

THE *Anchor* NEWS

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DR. GREY HELPS WACO PROTECT ITS VISION

BY LINDA CRAWFORD

Dr. Hunter Grey, a Doctor of Optometry and Optometric Glaucoma Specialist at Baylor Scott & White Fish Pond Clinic in Waco, believes annual eye examinations are an important part of protecting both vision and overall health.

Dr. Grey's interest in healthcare began around age three after falling and damaging a baby tooth. The accident led to visits with dentist Robert R. Smith, DDS, whose kindness and welcoming staff made a lasting impression. Those positive experiences inspired Dr. Grey's desire to pursue a career in medicine.

After earning a Bachelor of Science in Biology from Baylor University, Dr. Grey completed a Bachelor of Science in Vision Science and a Doctor of Optometry degree at Nova Southeastern University College of Optometry. Dr. Grey then completed a clinical



DR. HUNTER GREY

residency in primary care with an emphasis in ocular disease through Northeastern State University Oklahoma College of Optometry and the Thomas E. Creek Veterans Affairs Amarillo Health Care System. Dr. Grey is also a Diplomate of the American Board of Op-

tometry.

Now entering a fifth year of serving Waco patients, Dr. Grey performs comprehensive eye examinations, prescribes vision correction and diagnoses and treats eye diseases and infections. Dr. Grey also responds to urgent eye concerns and works with primary care physicians and ophthalmologists when patients require additional treatment or surgery.

Although patients range widely in age, Dr. Grey especially enjoys caring for mature adults.

"Older adults can often be more vulnerable, and I feel it is very important for their eye concerns to be heard and addressed," Dr. Grey said.

Cataracts are among the most common conditions Dr. Grey encounters. Cataracts occur when the eye's natu-

SEE **GREY**, PG. 3

MCLEMORE BRINGS COMPASSION TO NURSING IN WACO

For Sharmin McLemore, nursing begins with compassion. After more than 30 years in the medical field, her desire to help others continues to guide her work as a Family Medicine Nurse at Baylor Scott & White Health Waco Clinic.

"I feel that helping is one of my gifts, and I find purpose in being there for people when they need support," she said.

McLemore, LVN, WCN-C, received her nursing education and training at Concorde College and Navarro College. Her responsibilities include administering medications, monitoring patients' condi-



SHARMIN MCLEMORE

tions, communicating with the healthcare team, and educating patients and their families. Throughout those responsibilities, she strives to ensure that patients feel safe, respected, and cared for.

Her work in family medicine involves caring for patients at different stages of life. She also holds a wound care certification, the professional accomplishment she is most proud of. Earning that certification expanded her nursing knowledge and strengthened her ability to help patients

SEE **MCLEMORE**, PG. 2

DR. DUCKETT LEADS THROUGH SERVICE AND COMPASSION

BY WANDA GUNTER

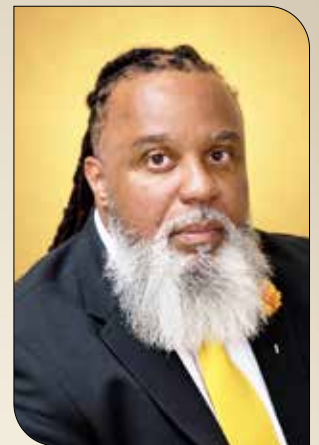
For Dr. Rodney L. Duckett, DNP, APRN, FNP-C, healthcare is both a profession and a calling rooted in service.

Duckett is a Family Nurse Practitioner, emergency department provider, Adjunct Professor in the School of Nursing at Kentucky State University, and Founder and Executive Director of IMPAC Outreach. He practices emergency medicine and urgent care within the Central Texas Veterans Health Care System while also helping prepare future nurse practitioners.

His path into healthcare began during his military service in the U.S. Army, where he served as a Staff Sergeant through deployments that included Desert Storm, Desert Shield, Operation Provide Comfort, Operation Restore Hope in Somalia, and Iraqi Freedom II. Witnessing urgent medical needs in demanding environments strengthened his commitment to emergency care, triage, and helping people through vulnerable moments.

Over nearly 30 years, Duckett advanced through multiple levels of healthcare, beginning as an EMT and paramedic before becoming an LVN, RN, Family Nurse Practitioner, and ultimately earning his Doctor of Nursing Practice from the University of the Incarnate Word.

Today, his areas of focus include family medicine, emergency and acute care, epidemiology, and public and commu-



DR. RODNEY L. DUCKETT

nity health. Duckett says one of the most rewarding parts of his work is becoming a trusted presence when patients and families are facing uncertainty.

"Restoring trust, providing clarity, and reassuring patients and their families is the most fulfilling aspect of medicine," he said.

Duckett is also concerned about health disparities, clinician burnout, medical misinformation, and chronic conditions such as hypertension, Type 2 diabetes, and cardiovascular disease. He emphasizes preventive care, including routine screenings, physical activity, family health history, and regular medical checkups.

He also encourages patients not to assume that feeling well always means being healthy, noting that serious conditions can develop without obvious symptoms.

In every setting, Duckett says dignity, listening, and clear communication are

SEE **DUCKETT**, PG. 6

**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.

DR. PETRA CONSTABLE BRINGS FAIR, CARING MEDICINE TO WACO

For Dr. Petra Constable, medicine is more than a profession—it is an opportunity to care for people, build relationships and help eliminate health disparities within the community.

Constable is a family medicine physician at Waco Family Medicine's MLK Jr. Clinic. Her desire to practice medicine was shaped by experiences in both Jamaica and the United States.

"I grew up in a small community in Jamaica where I knew my doctors and received excellent care," she said. After moving to the United States as a child, however, she experienced life without health insurance and learned how limited access can affect a family. She saw medicine as a way to combine her love for people with her commitment to providing equitable care.

Constable completed her undergraduate education at Rice University, attended UT Southwestern Medical School and received specialty training

through the Waco Family Medicine Residency Program. She has practiced as a physician for five years following four years of medical school.

Her work includes caring for newborns, children, adults and pregnant patients. She treats acute and chronic conditions and provides preventive, prenatal, contraceptive, well-child and well-woman care.

Constable said one of the most rewarding parts of her work is hearing her patients' stories and getting to know them personally.

"We celebrate, mourn, laugh and walk together on their health journeys," she said.

She strives to help patients feel respected by actively listening to their concerns and creating partnerships that support better health. She is especially proud to provide care regardless of a patient's ability to pay.

**DR. PETRA CONSTABLE**

Among the growing health concerns Constable sees are diabetes, hypertension and high cholesterol, all of which can increase the risk of heart attack and stroke. She encourages people to eat a varied diet containing fruits, vegetables, protein and fiber-rich

foods; find enjoyable ways to move their bodies; maintain consistent sleeping and waking times; receive recommended vaccinations; and care for their mental health.

Constable also cautions against medical misinformation. She encourages patients to discuss their concerns and questions openly with qualified healthcare professionals.

For young people considering medical careers, she recommends becoming involved in programs such as AHEC and pursuing internships, health-related clubs and opportunities to shadow professionals.

Constable considers it a privilege to contribute to the work being done throughout Waco.

"I am proud that I get to be a small part of the work being done in the Waco area to improve the health and quality of life for our neighbors," she said.

MCLEMORE | CONTINUED FROM PAGE 1

FROM THE EDITOR...

HONORING BLACK HEALTH PROFESSIONALS SERVING OUR COMMUNITY

October is Health Observation and Awareness Month, but this issue of *The Anchor News* also celebrates the people who care for our health every day. I am especially proud to highlight Black healthcare professionals serving Waco and

surrounding communities. Their knowledge, compassion, leadership, and commitment are making a difference in countless lives. This month, we honor their work, their journeys, and the powerful example they set for generations to come.

heal and improve their quality of life.

