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THE *Anchor* NEWS

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HILLCREST CHIROPRACTIC TO OPEN BELLMEAD LOCATION

Dr. Shamonica Trunell, D.C. opened the doors of Hillcrest Chiropractic Clinic in September 2011 at 3500 Hillcrest Drive in Waco, Texas 76708. "God has truly done miraculous things since the opening of the original location," said Trunell. She is proud to announce the opening of another location in the Waco area, at 4209 Bellmead Drive, Bellmead, Texas 76705.

Hillcrest Chiropractic Clinic is a state-of-the-art facility offering complete wellness care at its three locations: chiropractic, X-ray, massage, spinal decompression, life coaching services, and shock wave. "We provide care to diverse community ages 0-100+. The goal is to provide all-inclusive care in one location," said Trunell.

The mission of Hillcrest Chiropractic is to get 80% of the community into wellness care. Two types of treatments are characteristic of chiropractic care: pain relief and corrective care. Pain relief is getting patients out of pain



DR. SHAMONICA TRUNELL

and allowing them to go on their way; Trunell explained that this isn't the wrong way to think, but to change the health of our community, she continued, "corrective care is what an individual should want and definitely needs."

Corrective care identifies the root of the problem and provides the patient with a plan to correct that problem. "It does take time and repetition as committing to one's

health is important."

Dr. Trunell has been practicing chiropractic for two decades. She was first introduced to chiropractic care due to her son's recurring ear infections. At the time, Malik was just a baby. The traditional medicine that was intended to alleviate the problem only provided a temporary fix. Doctors prescribed Malik antibiotics and surgery. Still, nothing helped. "The problem was structural due to a bone misaligned in his neck. A misaligned bone is called a subluxation which occurred during birth," Trunell explained. Her birthing experience with Malik was traumatic but because there were no known broken bones, he was fine.

"As I think back to the bruising on his body and the way he preferred to have his head to one side more than the other, I realize now those were indications of a sublux-

SEE **BELLMEAD** PG. 15

KILLEEN'S TERRANCE MCGEE RELEASES BOOK

BY W.B. GUNTER

Author, screenwriter, and decorated war veteran, Terrance B. McGee announces his latest book, *DIFFICULT ARGUMENTS & SIMPLE TRUTHS*. Released last month, the book takes readers on a journey of self-discovery that may divert life's trajectory for the greater good. For all who feel their faith is being challenged, this book will help.

McGee speaks about *Difficult Arguments & Simple Truths* for the readers of *Anchor News*. He states, "Difficult Arguments and Simple Truths" is a book imposing emphasis on divine-human virtue and the importance of universal intelligence. "It depicts how we, as humans lack a reality separate from our ordained life. Although mysticism gives way to the embodiment of truth, spiritual certainties of those who believe receive a genuine reality, a truth that reveals something much greater than themselves. Prejudice, with arguments that are debatable, shows the 'strength of what we believe is measured by how much we believe.'"

McGee proposes that with all difficult arguments, there are simple truths: letting go of expectations, releasing attachments, and silencing egos. Facing uncertainties with faith provides assurance that because we are one through each other, being of service is the most effective way of personal study and application.



TERRANCE MCGEE

McGee is an intellectual philosopher. He is the Creative Manager of New Media, where he works as an associate to conglomerate medical facilities, such as the Department of Veterans Affairs, Baylor, Scott & White, Methodist Hospital, St. Joseph, Seton, and private organizations. He uses computer graphics to create simulations and programs that improve student learning. He mentors teens as part of his tutelage while coaching residents who are incarcerated in juvenile detention centers, alternative state schools, and throughout school districts.

Self-published author, McGee is a registered screenwriter, whose articles have been featured in Mary Hardin Baylor's newspaper, *Bells*. McGee has worked on a plethora of short films, public service announcements, stage plays, infomercials, and training videos.

As a film director,

SEE **MCGEE** PG. 2

SABIDO LOVES PEOPLE AND COMMUNITY

Ilda Sabido currently serves as the Assistant Program Manager for the non-profit, McLennan Community Invest Fund or McCIF. McCIF serves small businesses in the cities of Waco, Bellmead, Beverly Hills, Lacy Lakeview, and Robinson and provides services like such as small business loans, loans for equipment, working capital, accounts receivable, fixed interest rates and business technical assistance.

She is a native Wacoan and attended University High School and McLennan Community College. Ilda has worked in the banking and



ILDA SABIDO

lending industry for nearly a decade. She enjoys assisting entrepreneurs and individuals achieving their goals and dreams by assisting them with their finances. Her passion is seeing individuals being able to own their first home or start their first business.

Ilda is also very active in her community. In 2020, she completed the Leadership Plenty Institute Training Course, spearheaded by the Cooper Foundation. In fact, she loved the course so much, she will facilitate for the first time this

SEE **SABIDO** PG. 9

**J.L. & LINDA CRAWFORD**

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

A CURE FOR SICKLE CELL DISEASE?

**BY CHARLES PERKINS, SR.
AND CHARLES PERKINS, JR.**

Continued from the October issue of The Anchor News.

Identifying the crescent-shaped blood cells is clear evidence of this inherited blood disorder in approximately two million African-Americans. One in 12 blacks, are “carriers” of the sickle blood cell mutations (called trait) and 100,000 people in the U.S. have the actual disease. It mostly effects children of African descent, Hispanics and Caribbean ancestry, but also is found among those with Middle Eastern, Indian, Latin American, and Mediterranean heritage.

WHAT CAUSES SICKLE CELL DISEASE?

