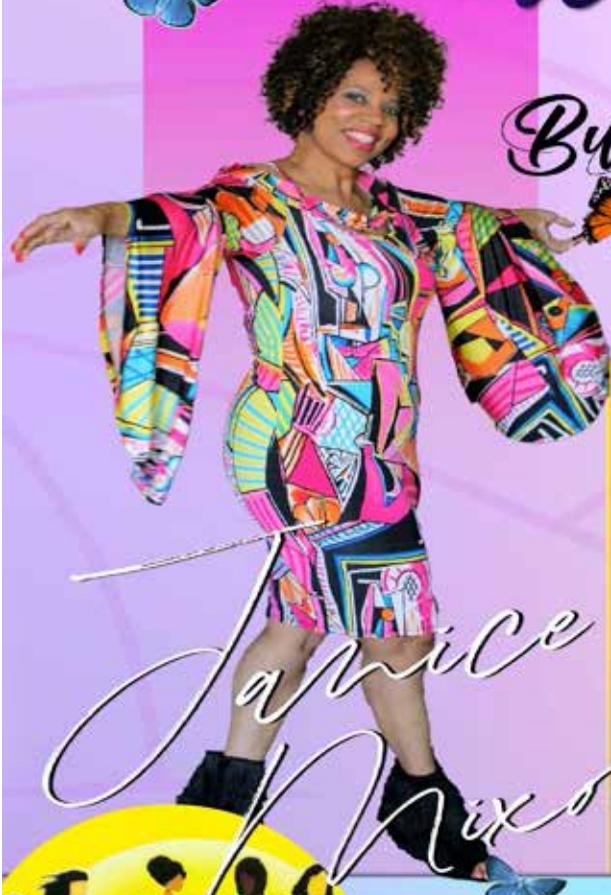
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(NewsUSA) - Now more than ever, we worry about maintaining our good health, and we are especially concerned about having a strong immune system that can take on all types of infections.

TheraBreath, the world's leading dentist-founded oral health care brand, feels the same way. With their brand-new product, TheraBreath Immunity Support Oral Spray, they are doing their part to provide a quick and easy way for everyone-young and old -- to keep their immune systems working at their best.

TheraBreath Immunity Support Oral Spray is especially powerful because it helps boost your immunity in several ways. It contains extracts from acerola (a form of cherry) and also elderberry. Both of these fruits have strong antioxidant properties and are often used in immunity-boosting products. Elderberry in particular has a long

Better immunity is just a spray away

history of use in health and healing going back to ancient Greek times.

"Our TheraBreath Immunity Support Oral Spray Supplement is an easy and tasty way to get the benefits of a multi-vitamin supplement and boost your immune system against the cold, the flu, and other airborne infections," says CEO and founder, Dr. Harold Katz, a dentist with an additional degree in bacteriology.

The spray also contains vitamin C, vitamin E, zinc, and copper. This combination of infection-fighters lines up to help muster your body's best natural defenses against illness. The spray contains no artificial colors or dyes, and it is certified vegan and gluten-free, as well as NSF certified, with a cherry lemonade flavor that appeals to all ages.

Use TheraBreath Immunity Support Oral Spray as needed throughout the day. The small bottle is easy to tuck into a purse, pocket, or backpack, so it is easy to stay healthy on the go as you resume activities.

Everyone has come to appreciate

just how important it is to have a healthy immune system, not only in the winter months, but all year round, whether you are going to work, going to school, or just going to the grocery store. Airborne infections are always with us, but keeping a science-based,

immune-strengthening product in your personal health toolkit can help keep you and your family safe and well.

Visit TheraBreath.com for more information about TheraBreath Immunity Support Oral Spray and other products in the TheraBreath family of oral health care. All TheraBreath products come with a money-back guarantee.

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57 million Americans have legal issues

SUBMITTED BY J.L. CRAWFORD, LEGALSHIELD, SENIOR MANAGER

The Legal Needs Of American Families Study (Legal Needs Study) shows that working

Americans and their families face a myriad of legal issues on almost a daily basis.

The study shows that 57 million full-time working Americans experienced at least one significant legal event in the

past 12 months, but only 60% of those who experienced such an event actually sought out the services of a lawyer to help them.

The areas of greatest need identified in the survey include auto and traffic issues such

as traffic tickets and accidents, family issues such as adoption and divorce, and estate

planning concerns such as wills, trusts, and estate or inheritance management.

The Legal Needs Study also



J.L. CRAWFORD

shows that legal problems know no economic boundaries.