For McLemore, the greatest reward is witnessing progress.

"Whether they're healing physically, mentally, or spiritually, it's meaningful to see their progress and know that I was able to play a part in helping them feel better and move forward," she said.

Patient education is central to her approach. She emphasizes helping people understand their conditions, medications, and treatment plans while listening to their con-

cerns. She believes that understanding encourages patients to take an active role in their care.

Obesity is among the health concerns she encounters most frequently. She encourages regular checkups, healthy lifestyle choices, and staying current with screenings and vaccines. She challenges the belief that healthcare is necessary only when someone is sick, emphasizing prevention and education.

Listening is another essential part of her practice. By

recognizing individual needs, McLemore works to help each patient feel heard and comfortable.

Her advice to aspiring healthcare professionals reflects the purpose that has sustained her career: "Do it for the love of helping people."

For readers of *The Anchor News*, her message is clear: her commitment to compassionate care, patient education, and support remains strong after three decades of service.



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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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WANDA B. GUNTER
Contributing Writer

SCOTT NEFF
Design/Layout

A CALLING TO CARE: DR. ALLISON ACHILEFU BUILDS TRUST ACROSS GENERATIONS

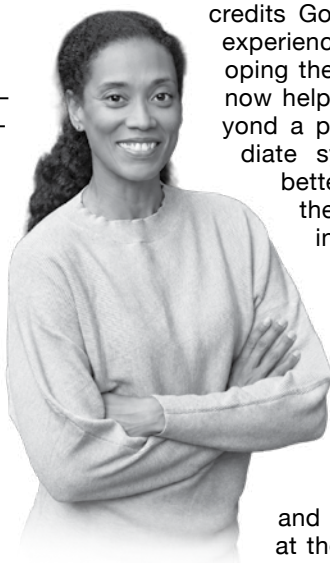
BY LINDA CRAWFORD

WACO, Texas — For Dr. Allison Achilefu, becoming a physician was more than a career decision. It was a calling that began in childhood and continues to shape the way she cares for patients today.

Achilefu is board certified in family medicine and obesity medicine and practices at Baylor Scott & White — Waco Clinic. She also serves as an assistant professor for Baylor College of Medicine.

Her interest in medicine surfaced early. Achilefu recalls a video her grandfather recorded when she was only five years old. Wearing a surgical mask, she confidently announced, “I’m going to be a doctor!”

Years later, witnessing her uncle die from complications of AIDS in the late 1990s strengthened her determination to pursue medicine. She



DR. ALLISON ACHILEFU

credits God and her life experiences with developing the empathy that now helps her look beyond a patient’s immediate symptoms and better understand the person seeking care.

Achilefu completed medical school at the University of Texas Medical Branch in Galveston and her residency at the University of Oklahoma Health Sciences Center in Oklahoma City. She has worked in medicine for 14 years.

As a family medicine physician, Achilefu cares for patients across all ages and stages of life. Her work includes wellness visits, chronic disease management and treatment of acute illnesses and injuries. She also helps educate the next generation of physicians by precepting medical students several times each month.

One of the most rewarding aspects of her work is developing long-term relationships

with families.

“My absolute favorite is when I get to follow and care for multigenerational families,” Achilefu said, including grandparents, parents, children, aunts and uncles.

Achilefu believes one of healthcare’s greatest current challenges is misinformation and growing distrust of the

medical profession. Patients regularly ask her about health claims and trends circulating on TikTok and other social media platforms.

She is encouraged, however, when patients bring those questions to trained medical professionals rather than relying solely on anecdotal information.

Even after years of education and practice, Achilefu considers becoming a doctor an ongoing process.

“There’s always something new to learn,” she said.

For Achilefu, that lifelong learning—combined with empathy, trust and relationships—is at the heart of caring for families and communities.

DR. DA’JASIA MCCLUE HELPS WACO MOVE BETTER

BY THE ANCHOR NEWS STAFF

WACO, Texas — For Dr. Da’Jasia McClue, chiropractic care is about much more than treating back pain. It is about helping people regain mobility, independence and the ability to enjoy everyday life.

McClue is a Doctor of Chiropractic at Hillcrest Chiropractic Clinic in Waco, where she provides patient-centered chiropractic and musculoskeletal care to individuals and families throughout Central Texas.

A native of New Orleans, Louisiana, McClue earned a Bachelor of Science in Exercise Science with a Pre-Physical Therapy concentration from the University of Louisiana at Monroe. She later earned her Doctor of Chiropractic degree from Parker University in Dallas. She has worked in healthcare since 2015 and became a chiropractor in 2022.

Her practice focuses on conditions involving the spine and extremities, including neck and back pain, headaches, stiffness, decreased mobility and shoulder, hip and leg discomfort. She also treats injuries related to work,



DR. DA’JASIA MCCLUE

sports, motor vehicle accidents and everyday activities.

McClue especially enjoys caring for veterans, seniors, athletes, active individuals and families. Regardless of a patient’s background, she believes listening is one of the most important things a healthcare professional can do.

“I want my patients to feel comfortable explaining what they are experiencing without feeling rushed, judged, or dismissed,” McClue said.

She also emphasizes preventive care, encouraging pa-

tients to remain physically active, maintain strength and mobility, practice good posture, get adequate sleep and address persistent pain before it begins interfering with daily life.

For McClue, some of the most rewarding moments occur when patients regain something pain had taken away—whether that means returning to work, exercising, sleeping through the night or playing with their children.

Becoming “Dr. Da’Jasia McClue” remains one of her proudest accomplishments. The title represents years of education, sacrifice, discipline and perseverance, but she believes its greatest value is the opportunity it gives her to serve others.

She encourages young people considering healthcare careers not to be intimidated by the journey.

“Your background does not determine how far you can go,” McClue said. “Be willing to work for the title, but once you earn it, make sure you use it to serve others.”

That philosophy continues to guide her work in Waco: helping people move better, function better and live better.

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GREY | CONTINUED FROM PAGE 1

ral lens becomes cloudy with age. When glasses can no longer correct the resulting blurred vision, patients may consider elective cataract surgery.

Dr. Grey emphasizes that seeing clearly does not necessarily mean a person’s eyes are healthy. Annual examinations may help identify eye disease before noticeable

symptoms develop. Eye providers can also observe blood vessels directly without making an incision, sometimes revealing signs of broader health concerns.

To help patients feel comfortable, Dr. Grey begins each appointment by sitting down and listening before starting the examination.

“I want them to know that

they are the priority,” Dr. Grey said.

Dr. Grey encourages young people who are passionate about medicine to remain committed throughout the demanding training process. The journey may not be easy, but a medical career can provide many opportunities to serve others and make a meaningful difference.

FAITH, SERVICE AND COMPASSION GUIDE WILKERSON'S 25-YEAR NURSING JOURNEY

For Angela Wilkerson, BSN, CBC, RN, nursing is more than a career. It is a calling rooted in faith, service and compassion.

Wilkerson has spent 25 years in nursing and currently serves as a Nurse Home Visitor with the Nurse-Family Partnership through Baylor Scott & White in Central Texas. In that role, she works with first-time pregnant mothers, providing home-based nursing support, education, guidance and resources throughout pregnancy and early motherhood.

Her desire to become a nurse grew from a heart for helping others. Wilkerson says her faith in God and relationship with Jesus Christ have guided her personally and professionally, shaping the way she approaches every mother and family she serves.

"I see every person I care for as someone who deserves compassion, dignity, patience and respect," she said.