- If one parent has sickle cell disease and the other does not, all of their children will have sickle cell trait, but none of them will have sickle cell disease
- If one parent has sickle

**CHARLES PERKINS, SR.**

cell disease and the other has sickle cell trait, each of their children will have a 50 percent chance of having sickle cell disease and a 50 percent chance of having sickle cell trait

- If both parents have sickle cell trait, each of their children will have a 25 percent chance of having sickle cell disease

While more than 12% of the American population is Black, only 4% of American on the international bone marrow registry is African American. For this reason, ethnicity matches are so difficult due to the simple fact that Black genetic heritage is so underrepresented in the registry. Blacks have only 23% chance of finding a bone marrow match compared to 77% whites. As a result of the growing civil rights movement and Black Lives Matter, thousands of Blacks are increasingly willing to join the registry and commit to saving someone's life if called upon as a match.

The preparatory phase of the TriStar Centennial treatment was to last a period of two weeks. Each patient—the bone marrow donor (her

brother) and the harvester recipient have to endure intense chemotherapy immediately following their adherence to strict Covid-19 protocols. The impact on the recipient was much harder than on the donor. However, four needles penetrating the pelvic back bone of the donor, where the bone marrow is extracted, slows his physical activity drastically for one month. I admire my grandson's devotion to his little sister. He played the role as a superhero who delayed taking his entrance exams into the military service (Armed Services Vocational Aptitude Battery aka ASV-AB) until after he could fulfilled his promise to transfer a portion of his 100 percent, sickle-cell-free blood marrow to his sister. Fast forward to nearly a month (15 Sep 2022) following their Transplant Day (18 Aug) when the transfer and infusion procedure was completed, the TriStar physicians gave their first official progress report, which gave detailed analysis of Chuck's daughter's newly generated blood.

The report was awesome, producing a visible emotional effect upon Chuck. TriStar's physicians diagnosed that her blood was actively producing

**CHARLES PERKINS, JR.**

a blood level that was 97% free of sickle cells. This meant that her bone marrow was contributing just 3% of her own naturally recurring sickle cells to resupplying her blood supply. Physicians summarized their report as being consistent with those of other successful transplant patients in her age range. Only time will tell if my granddaughter's fresh new blood supply will eventually overcome or out last the diminishing sickle-cell blood counts that she had previously been capable of generating.

To be concluded in the December issue of The Anchor News.

A TIME FOR THANKSGIVING: ALL THINGS WORK FOR GOOD

BY LINDA CRAWFORD

At this time three years ago, I was in Baylor Scott and White Hillcrest Hospital. November 6th was my first day, the beginning of what has been a long journey. That morning, I sensed the right side of my body going numb, starting from the top of my head. Numbness traveled down my right side, my arm,

my hand, my leg, my foot, and slowly, to my dismay, I went down, legs twisted under a body of now, dead weight. My husband heard my desperate cry and my banging on the metal trash can. As I called his name, he came running, and through his strength, God's and my

SEE **GOOD**, PG. 11

MC GEE

CONTINUED FROM PAGE 1

he is co-founder of “Intelligent Minds Proving & Applying Commitment” Outreach (I.M.P.A.C. Outreach). He is the Chief Media and Marketing Director of the show, @iYouthChat, a teen talk show that was televised on PBS for three consecutive years. He

directed the short film, “Last Waltz,” and operated as a film producer/ production assistant with 1st Take Media with director and photographer, Ray Bingham.

McGee says, “When we lose our fear of death, we can have some real opportunities.”



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

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

also reflect the opinions of the editor.

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The comments and opinions of our readers are welcomed. Letters and articles should be e-mailed. Letters should be no longer than 200 words and must include a name and phone number. Article submissions should be no longer than 450 words and should include an original head shot (in jpeg

format) along with your name, address and phone number. We reserve the right to edit for grammar, space, potentially libelous material and copyright infringement. We also reserve the right to refuse derogatory, irrelevant and malicious submissions.

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STAYING IN CONTROL OVER THE HOLIDAYS

BY JERRY SNIDER

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

QUESTION: Hi Jerry, I've been working on portion control in an effort to cut back on eating too many calories. It's been working slowly but I'm worried about the upcoming holidays. I always seem to lose control of my eating with all the family gatherings and parties in November and December. Do you have any suggestions to help me stay on track with the progress I've made? Thanks, Jimmy



JERRY SNIDER

ANSWER: Hi Jimmy! First,

great job taking control of your portions. It can be a tough battle to start, but it is a successful strategy. It's tough because our society has become one where we super-size everything food related. Not eating those huge portions every meal makes you different from everyone else... and being different is always tough at first.

While I'm not huge on calorie counting by itself as a weight loss strategy, cutting back from the typical American portion size is a critical step to take. As you've indicated, portions tend to increase around the holidays. Whether it is the parties, family meals, or sitting at home feeling left out, we tend to eat more from Halloween to New Year's Day than any other stretch of the year. A small part of that increase can be attributed to snacking but most is due to increased portions.

The biggest strategy for

success is not to try to abstain from the traditional foods that "bring you joy." Sure these foods may not be healthy, but a little indulgence isn't the end of the world for most of us. The problem lies in the portions. Far too often, we try to avoid a specific unhealthy food or group of foods only to fall to the temptation leading us to go overboard because "I already broke my diet so I might as well eat it all."

Allow yourself to indulge in one or two items at holiday gatherings, but limit the portion size to a bite or two. If your indulgence is a piece of pie, cut the piece in half or thirds and serve that to yourself. If it's a cupcake, cut it in half and offer the other half to someone else...don't let it just sit on your plate because you'll wind up eating it.

When sitting down for an actual meal like Thanksgiving dinner, either use the salad plate for your meal because

it's smaller or use the inner ring portion of the dinner plate without stacking food to the rim of the plate. Learning portion control is as much a visual problem as a consumption problem. If your plate looks visually full, you'll be less likely to overeat. Just as you have already started portion control, practice the visual look of a full plate and you'll be sure to continue your success into the new year.