All income levels experience legal issues or events at about the same rate - 66%.

- Automobile accident
- Execution of a contract
- Secured a home mortgage/ refinanced home
- Divorce
- Speeding ticket or traffic violation
- Prepared a will
- Marriage
- Leased an apartment or home
- Set up a trust
- Became executor of parents' estate
- Was subpoenaed
- Vehicle damaged while parked on street
- Sold faulty merchandise

- Identity theft
 - Inherited property
 - Filed bankruptcy
 - Friend who owes you money files for bankruptcy
 - Injured someone accidentally
 - Leased a vehicle
 - Challenged a will
 - Creditor taking legal action
 - Adoption of a child
 - Property was damaged while in storage
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Linda McDonald, ABR

Cutting through the clutter to reach better health

BY JERRY SNIDER

As a health coach, I'm excited to offer a Health Q&A column for the readers of the Anchor News.

We've all heard the phrase "Time is money." I'm going to challenge you that time is not money. We've thought that for a long time and we've been wrong. Time Is Health.

Every moment, every split second, of every day that your heart beats is dependent not on money but on your health. Without good health, there is no time. Without good health there is no money. Without good health there is no happiness because happiness comes from having time and sometimes having money.

Every second your health is either improving or deteriorating. As you sit here reading this column right now you're either getting healthier or not. The question becomes how do you train your body to continually be improving its health versus deteriorating.



JERRY SNIDER

We've all heard a lot about viruses lately. A lot more of your time is spent trying to understand microbiology than you've probably ever wanted to. The reason for that is you want to live and be healthy. I want to help cut through some of the clutter and remind you that you need to manually think about your health on a regular basis.

I say manually thinking about it because when I take runners who have bad run-

ning form and start teaching them proper technique, I tell them they have to think about it constantly while they're running. What happens in turn is that they get slower initially because instead of thinking about the goal that they have to run fast, they have to think about their form - so they're distracted. But as that form becomes natural, they no longer have to think about it. Then they can think about their goal and the efficiency of the form improves their speed; therefore they are faster.

The same approach is what you need to take to your health. If your health is failing in certain areas, whether it's inability to handle stress, poor immune system, obesity, chronic disease, or health acute issues, focusing on fixing that specific issue is going to distract you from other areas of life. This may prevent you from having the life you want right now, but the key is to remember that time is health. The more time you

spend fixing your health, the healthier you're going to be in the long term. That means the long-term is going to be much longer. While I believe that time is health, better health ultimately provides you with more time.

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.

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Can mankind improve upon God? Part 4

BY RUBY MCCRAY

Continued from the March edition of The Anchor News. To review the previous article, please go to www.theanchornews.com, click "Archives," then the year and, finally, the month.

Murder is not the only thing worthy of the death penalty. God told His Chosen People, Israel, that every person should be put to death who tries to turn them away from serving Him.

"If there arises among you a prophet or a dreamer of dreams, and he give you a sign or a wonder, and the sign or the wonder comes to pass, of which he spoke to you, saying, 'Let us go after other gods'—which you have not known—'and let us serve them,' you shall not listen to the words of that prophet or that dreamer of dreams, for the LORD your God is testing you to know whether you love the LORD your God with all your heart and with all your soul. You shall walk after the LORD your God and fear Him, and keep His commandments and obey His voice; you shall serve Him and hold fast to

Him.

"But that prophet or that dreamer of dreams shall be put to death, because he has spoken in order to turn you away from the LORD your God, who brought you out of the land of Egypt and redeemed you from the house of bondage, to entice you from the way in which the LORD your God commanded you to walk. So you shall put away the evil from your midst." Deuteronomy 13:1-5

"If your brother, the son of your mother, your son, or your daughter, the wife of your bosom, or your friend who is as your own soul, secretly entices you, saying, 'Let us go and serve other gods, which you have not known, neither you nor your fathers, of the gods of the people which are all around you, near to you or far off from you, from one end of the earth to the other end of the earth, you shall not consent to him or listen to him, nor shall your eye pity him, nor shall you spare him or conceal him, but you shall surely kill him; your hand shall be first against him to put him to death, and afterwards the hand of all the people. And you shall stone him



EVANGELIST
RUBY MCCRAY

with stones until he dies, because he sought to entice you away from the lord YOUR God who brought you out of the land of Egypt, from the house of bondage. So all of Israel shall hear and fear, and not again do such wickedness as this among you." Deuteronomy 13:6-11

God said that the death penalty, (capital punishment), is a deterrent from doing evil. He should know since He is the one who created mankind. We cannot improve upon God!