Wilkerson began her nursing education at McLennan Community College in Waco, where she completed vocational and associate degree nursing preparation. She later earned a Bachelor of Science in Nursing from The University of Texas at Arlington in 2020 and became a Certified Breastfeeding Counselor.

Her current work focuses on maternal and child health. She helps mothers understand prenatal health, prepare for childbirth and parenting, recognize health concerns and build confidence in caring for their babies. As a Certified Breastfeeding Counselor, she also provides education and support to help mothers make informed feeding decisions.



ANGELA WILKERSON

Wilkerson says one of the most rewarding parts of her work is watching a first-time mother grow in confidence. She believes listening without judgment and meeting families where they are are essential to building trust.

That commitment to care was recognized in 2026 when Wilkerson received the Nursing Excellence Award from Baylor Scott & White. She describes the honor with gratitude and gives God credit for the opportunities, strength and guidance that have carried her through her career.

After 25 years, Wilkerson

remains passionate about education, preventive care and helping families build healthier futures. She encourages young people considering healthcare careers to understand that nursing requires dedication, patience, critical thinking and lifelong learning.

Most of all, she wants readers to know that her work is centered on serving others.

"My prayer is that I continue to use my education, experience and compassion to educate, empower, encourage and serve others—and to honor God through the work that I do."

DR. LEVINGS COMBINES EXPERTISE AND COMPASSION

For Christina Levings, MD, the practice of medicine brings together three lifelong passions: science, working with her hands, and caring for others. A gastroenterologist with approximately 25 years in medicine, Dr. Levings considers healthcare her calling.

Dr. Levings is a partner at Waco Gastroenterology Associates, located at 364 Richland West Circle in Waco. She also cares for hospitalized patients and performs outpatient procedures at Providence Medical Center and Hillcrest Hospital. Specializing in gastroenterology and hepatology, she diagnoses and treats conditions affecting the gastrointestinal tract and liver and performs diagnostic and therapeutic endoscopic procedures.

She earned her Bachelor of Science from Xavier University of Louisiana and her medical degree from Tulane University School of Medicine. She completed her internal medicine residency at the Medical College of Virginia/Virginia Commonwealth University before returning to Tulane for a gastroenterology fellowship.

For Dr. Levings, the most rewarding part of medicine is helping people feel better and



DR. CHRISTINA LEVINGS

improve their quality of life. She especially values educating patients until they understand their conditions and feel more confident about their care. The long-term relationships she develops with patients add deeper meaning to her work.

"Listening is one of the most important things I can do to help patients feel heard and respected," she said. Because gastrointestinal concerns may feel deeply personal or embarrassing, she approaches each patient with warmth, courtesy, dignity and without judgment. She

explains medical conditions and treatment choices clearly while respecting each patient's right to make informed decisions.

Dr. Levings urges adults to prioritize regular exercise, healthy eating and recommended cancer screenings. Colonoscopy screening generally begins around age 45, with later intervals based on findings and personal and family medical history. She cautions that feeling well does not necessarily mean a person is free from serious illness. Colon cancer and precancerous polyps, for example, may develop without symptoms.

A mentor to Baylor University pre-health students, Dr. Levings encourages future medical professionals to enter healthcare with a sincere desire to serve, remain lifelong learners and make work-life balance a priority.

Her guiding philosophy is captured by words from an early-career award: "Patients don't care how much you know until they know how much you care."

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GEORGETOWN'S JILLIAN DEATON COMBINES FAITH, LEADERSHIP AND COMPASSION IN HEALTHCARE

BY WANDA B. GUNTER

For Jillian Deaton, MS, APRN, FNP-C, healthcare is more than a profession. It is a calling to care for people physically, emotionally and spiritually.

Deaton, who lives in Georgetown, Texas, is a Family Nurse Practitioner, Clinical Manager and Executive Doctor of Nursing Practice candidate at Georgetown University. She currently works with IVIM Health in a remote clinical and leadership capacity.

Her desire to enter healthcare began early. While in high school, Deaton volunteered at a women's safe house, where she encountered a survivor of intimate partner violence

whose eyes were badly swollen. Deaton remembers sitting beside her and holding ice to her eyes.

That experience stayed with her and helped shape her desire to become equipped to care for people during some of the most difficult moments of their lives.

"I truly believe the Lord called me to make a tangible and spiritual impact in the lives of patients," she said.

Deaton earned her Bachelor of Science in Nursing from Oklahoma Baptist University and her Master of Science in Family Nurse Practitioner studies from Georgetown University in Washington, D.C. She is now completing an Executive Doctor of Nurs-



JILLIAN DEATON

ing Practice in Health Systems Leadership and Policy at Georgetown, with an an-

ticipated graduation in spring 2027.

Her healthcare journey has included work as a medical scribe, medical assistant, registered nurse and nurse practitioner. Today, her clinical focus includes integrative medicine, weight management and GLP-1 medications, women's and men's hormone health, sexual health and longevity medicine.

Deaton says one of the most rewarding parts of her work is hearing a patient say that he or she feels cared for and heard. She encourages patients to ask questions and take an active role in their healthcare.

"You are a partner in your healthcare," she said. "You deserve to understand what is happening with your health."

Deaton also emphasizes rest, adequate sleep and mental health as important parts of overall wellness. She believes healthcare professionals must also address burnout and learn to care for themselves while caring for others.

One of Deaton's proudest accomplishments is pursuing her doctorate while continuing to work, teach, lead and serve patients.

Whether working with patients, students or healthcare professionals, Deaton says her purpose remains consistent: to educate, equip and empower others.

"My goal is to help people become the healthiest and fullest version of who they are," she said.

DR. NATHAN LOTT ADVANCES PULMONARY CARE IN WACO

For Nathan D. Lott, DO, FACOI, medicine is built on knowledge, trust and a genuine commitment to caring for people.

Lott is a Pulmonary and Critical Care Physician at Baylor Scott & White Medical Center – Hillcrest in Waco, where he provides care both in the hospital and in the outpatient clinic. His medical career began with inspiration from his mother, who encouraged him to learn independently from an early age.

As a child, Lott remembers writing short essays about medical topics that interested him. Looking back, he believes those early exercises taught him the discipline and self-directed learning that later became essential throughout his medical training.

Lott earned a Bachelor of Science in Biology with a pre-medical focus from Prairie View A&M University. He later attended Ohio University Heritage College of Osteopathic Medicine and completed training in Internal Medicine, Pulmonary Medicine and Critical Care Medicine at Doctors Hospital in Columbus, Ohio.

He has worked in medicine since beginning his internship in 2008.

Today, Lott treats chronic lung conditions including COPD and emphysema, asthma, interstitial lung disease, sleep apnea and diseases in-



DR. NATHAN LOTT

volving the pleura. He also performs bronchoscopies and navigational bronchoscopies used in the evaluation of lung disease and possible lung cancer. His critical care responsibilities include caring for seriously ill patients in the intensive care unit and managing patients who require ventilator support.

For Lott, one of the most meaningful parts of medicine is the physician-patient relationship.

"The significance of someone entrusting me with their life is not lost on me," he said.

He believes listening is essential to quality care. Lott makes an effort to sit with patients, hear their concerns and give them the time they need, particularly when discussing

life-changing diagnoses such as lung cancer.

Lott also emphasizes preventive health. He encourages regular aerobic exercise and reminds patients that lung disease does not always fit common assumptions. Not every smoker develops a chronic cough, he notes, and not every lung cancer is caused by smoking.

Teaching is another passion. Lott is especially proud of his affiliation with Baylor College of Medicine as an adjunct professor, where he helps educate physicians in training.

Above all, Lott says he is proud to serve the Waco community alongside colleagues he trusts with his own healthcare.