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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GRILLED CHICKEN WITH LEMON

(NewsUSA)

Ingredients:

zest of two lemons
1/2 cup olive oil
6 cloves chopped garlic
5 sprigs rosemary
1 tsp kosher salt
coarse black pepper to taste
4 large chicken thighs

Instructions:

Preheat the oven to 425 degrees Fahrenheit.

In a large shallow baking dish, whisk together the juice and zest of 2 lemons, 1/2 cup olive oil, 6 cloves chopped garlic, 5 sprigs of rosemary, 1 teaspoon of kosher salt and plenty of coarse black pepper.

Add 4 large chicken thighs to the mixture, toss to coat and let the chicken rest for 45 minutes at room temperature.

Before cooking, be sure the

chicken thighs are skin-side up. Cut the remaining zested lemons into halves or quarters, and nestle them among the chicken. Add a final grind of black pepper on top.

Bake at 425 degrees Fahrenheit for 40 minutes or until the juices run clear. If you would like extra browning, briefly place the baking dish under the broiler.

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GUNTER

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

BOOST YOUR RETIREMENT INCOME WITH LITTLE-KNOWN BENEFITS

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

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

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

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

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



J.L. CRAWFORD

fitsCheckUp.org.

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

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

Approximately half of all Medicare beneficiaries live on incomes below \$26,200 a

year. For those who qualify, Medicare's special programs can save them thousands of dollars annually on their premiums, medications, deductibles, and co-pays.

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

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

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

Give me a call at 254-717-4927. Hurry. With LegalShield, "...we can help you worry less and live more." Please see the ad on page 7. J.L. Crawford, Senior Manager.

SEEKING TO BE A PARTAKER OF GOD'S DIVINE NATURE

BY PASTOR MATTHEW REED

Our goal as Christians should be to become partakers of God's divine nature. This is feasible according to scripture 2nd Peter 1:4, which says, "Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust."

When one thinks of great opportunities, this one ranks up there with the opportunity to be saved, the opportunity to have one's sins forgiven to be a son or daughter of God. In our Christian walk, this should be a thing that we aspire to. For in this we will experience the power of God. This aspiration calls for forsaking all others and aligning one's self with the will of God; as a matter of fact any of the opportunities that God has made available to us calls for this kind of dedication.

I am writing this article hoping that it might inspire someone to desire to reach this attainable goal. It is time we in the church challenge ourselves to reach these spiritual goals. Just as we set goals in the natural, we should set spiritual goals. The early New Testament church disciples were partakers of God's divine nature; they achieved this status by living holy, sanctified lives.

After all, if we are going to exemplify God and the truth of God's word we



PASTOR MATTHEW AND LADY HELEN REED

will have to reach these mild stones of spiritual life. There is no need to wonder how we, being mere men, can attain unto this, for God has given us the ability by his promises. Live for the promises of God through Jesus and you will get there. Because of the crisis that the world is in today, it is our duty to strive to be more than a statuesque Christian. It's time that our Christian walk becomes more than about us and our needs. It's time that our Christian walk be about the Glory of God, the Father and God the Son and God the Holy Ghost. It's time for the church of today to grow up. We must challenge ourselves to be a partaker of God's divine nature! To become more God like each individual will have to bare his or her cross. You can't wait on politicians to bring about the will of God. It is encumbering upon you and me, the Christians to do so.

HOW TO OVERCOME ADVERSITY

(NewsUSA) - While professional athletes face their opponents on game day, everyone faces adversity in their everyday lives.

Just ask noted sports psychologist and author Dr. Jack Llewellyn, who in January 2004 received news that would change his outlook forever: He was diagnosed with relapsing-remitting multiple sclerosis (RRMS), the most common form of MS.

Dr. Llewellyn built his career on helping professional athletes overcome adversity by leveraging life's obstacles to achieve success -- if you've been following sports headlines lately, you know how much energy that can take -- and suddenly he found himself applying those same techniques to get himself through his own challenge of living with MS.

"There are no guarantees in life, but a positive attitude keeps the probability of success on your side," says the author of the newly released book *Get the Mud out of the Water*. "The week I was diagnosed was a tough one. However, I worked with my doctor to get on therapy right away, and I've been able to maintain the life that I love in the eight years since."

"I tell my players all the time, 'Everyone faces adversity in their lives.' What you can control is the time it takes to overcome it by learning how to focus on your assets -- not your liabilities."

The book by Dr. Llewellyn outlines strategies designed to help anyone recover from adversity and lead their best life each day. Among his tips:

- * Assess your assets and

your liabilities. Ask yourself: "What makes you strong enough to overcome life's challenges?"

- * Achieve something positive every day. Take stock of your accomplishments -- small and large -- and fill your mind with things that are positive and affirming.

- * Surround yourself with a team of people committed to helping you. You need a support system that's both committed to your health and you.

- * Use stress as an incentive. Find a way to use the energy from things that put a strain on you in a productive way.

- * Create a positive environment. Make a conscious choice to live every day with a confident mindset.

To learn more about MS and Dr. Jack Llewellyn, visit www.sharesolutions.com.

BOOK RELEASE

To purchase a book or request a speaking engagement, contact Dr Sandra Henry at 2010shenry@gmail.com. Book also available Amazon.

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.



LINDA MASON CRAWFORD

My God! He knew I was going to try to get away. He knew, so he had unlocked the hatch back, ahead of time! He was in the back so fast; all I could do was bite my lip and jerk forward. "Stop the car, Lynn, and give me the money!" he yelled, as he swiftly crawled into the back seat. He lurched through the bucket seats so fast that my head literally seemed to spin, like the girl in the Exorcist. Grabbing the steering wheel, he 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."