"If you hear someone in one of your cities, which the LORD your God gives you to dwell

in, saying, 'Corrupt men have gone out from among you and enticed the inhabitants of their city, saying, 'Let us go and serve other gods—which you have not known—then you shall inquire, search out, and ask diligently. And if it is indeed true and certain that such an abomination was committed among you, you shall surely strike the inhabitants of that city with the edge of the sword, utterly destroying it, all that is in it and its livestock—with the edge of the sword [gun]. And you shall gather all its plunder into the middle of the street, and completely burn with fire the city and all its plunder, for the LORD your God. It shall be a heap forever, it shall not be built again. So none of the accursed things shall remain in your hand, that the LORD may turn from the fierceness of His anger and show you mercy, have compassion on you and multiply you, just as He swore to your fathers, because you have listened to the voice of the LORD your God, to keep all His commandments which I command you today, to do what is right in the eyes of the LORD your God.'" Deuteronomy

13:12-18

Do you see precious people, we are not supposed to allow anyone to come into the United States of America with their flags and their gods to try to indoctrinate us; they are to assimilate. We are supposed to teach them the ways of the God of Abraham, Isaac and Jacob; however, many of us don't know His ways. That's the main reason why we are in such state of affairs. We have turned away from the ways of the Living God.

One pastor told me on Facebook that we can't teach our Bible in our public schools because there are too many different religions in our nation. God, please help us!

Please join me in May for the continuation of this discussion. 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 RubyMcCray is the founder of A City of Refuge Ministries. For questions or comments, e-mail rubyacorm@yahoo.com; or write to: A City of Refuge Ministries, P.O. Box 2025, Waco, Texas 76703.

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(NewsUSA) - Each year, more than 780,000 Americans suffer a stroke. It is the third leading cause of death and a leading cause of long-term disability in the United States. African-Americans suffer more severe strokes than white Americans, and tend to have a higher rate of risk factors such as high blood pressure and smoking.

Many people do not know the symptoms or what to do when they witness someone having a stroke. The following information is provided to you by the National Institute of Neurological Disorders and Stroke (NINDS).

"For African-Americans, stroke is more common and more deadly -- even in young and middle-aged adults -- than for any other ethnic or racial group in the country. It is critical to recognize the symptoms

African-Americans at higher risk for stroke

of a stroke, call 9-1-1, and get to a hospital quickly," said Salina Waddy, M.D., program director, Office of Minority Health and Research, NINDS. "The good news is that treatments are available that can save people's lives and improve their chances for successful recovery."

A stroke occurs when blood flow to the brain is interrupted or if bleeding occurs in or around the brain. Brain cells die when deprived of oxygen and nutrients provided by blood. Because a stroke injures the brain, if you are having a stroke, you may not realize what is happening. But to a bystander the signs of a stroke are distinct:

- * Sudden numbness or weakness of the face, arm or leg (especially on one side of the body)
- * Sudden confusion, trouble speaking or understanding speech
- * Sudden trouble seeing in one or both eyes
- * Sudden trouble walking, diz-

ziness or loss of balance or coordination

- * Sudden severe headache with no known cause

In treating a stroke, every minute counts. Treatments are available that greatly reduce the damage caused by a stroke. But you

need to arrive at the hospital within 60 minutes after symptoms start in order to receive some treatments. Knowing the symptoms of a stroke, making note of the time of the first stroke symptom, and getting to the hospital quickly can help you act in time to

See **STROKE**, pg. 14

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Wanda B. Gunter

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

Doris Miller Memorial Park

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

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

The Cemetery is located on 16 acres with 12 garden to serve your needs. Family plots and monuments are available on terms. When you make your selection here, you have paid to the deceased your highest tribute.