STOGLIN SEES THE WHOLE PERSON

For Devan D. Stoglin, MACJ, LMSW, LCCA, LCDC, behavioral healthcare begins with listening and seeing the whole person—not merely a diagnosis or crisis.

Stoglin is a Licensed Master Social Worker at Canyon Creek Behavioral Health Hospital in Temple and Bluebonnet Trails Community Services. His work includes assessments, psychiatric intake, crisis intervention, prevention services, family support, psychoeducation, care coordination, and connecting families with resources. He is Co-Founder and Executive Director of The Word Youth and Family Ministries in Waco.

His career was shaped by



DEVAN STOGLIN

witnessing how mental illness, substance use, trau-

SEE **STOGLIN**, PG. 9

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WANDA B. GUNTER

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

LEANDER'S MICHAEL WILLIAMS BRINGS ADVOCACY, EDUCATION AND HUMANITY TO NURSING

BY WANDA GUNTER

For Michael Williams, DNP, APRN, FNP-BC, nursing is about far more than treating illness. It is about education, trust, prevention, advocacy and seeing each patient as a whole person.

Williams, who lives in Leander, Texas, is a Family Nurse Practitioner with 21 years of healthcare experience. He currently works remotely performing in-home wellness examinations throughout Williamson, Travis and Burnet counties. He also serves part-time as visiting clinical nursing faculty for Texas A&M.

His interest in healthcare began in high school, when a cousin who was a nurse encouraged him to consider nursing as a career. He fol-

lowed that advice and went on to earn both his Bachelor of Science in Nursing and Master of Science in Nursing from the University of Tampa. He later earned his Doctor of Nursing Practice from Baylor University.

Williams has worked at nearly every level of nursing, beginning as a nurse technician and progressing to registered nurse and nurse practitioner. His experience includes medical-surgical nursing, trauma intensive care, family and adult healthcare, and HIV prevention and treatment.

Today, much of his work centers on improving health literacy, promoting disease prevention and chronic disease management, and addressing healthcare inequities through individualized and culturally



MICHAEL WILLIAMS

sensitive care.

Williams is also active be-

yond direct patient care. He serves in leadership roles with DNPs of Color and the Black Men's Health Clinic and participates in professional organizations including the Society of Latinx Nurses and National Association of Hispanic Nurses.

Among the concerns he frequently sees are diabetes, depression, high blood pressure and mistrust of the healthcare system. He believes that mistrust can delay care and leave people more vulnerable to misinformation.

Williams encourages families to learn their medical histories and have open conversations about conditions that may run through generations.

He also challenges the idea

that health must look the same for everyone.

"Healthy is person dependent, not a cookie-cut picture," he said.

Williams believes patients should be active partners in their care and that trust must be earned through collaboration, openness and respect.

A first-generation American and first-generation college graduate whose parents migrated from Panama, Williams says service to his community remains central to his work.

For young people considering healthcare, his message is clear: explore the many possibilities, remain authentic, and bring both skill and humanity to every patient encounter.

DR. TRUNELL BRINGS FAITH, HOPE AND CARE TO WACO FAMILIES

For more than 20 years, Dr. Shamonica Trunell, D.C., has helped individuals and families pursue healthier, more active lives. As a chiropractor and owner of Hillcrest Chiropractic Clinic, she serves patients at clinic locations in Waco, Bellmead and Gatesville.

Trunell's path into healthcare began with a deeply personal experience. When her young son suffered recurring ear infections, medications and ear tubes did not resolve the problem. Someone recommended chiropractic care, and after his first adjustment, he did not experience another ear infection.

"That experience changed the direction of my life," Trunell said. "I remembered how it felt to be a young mother searching for answers and wanting to help my baby."

Determined to offer other families the compassion, hope and support she once needed, Trunell pursued a career in chiropractic care. She earned a Bachelor of Science in Biology from Alcorn State University in 2000. In 2003, she earned both a Doctor of Chiropractic degree and a Bachelor of Science in Anatomy from Parker University. She has also received training in the Webster Technique and is a certified CPR instructor.

Hillcrest Chiropractic Clinic provides care for adults, children, pregnant and postpartum patients, families and athletes. Services include



DR. SHAMONICA TRUNELL

therapeutic exercise, spinal decompression, shockwave therapy and massage. Trunell also develops care plans, educates families and leads the teams and operations at all three locations.

She commonly sees patients experiencing back and neck pain, headaches and limited mobility. Pediatric concerns may include colic, torticollis, recurring ear infections and constipation. Trunell carefully assesses what falls within her scope of practice and recommends medical evaluation or referrals when appropriate.

"I listen first," she explained. "I want patients to feel free to ask questions and tell me what matters most to them."

Trunell encourages people to remain active, build strength, prioritize sleep and seek appropriate care when symptoms persist. She is especially proud of building a practice where patients feel heard, informed and cared for.

"I believe health is a gift from God," Trunell said. "I thank God for allowing our team to be a vessel of care."

DUCKETT

CONTINUED FROM PAGE 1

essential. He believes healthcare professionals should treat clinical spaces as places of responsibility, integrity, and respect for human life.

His advice to young people considering medicine is simple: remain resilient, stay adaptable, and never underestimate the value of starting at the foundation. He also encourages future healthcare

professionals to develop empathy and character alongside clinical knowledge, viewing medicine as a form of service to others.

Through clinical practice, education, mentorship, and IMPAC Outreach, Duckett remains committed to strengthening Central Texas by helping build healthier, more informed, and more resilient families.

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TAI'RESHA STOGLIN BRINGS MINISTRY TO HEALTHCARE

For Tai'Resha Stoglin, NRC-MA, healthcare is more than a profession—it is a ministry grounded in compassion, advocacy, and service.

As a Transitional Care Coordinator with Ennoble Care in Waco, Stoglin helps patients move smoothly from rehabilitation or skilled nursing facilities back into their homes. She connects patients with services and resources they need to continue their care safely.

Stoglin's interest in healthcare began after she was diagnosed with a rare condition at age 16 that doctors struggled to identify. The experience sparked her desire to understand illnesses and symptoms and contribute to the healing of others. That year, she began working as a certified nursing assistant while caring for her grandfather, who was a quadriplegic.

She earned her National Registered Certified Medical Assistant credential from ATI Career Training Center in 2010.



TAI'RESHA STOGLIN

During 24 years in healthcare, she has developed experience in family medicine, women's health, mental health, and sleep medicine. Her work has included patient care, taking vital signs, drawing blood, updating medical records, assisting with procedures, sending prescriptions, and coordinating with outside healthcare or-

ganizations. She is now pursuing a Bachelor of Science in Nursing.

Stoglin finds it most rewarding to make patients feel seen, heard, and valued. She listens, offers encouragement, and, when welcomed, prays with patients.

"They remember how I treated them, how I prayed or encouraged them, and how I went the extra mile," she said. "The reward is knowing I am serving as opposed to doing a job."

Stoglin advocates for affordable care and greater access to needed resources, especially for indigent patients. She encourages routine physicals, mental health care, mammograms, Pap smears, colonoscopies, and cardiovascular screenings.

Her advice to future healthcare professionals is simple: develop professionalism, compassion, and a heart to serve.

"My destination may change," Stoglin said, "but my purpose and passion do not."

TO MY BROTHERS...

STRENGTH IS ALSO TAKING CARE OF YOURSELF

BY J.L. CRAWFORD

Brothers, many of us were raised to believe that strength means enduring. We work through pain. We carry responsibilities without complaining. We provide for our families, help our friends, serve our churches, and keep moving even when something inside us is telling us to slow down.