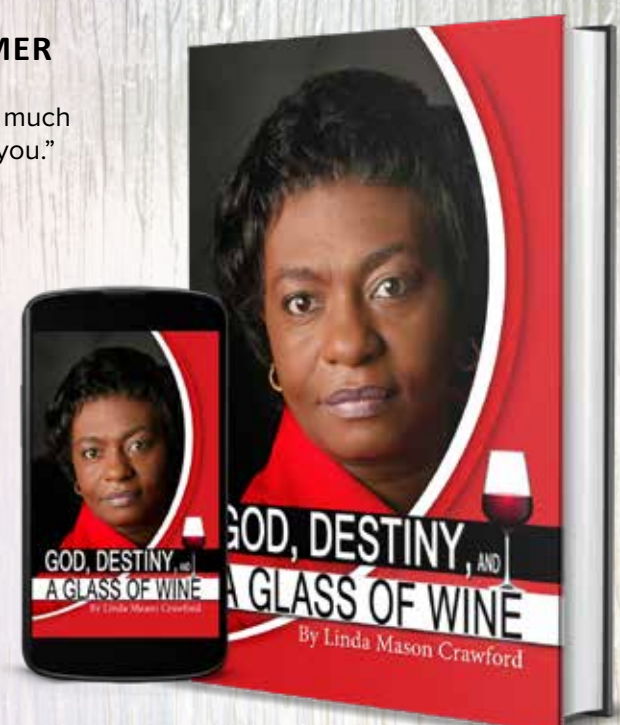
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5.0 OUT OF 5 STARS | EXCELLENT BOOK

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

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Dr. Mia Moody-Ramirez



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LET'S NOT GIVE THE DEVIL LEGAL RIGHTS, PART 11

BY EVANGELIST
RUBY MCCRAY

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

"Therefore, putting away lying, 'Let each one of you speak truth with his neighbor,' for we are members of one another. 'Be angry, and do not sin': do not let the sun go down on your wrath, nor give place to the devil." Ephesians 4:25-27

Oh, if only the Bible were still a required Book in all our schools—Pre-K through all universities, we never would have succumbed to this wicked state. Every person is doing what is right in his/her own eyes, not realizing it will end in death. Proverbs 14:12; 16:25

Every parent that I personally know would do nothing intentionally to cause harm to their children; but all the parents don't realize that when they commit sins, they give legal rights to the devil to not only beat up on themselves, but on their children also. It's a deterrent that God ordained

to keep us away from sin. Let's look at what happened not only to King Jeroboam, but to his entire household.

"At that time Abijah the son of Jeroboam became sick. And Jeroboam said to his wife, 'Please arise, and disguise yourself, that they may not recognize you as the wife of Jeroboam, and go to Shiloh. Indeed, Ahijah the prophet is there, who told me that I would be king over this people. Also take with you ten loaves, some cakes, and a jar of honey, and go to him, he will tell you what will become of the child.' And Jeroboam's wife did so; she arose and went to Shiloh, and came to the house of Ahijah. But Ahijah could not see for his eyes were glazed by reason of his age.

"Now the LORD had said to Ahijah, 'Here is the wife of Jeroboam, coming to ask you something about her son, for he is sick. Thus and thus you shall say to her; for it will be, when she comes in that she will pretend to be another woman.'

"And so it was, when Ahijah heard the sound of her footsteps as she came through the door, he said, 'Come in,



EVG. RUBY MCCRAY

wife of Jeroboam. Why do you pretend to be another person? For I have been sent to you with bad news. Go tell Jeroboam, 'Thus says the LORD God of Israel: Because I Exalted you from among the people, and made you ruler over My people Israel, and tore the kingdom away from the house of David, and gave it to you; and yet you have not been as My servant David, who kept My commandments and who followed Me with all his heart, to do only what was right in My eyes; but you have done more evil that all who were before you, for

you have gone and made for yourself other gods and molded images to provoke Me to anger, and have cast Me behind your back—therefore; behold I will bring disaster on the house of Jeroboam, and will cut off from Jeroboam every male in Israel, bond and free; I will take away the remnant of the house of Jeroboam, as one takes away refuse until it is all gone. The dogs shall eat whoever belongs to Jeroboam and dies in the city and the birds of the air shall eat whoever dies in the field; for the LORD has spoken!' Arise therefore, go to your own house. When your feet enter the city, the child shall die. And all Israel shall mourn for him and bury him for he is the only one of Jeroboam who shall come to the grave, because in him there is found something good toward the LORD God of Israel in the house of Jeroboam.

'Moreover the LORD will raise up for Himself a king over Israel who shall cut off the house of Jeroboam; this is the day. What? Even now! For the LORD will strike Israel, as a reed is shaken in the water. He will uproot Israel from this good land which He

gave to their fathers and will scatter them beyond the River, because they have made their wooden images, provoking the LORD to anger. And He will give Israel up because of the sins of Jeroboam, who sinned and who made Israel sin.'

"Then Jeroboam's wife arose and departed, and came to Tirzah. When she came to the threshold of the house, the child died. And they buried him; and all Israel mourned for him, according to the word of the LORD which He spoke through His servant Ahijah the prophet." 1 Kings 14:1-18

As plainly shown in this account, our sins not only affect us, but also those with whom we are connected.

Please join me in December as we conclude this series. All Scripture is taken from the New King James Version of the Bible unless otherwise stated. You may not believe me...just what if I'm right!

Evangelist Ruby McCray is the founder of A City of Refuge Ministries. For questions or comments e-mail rubyacorm@yahoo.com or write to A City of Refuge Ministries, P. O. Box 2025, Waco, Texas 76703.

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Happy
Thanksgiving

THE Anchor NEWS

BEING HOSPITABLE

BY MONA DUNKIN

It's Thanksgiving time. Not only for family get-togethers but also for remembrance of our nation's history. As you read below, think about the early Pilgrims and the hospitality of the American Indians.