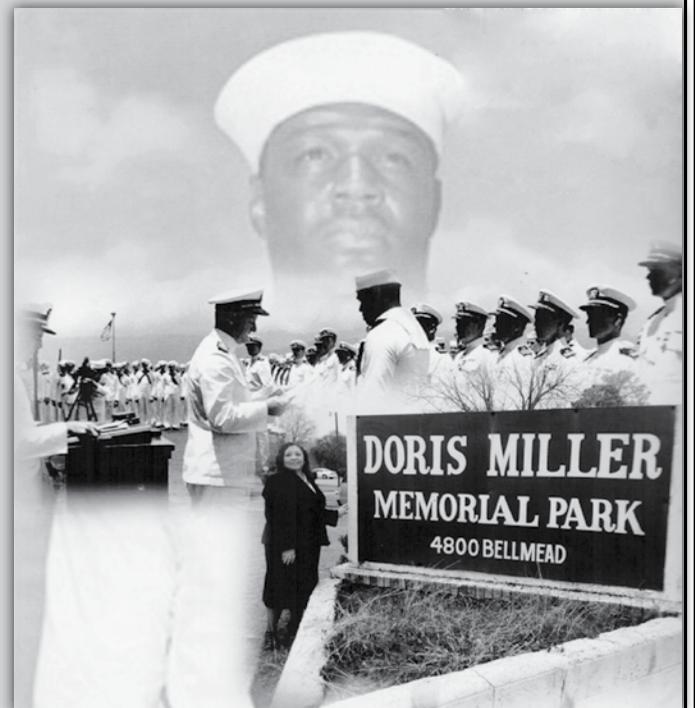
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How your business can survive the coronavirus

(NewsUSA) - As the world has hit the metaphorical panic button during the rise of Coronavirus (Covid-19) cases worldwide, the daily reality for people and businesses is rapidly changing.

Practically overnight, businesses have been forced out of the comfort zone of face-to-face contact, now having to heavily rely on digital platforms. Businesses, especially, are struggling with figuring out how to survive by using digital communication techniques.

With the Centers for Disease Control and Prevention (CDC) and government officials emphasizing "social distancing and mandatory nonessential business closures," technology such as live video conferencing, chat boxes, and email will be the basis for millions of Americans for their jobs, schooling, and everyday communication. So, with so many players in the game, how can businesses continue to function successfully?

Higher Images, a 20-year-old full-service digital marketing agency located in Pittsburgh, Pennsylvania, is helping organizations, businesses, and the community re-imagine what their lives and work-life will look like through web-based technology and mobile devices.

President and CEO of Higher Images, Bryan Thornberg, says, "Rather than going into cri-

sis mode, businesses should take this as an opportunity to expand their knowledge and reach. With many more people relying on digital communication, this is an ideal opportunity for businesses to break boundaries and try new techniques when connecting with clients."

Thornberg and his team want to help people not just survive this crisis but to thrive during it and come out with an organization and business model stronger than ever.

Thornberg has already been able to impact his clients by thinking outside the box and recommending the usage of technology such as live feeds and Facetime.

For example, a hot tub distributor - a business that relies on their retail location for sales - took the recommendation of Thornberg and is now offering live video conferencing for customers to do live demonstrations of products and make purchases.

Higher Images also urges businesses to utilize their existing websites to drive business: for example, adding a chat-box function to their website for customer communication, allowing organizations to respond to clients in real-time from the convenience of a

See **BUSINESS**, pg. 16

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11:15 AM

Sunday Evening
6:00 PM

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7:00 PM - 8:30 PM

Wednesday Prayer Worship
7:00 PM

Pastor Matthew Reed and Wife Helen

Ivory provides much needed COVID -19 resources

We have all experienced so much stress and loss during COVID-19. You may have lost a close relative or friend. You may have lost your job or lost your business. You may have lost your home or apartment. In any of these situations, I pray that God will heal your heart and renew your strength.

Below are much needed COVID-19 resources that may help your family recuperate during this period of uncertainty.

1. If you or a loved one are going through depression or other mental stress, please call:

The COVID-19 Mental Health Resource Line: 888-986-1919. Available 24 hours a day; 7 days a week

2. The FCC has just adopted "988" as a new three digit number to be used nationwide to reach the National Suicide Prevention and Mental Health Crisis Life Line.

3. Due to the overwhelming deaths and grief suffered by



MARGARET IVORY

many Americans, FEMA is considering COVID-19 Pandemic as a national disaster. FEMA will reimburse funeral costs for family members who passed away after January 20, 2020 due to COVID-19. You can receive assistance of \$9000 maximum reimbursement for each funeral or \$35,000 per appli-

cation for multiple funerals: <http://bit.ly/FEMAFuneralReimbursement>

4. FEMA Disaster Distress Hotline: 800-985-5990

5. Red Cross Virtual Family Assistance: 833-492-0094

6. USDA National Hunger Clearinghouse can help you find meal sites, food banks and other social services. Call 866-348-6479 (English) or 877-842-6273 (Spanish).

Are you turning 65 years old soon? Are you retiring soon from your job?