But I have learned that strength is not only about how much we can carry. Strength is also knowing when to put something down and take care of ourselves.

Our bodies speak to us. Sometimes they whisper through fatigue, discomfort, sleepless nights, or small changes we would rather ignore. Other times, they shout. Too often, we wait for the shout.

Going to the doctor does not make a man weak. Asking questions does not make him afraid. Taking medication as prescribed, getting screenings, changing eating habits, resting, exercising, or admitting that something does not feel right are not signs of weakness. They are acts of wisdom.

We owe that wisdom not only to ourselves, but also to the people who love us.

There are people who want us here. There are grandchildren who still need our stories. Children who still need



J.L. CRAWFORD

our counsel. Wives, family members, friends, churches, and communities that are better because we are present.

And we should never forget the men and women in healthcare who have committed their lives to helping us remain present. Doctors, nurses, therapists, technicians, pharmacists, caregivers, and countless others stand ready to help—but we must be willing to walk through the door.

Brothers, taking care of your health is not selfish. It is stewardship.

You only get one body for this journey.

Honor it. Listen to it. Care for it.

And by all means, stay here as long as God allows.

ASK A LIFE COACH...

FINDING FAITH THROUGH CHANGE AND UNCERTAINTY

BY LINDA CRAWFORD, CERTIFIED LIFE COACH

Q: Why is change so difficult, even when it may lead to something better?

A: Change takes us away from what is familiar. Even when we have prayed for a new opportunity, we may become afraid when it arrives because we cannot see exactly where it will lead. Remember, discomfort does not always mean you are headed in the wrong direction. Sometimes it means you are growing.

Q: How can I stop worrying about things I cannot control?

A: Separate your concerns into two categories: what you can control and what you cannot. You can control your attitude, preparation, effort, boundaries, and response. You cannot control other people, every outcome, or what tomorrow may bring. Do what is yours to do, and place the rest in God's hands.

Q: What should I do when I do not know what comes next?

A: Focus on the next right step instead of trying to solve the entire future. Ask yourself, "What



LINDA CRAWFORD

can I do today that will move me forward?" Your next step may be making a telephone call, gathering information, updating your résumé, creating a budget, resting, or asking someone you trust for advice. You do not need to see the entire staircase before taking the first step.

Q: How can I make an important decision when I feel uncertain?

A: Give yourself time to pray,

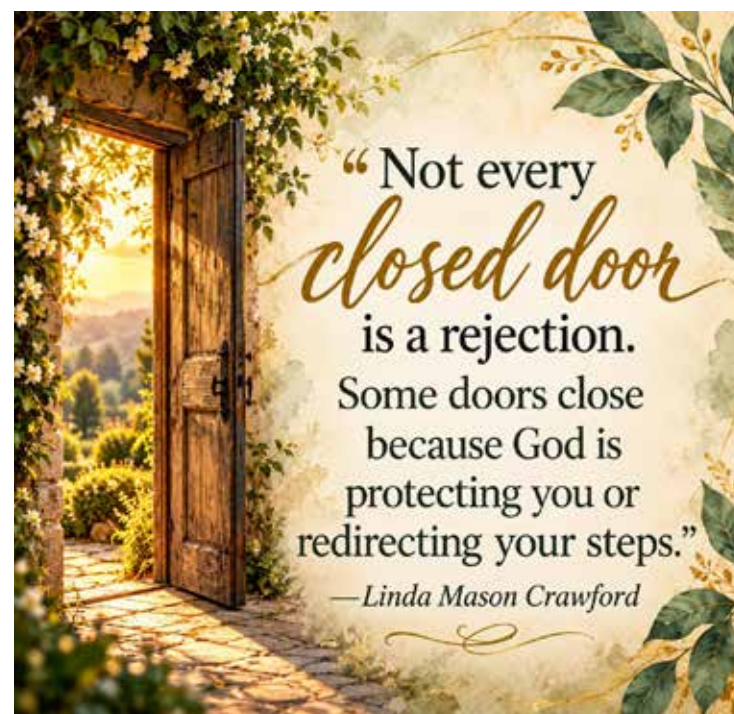
gather facts, and consider the possible consequences. Fear often pressures us to decide too quickly—or keeps us from deciding at all. A wise decision does not require you to know everything. It requires you to use the information you have, seek godly counsel, and move forward with courage.

Q: What does faith look like during uncertain times?

A: Faith does not mean pretending that you are never afraid. Faith means trusting God while you are afraid. Proverbs 3:5-6 reminds us to trust in the Lord rather than depend only on our own understanding. We may not know what the future holds, but we know Who holds the future.

Change can close one chapter, but it can also open the door to new purpose, renewed strength, and unexpected blessings. Take a deep breath. Give yourself grace. You do not have to figure out everything today. Just keep moving—one faithful step at a time.

Linda Crawford, Certified Life Coach. Enjoy the Journey Life Coaching.



THE SILENT THREAT

Based on health information from the Centers for Disease Control and Prevention and the American Heart Association.

You can feel fine, look healthy, and still have blood pressure that threatens your life. That is what makes high blood pressure so dangerous: it usually gives no warning.

In Black communities, the threat is especially serious. CDC figures show that nearly six in ten non-Hispanic Black adults have high blood pressure. Black adults also tend to develop it earlier in life than

white adults. Waiting until retirement to pay attention could mean waiting too long. (cdc.gov, cdc.gov)

The reasons go beyond what is on the dinner plate. Family history matters, but so do access to affordable health care, healthy food, safe places to exercise, and medication. Improving blood pressure takes both personal action and community support. (heart.org)

Here is something many people miss: high blood pressure can damage more than the heart. It can harm the kid-

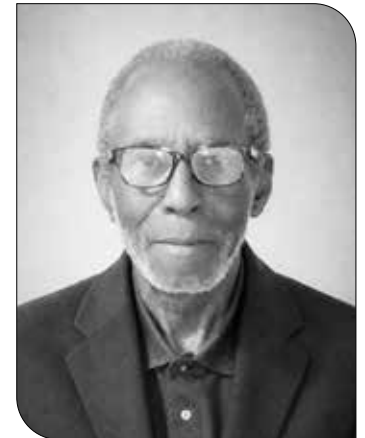
neys and eyes and increase stroke risk. High blood pressure in middle age is also linked to memory problems and dementia later in life. Protecting your pressure helps protect your future. (cdc.gov)

Another surprise? Putting down the saltshaker does not remove most of the sodium from your diet. Much of it comes from processed and restaurant foods. Read labels, compare products, and choose

SEE **THREAT**, PG. 10

THE CHURCH THAT JESUS CHRIST BUILT

BY REV. GEORGE STEWART, GUEST COLUMNIST



REV. GEORGE STEWART

Jesus Christ said that He would build His Church—not man (Matthew 16:18). Jesus used His apostles and prophets to lay the foundation of the Church, with Jesus Himself as the chief cornerstone (Ephesians 2:20).

God added members to the Church through the Holy Spirit (1 Corinthians 12:13). The Holy Spirit supervised the building of the Church and continues to sustain it today. The Holy Spirit also gave the apostles spiritual gifts to lead the Church. The Apostle Paul pronounced blindness upon a man (Acts 13:11), and Peter spoke healing to a lame man (Acts 3:6). Both apostles spoke in the name of Jesus.

There are no apostles of Jesus alive today; John was the last apostle to die. However, the Holy Spirit gives spiritual gifts to every member of Jesus' Church (1 Corinthians 12:1–11).

Members of Jesus' Church love God, Jesus Christ, the communion of the Holy Spirit, and one another. They have love and compassion for those who are lost. They give freely, just as God gave His Son to us (John 3:16). If your church purchases a new van or new pews, give the old

ones to a church in need—do not sell them. When a member or a member's loved one dies, do not charge the family to use the church building for the funeral.