What image do you conceive when you hear the word "hospitality". Does it conjure up a welcoming atmosphere amid friendly faces with caring service? What about the word "travel"? Do you see adventure and excitement?

Words are alive and grow and change and become obsolete. "Hospitality" is derived from two Latin words: "hostis", which originally meant 'stranger', and took on the meaning of enemy or "hostiler", and "polis" meaning "equalizing power". Travel comes from the word "travail", meaning pain, anguish, and torture.

In the olden days, travel was difficult, going by foot, camel, or caravan. The communities were widespread and outsiders were seen as hostile – marauding, pillaging, raiding, and looting. Prosperous community members would go out to meet the approaching foreigners offering food and respite. This show of kindness had an equalizing power. Only after the stranger was made to feel comfortable would he be asked his name and mission.

Hospitality also has the idea of protection and guidance. Hospitality is about compen-



MONA DUNKIN

sating or equalizing a stranger (host) with a stranger (hostis-guest) by making him feel protected and taken care of and guiding him to his next destination. Hospitality is based on an individual's felt sense of duty to

family and community.

Each time you feel negative, stop, acknowledge that thought and deliberately dismiss it. Look deeply to find the root of your emotion and consciously replace it with the greater truth of your potential. And the worth of all individuals. This practice is profoundly spiritual and life-changing. Use it. Embrace it.

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CONTINUED FROM PAGE 1

Fall. Ilda also serves on the Hispanic Leaders' Network Board of Directors, she is on the City of Waco Parks and Recreation Board and also serves as the PTA President of Lake Air Montessori, where

her children attend.

Ilda loves her beautiful city, and you often find her enjoying the local restaurant or music scene, along with her husband, Hector. She and Hector have two children, Jeremiah and Mia.

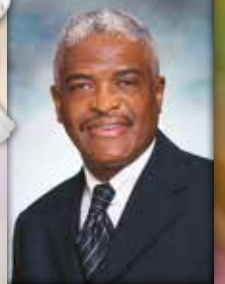
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HERBAL ELDERBERRY SUPPLEMENTS SUPPORT SLEEP & IMMUNITY

(NewsUSA) - A healthy immune system has always been important, but even more so today in the wake of the COVID-19 pandemic. Seeking products enhanced with naturally occurring antioxidants is an easy way to promote good health.

Elderberries have a long history of use as an herbal way to support good health because of their high level of flavonoids. Elderberries, notably the Sambucus elderberry, are featured in a new line of products from Nature's Way, a leading provider of health and dietary supplements since 1969.

The Nature's Way product line uses only select cultivars of

black elderberries, including the Haschberg cultivar, which contain high levels of naturally-occurring anthocyanins. Anthocyanins are plant pigments that have supporting optimal immune system function.

"While many other elderberry manufacturers use juice powders or concentrates, our elderberry is an extract that's standardized to a precise percentage of flavonoids with every gram of the Sambucus' elderberry extract," according to the Nature's Way website.

The Sambucus berries in Nature's Way products are carefully cultivated and harvested as part of the company's commitment

to quality. Company representatives make a point of traveling to areas of the world where berries, herbs, and other elements thrive in optimal conditions, cultivated by skilled growers and harvesters, in order to deliver an unadulterated product that undergoes further rigorous testing to ensure authenticity.

New ways to enjoy the health benefits of elderberries include the Sambucus Sleep + Immune Gummies and Sambucus HoneyBerry Cough Syrup. Both products are available in formulations for children and adults.

The gummies feature a combination of melatonin and the enzyme L-theanine to encourage

restful sleep, lemon balm and passionflower botanical extracts to promote relaxation, and Sambucus elderberries with their immune supporting benefits.

If this winter brings colds and coughs, Sambucus HoneyBerry Cough Syrup may help by providing a multi-pronged defense recipe that includes not only organic elderberry extract, but also organic honey, organic apple cider, and English ivy leaf extract.

In addition, the cough syrup contains vitamin C and zinc in a

combination formulated to potentially soothe coughs and help promote a healthy immune system. The cough syrup is available in daytime and nighttime versions to avoid disruptions to busy routines.

Sambucus elderberry products are available online and through several major retailers, including Walgreens, Target, Walmart, Amazon, and CVS.

For more information about the potential of elderberries to promote health, visit nature-sway.com.

FALL MAINTENANCE CHECKLIST

SUBMITTED BY
LINDA MCDONALD

Now is the best time to prep your home for winter, while there's still enough daylight to do so. Here's a quick checklist to make sure your house is ready for the cold temperatures ahead.

1. Check for drafts Add door sweeps to the base of drafty doors and weatherstripping to window and door frames to keep heat in your home and cut down on energy costs.

2. Bring in your outdoor furniture. Store your furniture in a garage or shed, or cover it with a waterproof furniture cover.

3. Fertilize your lawn. Even when your grass isn't growing, its roots are still active. Applying fertilizer will help to prevent winter damage and give you a head start to a lush lawn in the spring.

4. Fix any cracks in your driveway. If you have cracks in your driveway and water enters them, the water can freeze and expand the crack. It's best to fill these cracks before temperatures get frigid.

5. Remove your window air conditioning units. If your window unit must be left in place, cover the exterior of the unit with an insulated wrap to prevent cold air from seeping in.



LINDA MCDONALD

6. Check your outdoor faucets and put away your hoses. Before the temperature dips below freezing, make sure you've drained hoses and shut off water to exterior faucets to protect your pipes.

7. Clean your gutters and downspouts. After the leaves have finished falling, make sure to clean your gutters and, if need be, replace them.

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

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GOOD | CONTINUED FROM PAGE 1

own, JL literally dragged my limp body from the bathroom to the bed. A hospital admission and several tests later revealed a stroke, leaving me confused, bedridden, and paralyzed on my right side.