My goal is for all senior citizens to understand Medicare options and how to make Medicare work best for them. I represent all plans in McLennan County but am totally concerned only for what is best for my clients. Call today to learn more.

Praying this is a great day for you. Stay Safe! God Bless!

Margaret Ivory 254-523-8978

STROKE

Continued from page thirteen

save yourself -- or someone you know -- from serious long-term disability.

Making changes in your lifestyle can help prevent stroke. The NINDS, part of the National Institutes of Health, is dedicated to research and education on

the causes, treatments and prevention of stroke. Risk factors include high blood pressure, diabetes, heart disease, family history of stroke, high cholesterol, and being overweight. Talk to your doctor and let him or her know about the concerns you may have about the

risk factors of stroke. Find out your risks and take action.

More information on stroke, including how to reduce risk factors, is available in the NINDS materials. Order free materials by calling 1-800-352-9424 or by visiting www.stroke.nih.gov.

REALLY BIG CHURCH GARAGE Sale!



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Questions? Info@uuwaco.org



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love is the doctrine of this fellowship

Overcoming criticism

BY MONA DUNKIN

Nobody likes to be criticized, yet there are times when critical input is, well, critical. When do you want to know that the boat won't float? While it is still ashore? Or when it is in the middle of the ocean?

Even though the critique may be hurtful, one can respond in a manner that fosters relationship as well as self-improvement. When we graciously handle the initial sting, rational thinking returns.

Disconnect to reconnect. When you feel you are attacked, give pause. Take a deep breath to expel pent up emotions and reconnect with unbiased thinking. Reply with civility and tempered emotional detachment. Help the critic to rethink his position with a suggestion such as, "Should we scrap the project completely or are there parts that are salvageable?"

Respond to the need, not react to the deed. Reacting is like pushing the "send" button too quickly. It is gone and you cannot take it back. Responding is giving rational thought before defending or denying. Responding is the willingness to be open and vulnerable. And truthful.

Reframe the situation. In the old timey black and white negatives (remember those) – whatever is dark is shown as white and whatever is light is shown as black. Rather than automatically dismissing a critique, give it the benefit of the doubt. Be objective by asking yourself questions such as: "What may I have overlooked?" "What is coloring my view-point?" "What additional information could be needed?"

Choose to value the person. In any exchange, all we can give or receive is information. Her information may or may not be valid; her value as an individual is always valid.

We get comfortable with our ideas and mode of expression. "If the shoe fits..." wearing it may be more palpable with a cushion. The



MONA DUNKIN

decision to make relationship more important than being right can wonderfully lead to both.

Overcoming criticism is a two-sided coin: how to receive the information and how to respond to the informer. Through thought and practice both can be mastered in a win-win approach.

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

In hell he lifted up his eyes

BY MATTHEW REED

Jesus admonishes though things with the sinner in this present state seem to be well, there is a time of reckoning. It is recorded in Luke 16 that there was a rich man which did well every day. There also was a poor beggar who lay at the rich man's gate. Both died but in death their status changed.

In death the rich man became the needy, for this man made no preparation for the eternal life. In his wealth he never saw in this life what would be needed in eternal life. He never came to understand that what was valuable in this life, had absolutely no value in eternity. In eternity man can't buy a house; the mansions are free. The food is free; the lights are free. Any needed attention is free.

In eternity the value system had changed. Suddenly, his riches had come to naught, so now in hell he lifted up his eyes; he had become the beggar. We don't want in hell. He lifted up his eyes to become our story. Therefore, we should resolve that no matter how well we fare on this side, we should prepare for eternity.



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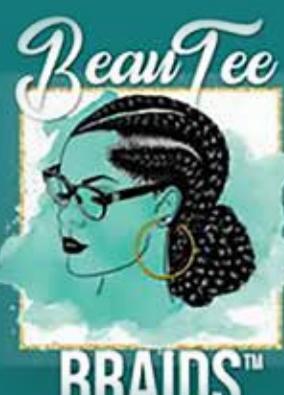
Continued from page fourteen

cell phone or office computer from any location in the world.

With higher internet traffic, this is also a key time for organizations to utilize search engine marketing, Google ads, and mobile in-app advertising technology such as Webt-racker, which geo-fences homes to

enhance brand visibility. Strategizing with a digital marketing company like Higher Images will provide businesses with the tools they need to succeed.

Visit www.howcanmybusiness-survivethecoronavirus.com for more information.



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MONDAY, APRIL 26, 2021 AT 7PM



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