Show love to sinners, just as Jesus showed love to you (Luke 23:43). Members of Jesus' Church feed the hungry, give drink to the thirsty, welcome strangers, visit the sick in nursing homes and hospitals, minister to those who are incarcerated through jail and prison ministries, and clothe those in need—both physically and spiritually (Matthew 25:35–36).

We, the Church, must give people Jesus—not condemnation—because God gave Jesus to us.

Amen.

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STOGLIN | CONTINUED FROM PAGE 5

ma, poverty, family instability, and involvement with child welfare or juvenile justice systems can affect families and communities. His faith guides his commitment to use his education and abilities for God's glory and the good of others.

"Instead of asking, 'What is wrong with this person?'" Stoglin said, "we should also ask, 'What happened to this person? What strengths do they

possess? What do they need? And how can we help?'"

Stoglin earned a Master of Social Work from Prairie View A&M University and a Master of Arts in Criminal Justice from The University of Texas at Arlington. He is pursuing a Doctor of Social Work in Clinical Social Work at Angelo State University.

His interests include adolescent behavioral health, sub-

stance-use prevention, trauma, crisis intervention, family intervention, early-onset psychosis, and early identification of mental-health concerns.

Stoglin says progress is not always dramatic. It may be a teenager learning to regulate an emotion, a parent finding a healthier way to communicate, or someone asking for help for the first time.

He encourages people to treat mental health as an essential part of wellness and seek help before a crisis occurs. He challenges the misconception that mental-health and substance-use conditions reflect weakness or poor character.

"Seeking help is not weakness," he said. "Sometimes asking for help is one of the strongest decisions a person can make."

Stoglin encourages Black men and women to consider healthcare careers, noting that communities need professionals from diverse backgrounds.

His philosophy is clear: "Meet people where they are. See the person before the problem. Listen before making assumptions."

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HOW TO CHANGE YOUR ATTITUDE

BY MONA DUNKIN

Dr. Laura's theme song shouts, "Get a new attitude." Can a negative thinker refocus and become more positive? From personal experience, I believe it is possible to change one's outlook. Here are suggestions for the transformation from negative to positive.

Reason your way out of negativity. Reevaluate your assumptions. How many times have you looked for the worst and it did not happen? Things turned out okay. Were you dismayed or thankful? Be thankful for being wrong. Be thankful for being right but still surviving.

Develop new pictures. We think in pictures and unconsciously replay the mind's photo album. Instead of projecting what could go wrong, focus on what is right. When things are less than perfect, use your predisposed downer attitude to see how bad it could have been. Be thankful that things are as good as they are. "We match patterns that already exist within ourselves through conditioning." Candice Peat

Acknowledge lack of control. Misery comes from the

choice of failing to accept what is. Concede to those things over which you have no control or little control. Things like another person, the weather, the stock market, downturn in the economy, war, crime, loss, tragedies.... If you cannot do anything about it anyway, why fret? Through the intentional development of a positive viewpoint, put yourself in a position to become a problem solver, an encourager, a helpful influencer, or even a healer.

Do what comes unnaturally. Go against the grain and choose to do what does not come naturally. In routine situations where you would normally spout criticism, pause to deliberately and consciously look for something good. This implies work, focus and resolve. Be persistent and do not give up. Become positive in seeing the positive.

Be aware. Notice how a positive attitude will serve you well. Deep thinking will help you find solutions and peace and improved relationships all around—with you and others. In frustrating situations ask yourself the following questions.

What do I want? What do I really want? What are you doing to get what you really



MONA DUNKIN

want? Is it working? Is it really working? Sometimes a sarcastic retort may seem to work, but really? Is that who you want to be? What makes it work? Why is it not working? Where is the locus of control?

Give change time. All skills have a learning curve. Be persistent and do not give up. A client remarked one day, "I've changed, but I don't know when it happened." As we achieve our goals, they materialize; they manifest themselves.

When you decide to consciously realign your thought habits, things take on a different perspective. Keep on

keeping on until your new overcoming attitude becomes naturally who you are.

This article was written by Mona Dunkin, Motivational

Speaker and Personal Success Coach, www.monadunkin.blogspot.com or www.monadunkin.com. @SolutionsPrinciples253

THREAT

CONTINUED FROM PAGE 8

lower-sodium options when possible. (cdc.gov)

Even your medicine cabinet deserves attention. Ibuprofen, naproxen, and some cold medicines containing decongestants can raise blood pressure. Ask a pharmacist before taking them, especially if you already have hypertension. "Available without a prescription" does not mean harmless for everyone. (heart.org)

How you check your pressure matters, too. A full bladder, crossed legs, talking, or an unsupported arm can affect the reading. Empty your bladder, sit quietly for five minutes, keep both feet flat, and support your arm at heart level. Place the cuff on bare skin. Record two readings, one to two minutes apart, and share them with your health care team. (cdc.gov)

Normal blood pressure is

below 120/80. Repeated readings with a top number of 130 or higher, or a bottom number of 80 or higher, need medical attention. One reading alone does not establish a diagnosis. (cdc.gov)

If the top number exceeds 180 or the bottom exceeds 120 and you have chest pain, trouble breathing, weakness, or difficulty speaking, call 911. Without symptoms, repeat after one minute; if still that high, contact your clinician promptly. (heart.org, heart.org)

Take prescribed medicine consistently, even when your numbers improve. Discuss side effects or costs rather than stopping treatment yourself. (heart.org)

Feeling good is wonderful. Knowing your numbers is powerful. Make blood pressure a family conversation—and getting it checked a family habit.



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WHAT'S REALLY DRIVING YOUR DECISIONS—FAITH, FEAR, OR FEELINGS?

BY APOSTLE DR FANNY MINNITT

Every day we make decisions—some small, some life-changing. But have you ever stopped to ask: What part of me is making this decision?

Is it reason? Emotion? Instinct? Fear? Experience? Or is it spiritual discernment?

The Bible shows us that decision-making involves more than simply “thinking things through.” Proverbs 3:5–6 tells us to trust in the Lord with all our heart and not lean solely on our own understanding. Human reasoning has value, but it has limitations. What ap-

pears logical may not always be what God is directing.

Romans 12:2 tells us that transformation comes through the renewing of the mind. Our thoughts can be influenced by old habits, painful memories, fear, expectations, and cultural pressures. When the mind is renewed by God’s Word, however, we begin to interpret circumstances differently.

Our emotions also influence our choices. Proverbs 4:23 warns us to guard the heart because the issues of life flow from it. When hurt, anger, fear, disappointment, or even excitement controls the heart, decisions can quickly become



APOSTLE FANNY MINNITT

reactions.

Then there is instinct—the desire to respond immediately. Galatians 5:16 teaches us to walk in the Spirit rather than fulfill the desires of the flesh. The flesh often wants immediate satisfaction, defense, revenge, comfort, or escape. The Spirit teaches restraint, wisdom, timing, and obedience.

Hebrews 4:12 reminds us that God’s Word discerns the thoughts and intentions of the heart. Sometimes what we call wisdom is fear. What we call discernment may be suspicion. What we call love may be unhealthy attachment.

Before making your next major decision, ask yourself:

What is governing me right now?

God did not give us the spirit of fear, but of power, love, and a sound mind.

A wise decision does not simply feel right or look right.

It must align with truth.

I encourage you to examine your own decision-making process. Invite the Holy Spirit into the places where you have been confused, hurried, afraid, emotionally overwhelmed, or uncertain.

God is still directing paths.