How could this be? I was not in pain. My speech was not slurred and my face was not disfigured. Everything seemed like a nightmare, literally, but my husband and I finally came to the conclusion that in the end, God would use this experience for my "good." No, we did not say or believe that God gave me a stroke or that God made me paralyzed, but we were convinced that "good" would come of this situation. And so it did.

The next day the doctor came in and said he had some news that may seem bad but actually was "good." The bad news was that tests revealed an aneurysm in my heart, that on a blow scale of 6.0, it was already 5.8. He continued that the "good" news was that they caught it before it killed me and that open heart surgery would save my life. So....with much prayer and physical therapy, I learned to walk again and with a January 6, 2020 open heart

surgery, I am yet alive.

I am so thankful for my husband, our son, Ray, and our daughter, Stasha. I am so thankful for my MCC colleagues and my church friends, for Pastor John Rambeau and his wife, Sherri. Throughout the first few months of this journey, I was never alone. I would open my eyes and my husband would be there. After the stroke and the surgery, I would wake up in the mornings and our daughter would be sitting in my room. After driving in from Tulsa, again and again, she would quietly do her work on her laptop, by my side. After the surgery, I would wake up in the afternoon only to find that our son had flown in from Colorado Springs.... again. After I went home, every week at 6:45 a.m. the doorbell would ring. My friend and colleague, Arvis, was there to sit with me while my husband went to teach his classes. And when my husband went to his weekly doctor's appointments and to church on Sundays, my friend and church member, Lovie, rang the doorbell at 9:00 a.m. She was there to sit with me. Even on the few days that these ladies couldn't

come, there were others who could: Ruby, Cindy, Julie, Priscilla, and Linda, and I could go on and on.

God really did work things for my "good." So many things touched my heart and changed my view of life and people forever. When I was in the hospital after the stroke, my college roommate from the 70s, would show up in my room. Mary, who now lives in Harker Heights, would drive down to check on me, always bringing gifts, good cheer and awesome college memories. My beautician, Anita, came to the hospital to do my hair, Lisa came to do my nails, and nurses told me they had never had a patient who received so many flowers that it became a challenge to find a spot for them in the room. I continuously received gifts, flowers and visits from my family, my Waco friends, my MCC colleagues, The Word of Life Church, High Point Church members, my Cattleya sisters. But it was during the wee hours of the morning that I secretly wrestled with feelings of being alone and uselessuntil my friend, Mayra, changed that. She bought me the warm-

est robe I have ever had and a snow white stuffed lamb. Out of the blue, she said, "This represents the Lamb of God. He can sleep with you and remind you that you are never alone."

The "good" didn't stop there. Friends constantly brought food to our house or had dinners delivered. I am so used to having a house full of people for any occasion, especially Thanksgiving. But that Thanksgiving, for the first time in years, I was not able to have people over. My husband says I always cook for a hundred people, but this time I couldn't cook for myself, let alone others. I was sad, but not for long. Little did I know that my friends, Courtenay and Leon, would be coming from Rockwall to make and serve us Thanksgiving dinner using my traditional menu and my personal recipes.

Two months later, on the morning of the surgery, I had to be in Temple at Scott and White at 4:00 a.m. Who knew that my sweet husband would not have to sit in the waiting room alone...that our son and his wife, Jodie, would fly in to sit with him-- at 4 in the

morning? Who knew that our daughter would drive in to sit with her Pops and to be with me in recovery? Who knew that Arvis would miss her first work day of the semester to be there with us, or that my associate pastor, JB, would make his way to Temple to wait? Who knew? Who knew that my sister-cousins, Delois and Helen, would call me everyday for weeks, and that my other cousins, Peg, Laura, and Cynthia would call often, just to check on me? Who knew that my childhood classmate, Gary, and my brother, Kenneth, would continue to call on a regular basis to see how I am doing or that my newspaper designer, Scott, would patiently help me keep the Anchor News together? Who knew?

Three years later, my body is strong because of God's grace and promises and because of the very best medical team. My heart and mind are healing because I realize that God has put so many amazing people in my life. I am convinced that "all things work together for good to them that love God, to them who are the called according to his purpose." Romans 8:28

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MEDICARE ADVANTAGE 2023 BENEFITS

BY MARGARET IVORY

There are great benefits for Medicare Advantage plans in 2023. Today, we will review a few of them:

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4) Get picked up from home and brought back home from your doctor's office, pharmacy, rehab, and other approved locations.

5) Make getting fit, your



MARGARET IVORY

top priority in 2023 with a free gym membership at local fitness centers.

6) After being discharged from the hospital or a skilled nursing facility, meals will be

delivered to your home immediately.

7) Receive credit for electricity, gas, and water utility bills.

8) Eat healthy food each day with credits for veggies, fruits, dairy, meat, and water bottles.

9) Free eyeglasses and frames with values up to \$600.

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EASY GINGER GLAZED HAM RECIPE

(NewsUSA) - Hosting a dinner party soon? If you're like most, the thought of preparing a delicious and memorable meal for your special guests can be daunting to say the least. Let the experts at Cook's Ham help by providing an array of mouth-watering entrée ideas that are sure to please everyone in the house. Spend less time in the kitchen and more time sharing memories with family and friends.

At MyCooksHam.com, you will find a wide variety of resources to assist you in pulling off the perfect ham:

* Recipes, heating times

* Instructional videos about carving and serving ham

* Lots of other helpful information

When you're ready for a tasty, festive crowd pleaser (which doubles as a gorgeously deli-

cious centerpiece), Cook's Ham recipe for Pomegranate Ginger-Glazed Ham is sure to make everyone smile, mouths watering! Recipe below. If you're lucky enough to have leftovers, explore fun and flavorful recipes, available at MyCooksHam.com.

Cook's Pomegranate Ginger-Glazed Ham

Ingredients:

1 Cook's Bone-in Spiral Sliced Half Ham

1 cup red currant jelly

1/2 cup pomegranate juice

2 tablespoons cornstarch

1 teaspoon finely chopped fresh ginger

Preparation:

Remove and discard glaze packet from ham or reserve for another use. Prepare ham according to package directions, uncovering and brushing occasionally with 1/4 cup of the

Pomegranate-Ginger Glaze for the last 30 minutes of the heating time.

Pomegranate Ginger-Glaze: Cook jelly in medium saucepan over low heat for 2 minutes, or until completely melted, stirring frequently. Set aside. Mix pomegranate juice, cornstarch and ginger in small bowl until well blended. Add to jelly; mix well. Increase heat to medium; cook for 2 minutes or until thickened, stir constantly.

Carve ham. Serve with the remaining glaze.

When a large ham is too much, consider Cook's Everyday Cuts, a new line of fully cooked, ready-to-eat meal options for your any-day-of-the-week, easy, flavorful dinner. Be sure to like Cook's Ham on Facebook and find us on Pinterest for easy sources for all your ham recipes.

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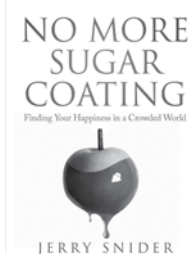
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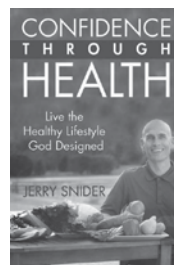
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TAKE MY HAND: A NOVEL BY DOLEN PERKINS-VALDEZ

BY JIM MCKEOWN

Dolen Perkins-Valdez is the New York Times best selling author of *Wench* and *Balm*. She was a finalist for two NAACP Image Awards and the Hurston/Wright Legacy Award for fiction, and she was awarded the First Novelist Award by the Black Caucus of the American Library Association. She lives in Washington D.C., with her family.

I read her first novel some years ago and I was astonished at her breath of writing for such a young author. Her latest novel is *Take My Hand*. According to the book's jacket, "It is a searing and compassionate new novel about a young Black nurse's shocking discovery and burning quest for justice in post-segregation Alabama.

The story begins in "Montgomery, Alabama, 1973. Fresh out of nursing school, Civil Townsend intends to make a difference, especially in her African American community. At the Montgomery Family Planning Clinic, she hops to help women shape their destinies, to make their own choices for their lives and bodies" (1). Her first days are shocking to say the least. Her new patients, Erica and India, are just eleven and thirteen years old.

Memphis 2016. "A year never passes without me thinking of them. India. Erica. Their names are stitched inside every white coat I have ever worn. I tell this story to stitch their names inside your clothes, too. A reminder to never forget. Medicine has taught me, really taught me, to accept the things I cannot



JIM MCKEOWN

change. A difficult-to-swallow serenity prayer. I'm not trying to change the past. I'm telling it in order to lay these ghosts to rest. // You paint feverishly, like Mama. Yet you have the steadfastness of Daddy. Your talents surely defy the notion of a gene pool. I watch you know, home from college, that time after graduation when y'all young people either find your way or slide down the slope of uncertainty. Your sitting on the porch nuzzling the dog, a gray mutt of a pit bull who was once sent to die after snapping at a man's face. In the six years we have had him, he has been more skittish than fierce, as if aware that one wrong look will spell

his doom. What I now know is that kind of certainty, dire as it may be, is a gift. (3).

TWO. Montgomery 1973. "There were eight of us. When I think back to the time I spent at the clinic, I cannot, I cannot help but stumble over that number. What might have been. What could have passed? None of us will ever know. I suppose I will still be asking the same question when I'm standing over my own grave. But back then, all I knew was that we had a job to do. Ease the burden of poverty. Stamp it with both feet. Push in the pain before it exploded. What we didn't know was that there would be skin left on the playground after it was all over and done with" (6).

To continue, "In March 1973, nine months after graduation, I landed my first job at the Montgomery Family Planning Clinic. On the day I started, two other newly hired nurses, Val and Alicia, began with me, the three of us like soldiers showing up for duty. Hair straightened. Uniform starched. Shoes polished. Caps squared. Child, you couldn't tell us nothing" (6). **FOUR.** "Alabama. Heart of America's Bible Belt. Home at one time to nearly half a million enslaved humans. I was a born and raised Ala-

bama, but up until the time I met the Williams family, much of my life in Montgomery had need circumscribed by my little community on Centennial Hill. Mama was a Link. Daddy belonged to the Boulé. When I was four years old, Dexter Avenue Baptist Church hired a twenty-five-year-old pastor named Martin Luther King Jr. Not long after, he was elected to head the buss boycott, eventually Leading the voting rights march up the steps of the state capitol in Montgomery. When Daddy took me to see Dr. King, he pointed at the gathered crowd and said, You see these people? You got to make your place among them" (20).

FIVE Summer 2016. "I have driven this Volvo since I bought it new fifteen years ago. I live just a few miles from the hospital, so it only has a little over fifty thousand miles on it. You suggested I rent a car with all the latest technology for this trip. I refused. What until you get in those little country towns with weak radio stations, you said. I prefer the silence, I replied. How will you charge your phone? In the cigarette lighter, the way I always have. Did you change the oil? Girl, be quiet. // The route from Memphis to Montgomery could take me through Olive Branch and get me there in as five hours, but I got things to do before I reach my hometown. Business to take care of. Visits. I have called and texted to let folks know. I don't like surprises, never have. So, I am careful not to do it to others. // I gas up the car and wipe my hands with sanitizer. As I settle behind the wheel, my phone rings. It's Dr. James, my relief at the hospital. He has a question about a patient. I gently inform him that I completed all my charts before I left. I offer to log in the portal when I reach my hotel, but he is chastened enough. Enjoy your trip, he says. Where are you vacationing, anyway? I pause. Home, I say. Montgomery. As I uttered the word, it weighs on me that I have not been back in a decade. Since daddy passed and Mama moved to Memphis, there is little reason to visit. And to call it vacationing is a stretch. The road in front of me does not promise a respite" (28-29).