God is still renewing minds.

God is still guarding hearts.

Just Have Faith and Keep It Moving!

BE FRUITFUL AND MULTIPLY

BY PASTOR MATTHEW REED

God created humanity in His own image:

“So God created man in his own image, in the image of God created he him; male and female created he them” (Genesis 1:27).

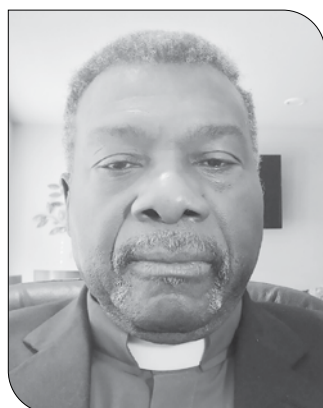
God then blessed them:

“And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it...” (Genesis 1:28).

The Church should understand that we are already blessed. All we need to do is receive Jesus Christ and obey the gospel.

“The LORD shall command the blessing upon thee in thy storehouses, and in all that thou settest thine hand unto; and he shall bless thee in the land which the LORD thy God giveth thee” (Deuteronomy 28:8).

Jesus says in John 15:5: “I am the vine, ye are



PASTOR MATTHEW REED

the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.”

This article is intended to inform some and remind others that humanity has already been blessed. We simply need to trust and obey God. Whosoever receives Jesus Christ as Lord and Savior will experience the blessings of Almighty God.

GRIEF DOES NOT FOLLOW A CALENDAR

BY LINDA CRAWFORD

Three years after my brother passed, I still sometimes find myself wanting to call him. For a brief moment, my heart remembers before my mind does. My cousins experience the same thing with our sister-cousin, who passed three years ago. A thought comes, something happens, or a memory surfaces, and the instinct is: “I need to call her.”

If this has happened to you, know that you are not going backward. You are grieving someone who mattered.

We sometimes expect grief to have an expiration date. After the funeral, the condolences, and the first holidays, people may assume that life has returned to normal. We may even pressure ourselves to “be over it.” But grief does not follow a calendar. Love formed habits, routines, and connections that do not disappear because time has passed.



LINDA CRAWFORD

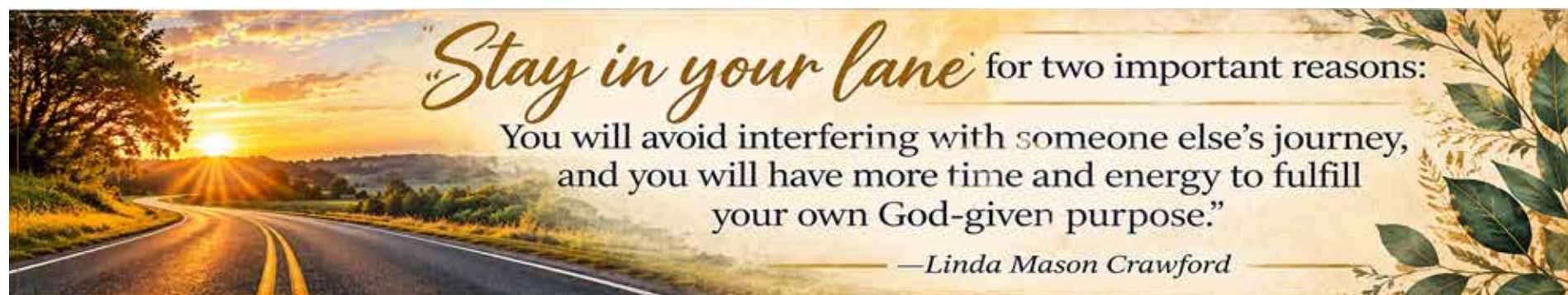
Healing does not mean forgetting. It does not mean that you will never cry, feel an ache, or reach for the telephone. Healing means learning to carry the love and the loss together. Some days the burden feels light; other days, a song, birthday, fragrance, or family gathering can awaken the loss.

When grief returns, do not judge yourself. Pause and name what you are feeling. You might say, “I miss him today,” or “I wish I could tell her this.” Then choose a way to honor that moment. Write the words you wanted to say. Share the memory with someone who loved them too. Look at a photograph, pray, or sit quietly and allow yourself to feel.

Also, give yourself permission to seek support. A friend, pastor, grief group, counselor, or life coach can provide a place to talk. Asking for help is not weakness; it is wisdom.

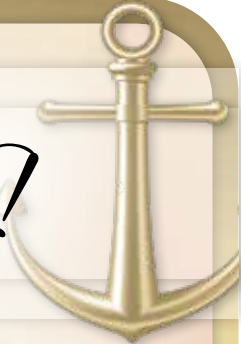
You do not have to stop missing someone in order to keep living. You can laugh again, make new memories, and still feel their absence. Grief is not proof that you have failed to heal. Often, it is proof that you loved deeply.

Be patient with your heart. There is no deadline for love—and therefore, no deadline for grief.





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WOMEN'S WELLNESS & BREAST CANCER AWARENESS

BY DR. SHAMONICA TRUNELL

Preventive care is power. October turns the world pink for Breast Cancer Awareness Month. Pink ribbons are important reminders, but awareness should lead to something even more powerful—action.

Women often care for their children, spouses, parents, careers, churches, businesses, and communities while placing their own health last. This October, remember: You belong on your own priority list.

Women's wellness includes breast health, heart health, bones, muscles, nutrition, sleep, hormones, and emotional well-being. Prevention allows us to address concerns before they become crises.

Six Ways to Prioritize Your Health.

1. Know Your Breast Health

Talk with your healthcare provider about the mammogram schedule appropriate for your age, history, and risk factors. Report any new lump, swelling, skin or nipple changes, discharge, or other persistent change.

2. Know Your Family History

Learn whether close relatives have experienced breast or ovarian cancer, heart disease, diabetes, high blood pressure, or osteoporosis. Share this information with your healthcare



DR. SHAMONICA TRUNELL

provider.

3. Protect Your Heart

Know your blood pressure and discuss cholesterol and blood sugar screenings. Move regularly, avoid smoking, prioritize sleep, and choose heart-healthy foods.

4. Build and Maintain Strength

Walking, resistance bands, body-weight exercises, and supervised weight training can help preserve muscle, bone strength, mobility, and independence.

5. Protect Your Emotional Health

Rest, pray, journal, set boundaries, and ask for help. Seek professional support when sadness, anxiety, or overwhelm persists.

6. Stop Postponing Yourself
Make the appointment. Get the recommended screening. Rest when needed. Your health deserves a place on your calendar.

Monthly Self-Care Challenge
Before October ends, sched-

ule three appointments with yourself:

- One preventive-health appointment
 - Thirty minutes of movement
 - One uninterrupted hour to restore yourself
- Breast Cancer Awareness

Month is about more than wearing pink. Listen to your body, protect your peace, and turn awareness into action.

Until next month, be well, live intentionally, and remember—your health is your greatest wealth.

ACCEPTANCE, CURIOSITY, LOVE

BY JO WELTER

On Sunday afternoon, September 27, the Greater Waco Interfaith Conference held its annual Festival of Faiths, bringing together people from across the Waco community to listen, learn and discover what we share.

The Greater Waco Interfaith Conference, originally the Waco Conference of Christians and Jews, has existed in various forms for 46 years. Like many grassroots organizations, it has experienced changes and challenges, but its purpose remains fostering understanding and unity among people of different faiths.

This year's Festival featured panelists representing Hindu, Jewish, Muslim, Christian, Unitarian Universalist and Bahá'í traditions. They were asked three questions:

How does your faith help you face suffering, fear, sadness and loss? Where do you find hope during difficult times?

What guidance does your faith offer for building understanding and respect across our differenc-



JO WELTER

es, particularly in a society that can feel deeply divided?

What is one teaching from your faith that you believe everyone—regardless of religion—could benefit from today?

As the panelists shared sincere and often personal responses, something beautiful emerged. Their beliefs and practices were not identical, yet beneath those differences were striking common threads.

Again and again we heard

about turning toward rather than away from each other: approaching another person with a genuine desire to understand—curiosity; making room for those whose beliefs and experiences differ from our own—acceptance; and, repeatedly, the call to care for one another—love.

For Bahá'ís, such a gathering has particular meaning. The Bahá'í Faith teaches that humanity is one family and that the world's great religions are part of an unfolding process of divine guidance. While religious practices and teachings have differed across time and cultures, enduring spiritual principles—including love, compassion, justice and service to others—connect us.

Interfaith gatherings do not ask us to overlook our differences, but instead invite us to become curious about them, to listen without judgment, and to celebrate our diversity while discovering our oneness.

Thank you to the Greater Waco Interfaith Conference for continuing the essential work of bringing neighbors together. In a divided world, perhaps three simple words offer us a place to begin: Acceptance. Curiosity. Love.

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MORNING WORSHIP
11:15 a.m.

SUNDAY EVENING
6:00 p.m.

MONDAY BIBLE STUDY
7:00 – 8:30 p.m.

WEDNESDAY
PRAYER WORSHIP
7:00 p.m.

Pastor Matthew Reed and wife, Helen

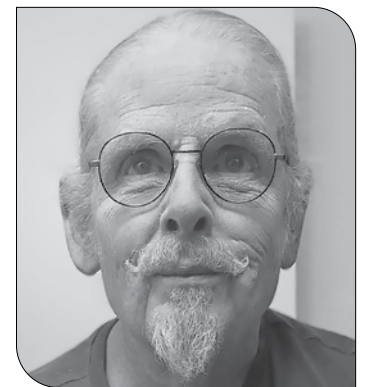
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MICHAEL JONES

In Loving Memory – You are probably accustomed to reading an article by Michael Jones in this space. His good friend Jo will now continue in his place.

Michael, a faithful supporter of *The Anchor News* and a person who genuinely loved all people, passed away on September 13, 2026. We honor his memory and are grateful for the words, encouragement, and support he shared with our readers and our community.

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**KEEP YOUR YARD
HEALTHY WITHOUT
WASTING WATER****SUBMITTED BY LINDA
MCDONALD**

Late-summer heat can leave lawns and gardens looking tired, but watering more is not always the answer. A few smart adjustments can help plants stay healthy while reducing runoff, evaporation and unnecessary water use.

Use this late-summer watering checklist:

- Water in the early morning when temperatures are cooler and winds are usually lighter.
- Check the soil before turning on sprinklers since recent rain may have provided

**LINDA MCDONALD**
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enough moisture.

- Water deeply rather than briefly so moisture reaches plant roots.

- Aim sprinklers at grass and garden beds, not sidewalks or driveways.

- Inspect hoses, sprinkler heads and irrigation lines for leaks.

- Add mulch around plants to help the soil hold moisture longer.

Most established landscapes do better with less frequent, deeper watering than with a light daily spray. Plant type, soil and local weather all affect how much water your yard needs, so watch for signs of stress instead of relying only on a fixed schedule.

Fall is also a good time to adjust automatic irrigation settings as daylight and weather begin to shift. Paying attention now can protect your landscaping, lower your water bill and help conserve an important resource without sacrificing a healthy-looking yard.

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FINDING A GREAT MEDICARE AGENT

BY MARGARET IVORY

Choosing Medicare coverage can feel overwhelming. There are premiums, copayments, drug formularies, provider networks, and many plan choices to compare. A knowledgeable Medicare agent can make the process easier, but it is important to choose someone who puts your needs first.

A great Medicare agent begins by listening. Before recommending a plan, the agent should ask about your doctors, prescriptions, preferred pharmacies, health needs, travel habits, and budget. Medicare is not one-size-fits-all. A plan that works beautifully for your neighbor may not be the best choice for you.

A trustworthy agent clearly explains the differences among Original Medicare, Medicare Advantage, Medicare Supplement insurance, and Part D prescription drug



MARGARET IVORY

plans. You should never feel

rushed, pressured, or confused. The agent should answer your questions in plain language and give you enough time to make an informed decision.

Good agents also verify important details instead of relying on assumptions. They check whether your doctors and hospitals participate in a plan's network, whether your medications are covered, and what your estimated costs may be. Because networks, formularies, premiums, and benefits can change, this review should be completed every year.

Service should continue after enrollment. A dependable agent remains available to help you understand plan materials, locate the correct customer-service department, and prepare for future annual reviews. Agents cannot make decisions for Medicare or the insurance company, but they can help you understand the proper next steps.

Never give your Medicare number to an unknown caller or someone who pressures you with promises of "free" benefits. Confirm the agent's identity, and remember that legitimate agents must fol-

low Medicare's permission-to-contact and marketing rules, which include not calling non-clients and not going door to door.

The right Medicare agent is not simply a salesperson. That person is an educator, careful listener, and dependable resource who helps you compare your choices with lasting confidence.

Contact Margaret Ivory who has over twenty years' experience in McLennan County. Please text 254-313-7413 with your name and phone number for a Medicare Plan phone appointment.

Church DIRECTORY

Tree of Life NDC

1612 Austin Avenue, Suite A | Waco, Texas 76701

Pastor/Founder – RT Allen | Co Pastor – Sandra Allen

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MORNING WORSHIP – 10:30

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Sunday Morning Worship – 10 a.m.

Tuesday Night Bible Study – 7 p.m.

Friday Night Prayer – 6 to 7 p.m.

Monday through Friday Prayer – 6 a.m.

All services except Monday through Friday 6 a.m. prayer are both in the church and on our virtual platform.

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SUNDAY MORNING WORSHIP
11:30 a.m.

PASTOR ROBERT CUMMINGS

Temple of Christ — CHURCH —

SUNDAY SCHOOL10:00 a.m.

MORNING WORSHIP11:15 a.m.

SUNDAY EVENING.....6:00 p.m.

MON. BIBLE STUDY.....7:00 p.m.

WED. PRAYER WORSHIP...7:00 p.m.

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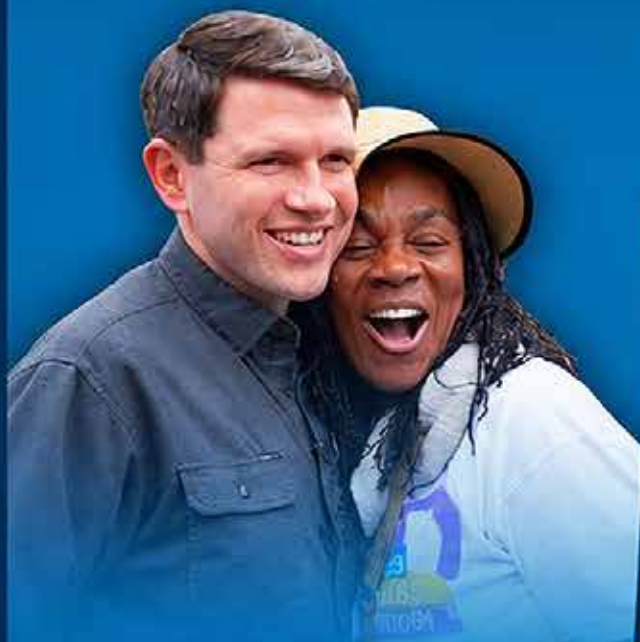


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