Jim McKeown is an McLennan Community College retired English professor.

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BELLMEAD | CONTINUED FROM PAGE 1

ation.” Malik’s healing began to take place when she took him to a chiropractor.

Trunell admits that she wishes she had known about chiropractic at the beginning of Malik’s illness, but she is certain that her two-year journey with her baby’s health was God, leading her to her destiny.

The doors will open for business in Bellmead on December 1, 2022. In an effort to give back to the community, the clinic is offering first-day visits for \$38.00. This rate includes a consultation with the doctor, examination, X-Ray, Report of Findings, and therapy. This special is for new patients who schedule an appointment during the months of November and December. Call (254) 224-5344 today to start your wellness journey.

Hillcrest Chiropractic Clinic has 3 locations to serve the community: Waco – 6701 Sanger Avenue, Suite 104, Waco, TX 76710, (254) 754-4000; Gatesville – 606 E. Leon, Gatesville, TX 76528,

(254) 248-1335; and Bellmead – 4209 Bellmead Drive, Bellmead, TX 76705, (254) 224-5344.

Call today for office hours and to schedule your appointment.

On November 29, 2022 via Election Buddy, the election of officers and at-large members of the Executive Committee of the Waco McLennan NAACP will take place. Polls will open from 5:00PM-9PM. In order to vote in a Branch election, one must be a member in good standing of the branch 30 days prior to the election. A form of identification is required.

Should a run-off be necessary that election shall occur on December 12, 2022 via Election Buddy from 5:00PM-9:00PM. Run-off elections shall be conducted not less than ten (10) days after the original election.

We look forward to your participation in these activities.

Mrs. Delicia LeBlanc, Secretary



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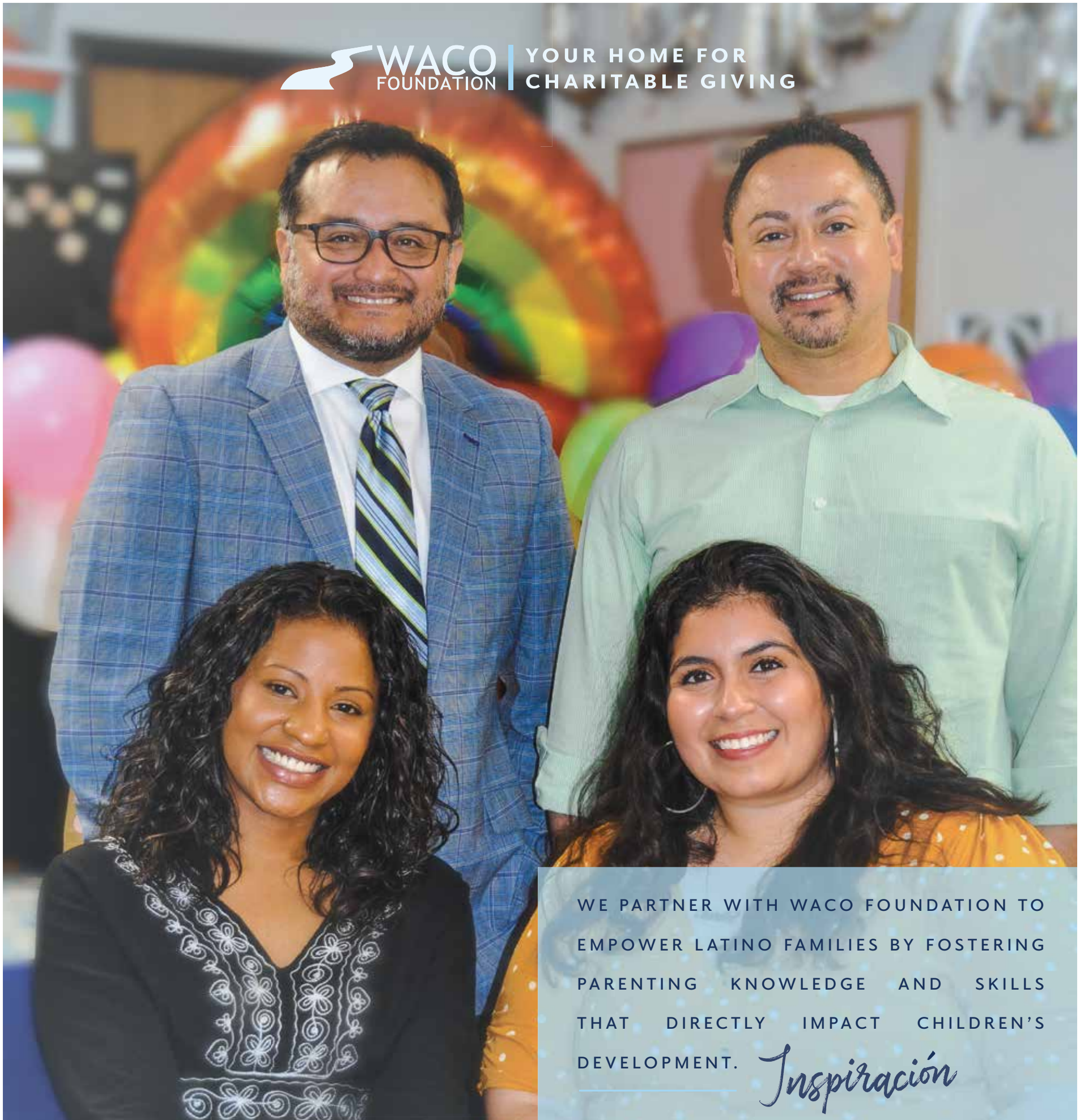
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