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THE *Anchor* NEWS

FREE! | NOVEMBER 2024 VOLUME 22, NUMBER 4

MEET JAIRO RAMIREZ

BY DR. SHAMONICA TRUNELL

Dear Waco Community,
I am thrilled to introduce Jairo Ramirez, our new chiropractic intern at Hillcrest Chiropractic Clinic. As a native of Waco and a proud graduate of Waco High School, Jairo embodies the spirit of our community. Since his graduation in 2017, he has been on a dedicated journey to pursue a career in chiropractic care, seeking to make a difference in the lives of those around him.

Jairo's passion for health and wellness was ignited during his high school years when he experienced firsthand the benefits of chiropractic care after an injury. This transformative experience inspired him to explore how he could help others achieve similar benefits. He went on to attend Parker University, where he immersed himself in the study of anatomy, physiology, and holistic health approaches that promote overall well-being.

Now, as he returns to Waco, Jairo is eager to apply his knowledge to serve his hometown. He is particularly interested in working with individuals recovering from injuries, as well as those



JAIRO RAMIREZ

seeking to improve their mobility and quality of life. Jairo believes that everyone deserves access to quality healthcare and is committed to making chiropractic services approachable and effective for all.

In his internship at Hillcrest Chiropractic, Jairo will be actively involved in patient care, learning from our experienced team, and participating in community outreach programs. He is passionate about educating patients on the benefits of chiropractic care and how it can be integrated into a healthy lifestyle.

Outside of his professional pursuits, Jairo enjoys par-

ticipating in community activities, volunteering, and exploring the beautiful outdoors that Waco has to offer. He is particularly excited about engaging with local sports teams and wellness programs, where he can share his knowledge and help promote a healthy lifestyle among residents.

Jairo understands that building strong relationships with patients is vital for effective care. He is committed to creating an open and supportive environment where patients feel comfortable discussing their health concerns and goals. He believes that through collaboration and mutual respect, he can help patients achieve their desired outcomes.

We are excited to have Jairo as part of our team and look forward to the positive contributions he will make to our practice and the broader Waco community. Please join me in welcoming him back to Waco as he embarks on this meaningful journey.

If you have any questions or would like to learn more about our chiropractic services or Jairo's role, please feel free to contact us. Together, let's support Jairo in his mission to enhance the health and well-being of our community.

DR. R. CUMMINGS— PASTOR, MUSICIAN, SONGWRITER

Dr. Robert Cummings grew up in a single-parent household, where his mother emphasized the importance of faith in Jesus Christ. At 14, he accepted Jesus as his Savior, and by 16, he was called to ministry, preaching his first sermon. His deep commitment to understanding Christ led him to diligently study scripture, fostering a profound relationship with God. Under the mentorship of experienced elders and pastors, Dr. Cummings grew significantly in faith and Christian leadership, establishing himself as a preacher and music minister.

As an energetic pastor, Dr. Cummings has a proven track record in ministry, music, and community engagement. For fourteen years, he has faithfully served the Rising Star Baptist Church and the East Waco community, where his compassion,



DR. ROBERT CUMMINGS

love for people, and commitment to evangelism and discipleship have made a lasting impact. He and his wife, Carolyn Cummings, founded a nonprofit dedicated to building lasting relationships that connect the church and community. Dr. Cummings's ultimate hope lies in Christ, with the aspiration to one day hear, "Well done, thy good and faithful servant."

—THE ANCHOR NEWS—



CASSANDRA DEBRA WILSON

REV. DEBRA WILSON—MINISTER, SINGER, SONGWRITER

Cassandra Debra Wilson was born and raised in Waco, Texas. Her singing and writing career began in 1999 after completing a nine-month Therapeutic Community program to overcome drug addiction. Since then, she has devoted 26 years to deliverance and

healing.

Wilson is a community worker and the founder of *Genesis Gospel Singers* and *BOLD Ministry*. Putting God first has been the best decision of her life, allowing her to achieve many things. Wilson has worked as a hairstylist for 30 years and has

been a licensed cosmetology instructor for 10 years. She owned *Divine Cuts and Styles* for five years until the COVID-19 Pandemic caused changes worldwide. She currently works at *Bella Beauty College* as a beauty instructor and Director of Education.

Grateful for her journey, Wilson believes God has always guided her. Her experiences and forgiveness from past mistakes have made her stronger, wiser, and better.

For booking, call 254-548-6782 or email Debrawilson777@yahoo.com.

**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.

RODNEY HOWELL, JR: THE BENEFITS OF MUSIC IN EDUCATION

BY WB GUNTER

Now that school is in session, music can be heard in the hallways and on the practice fields. But, how and why does music attract and motivate students? According to the opening lyrics of the song, "Sir Duke," by Stevie Wonder, "Music is a world within itself with a language we all understand."

Mr. Rodney Howell Jr., a dedicated music teacher with 6 years of experience in Killeen Independent School District provided insight into the benefits of music. His musical roots run deep. Rodney has performed internationally and continues to perform. He has a genuine connection and love for music and its transformative effect. Rodney states, "What keeps me coming back to teach is in my class, students start with a blank slate. What they learn at this level is different from what they learned in

**RODNEY HOWELL, JR.**

elementary school. They don't know that they're going to love music, and that's very gratifying to watch. Generally, when students enter band, they have no idea what to expect. There's no auditioning, no pre-qualifications, I will teach them everything they need to know. That relieves pressure from the stu-

dents."

Two questions Mr. Howell answered were, what are the benefits of listening to music and what are the benefits of learning music. He explains, "Before children are born, they hear music. Some parents introduce classical music. "Instrumentals help the brain dissect the differentiations of sound. Whereas, music with lyrics aid in the development of phonics and language. Both are equally important to cognitive development."

Music affects moods. As students move throughout the building, I play music. They begin to move and get in the mood for the next class. As students transition, I may play blues or another genre to encourage them to analyze the beat. Some students will listen while they reflect or imagine. Even when the music is unfamiliar, students are analyzing the rhythm, instruments, beats, arrangements and patterns. The sound created by music is captivating and it develops musical acuity."

Learning music teaches a student how to commit and

stick with something. Once an instrument is chosen, they have to commit. That's a good life skill that teaches how to push through challenges, even if they don't like it. Music builds confidence as musical skills grow. It's an amazing accomplishment. As student learn they are consistently using critical thinking skills, figuring out how the notes work in compositions, how to move between notes. Practicing empowers students to take ownership of their development. They begin to understand collaboration at a high level. Success is the vision, and their value in their abilities makes strong peer relationships. Being able to play an instrument gives kids an opportunity to showcase another talent. Intelligence is on display in class, and the results of that level of success repeats itself.

Students don't have to know how to read music, I will teach them. We do elementary recruitment. I have over 200 students. I was named Teacher of the Year. Students learn because I create a good culture for them. I am a teacher who wants and expect them to succeed, motivated or not. My job is to teach students how to practice, set the standard so they will learn and practice on their own. By learning music, they have an intrinsic standard of mastery established." Music isn't passive. "It's competitive. We have regionals. My kids can play at the top level of excellence." That's confidence and his students can back it up. Any student who learns music has a lifelong skill that will open doors.

To learn more about Mr. Rodney Howell, Jr. and where he will be performing, visit his website at RodneyHowellMusic.com.

A TIME FOR THANKSGIVING: I WILL NEVER FORGET

BY LINDA CRAWFORD

At this time five years ago, I was in Baylor Scott and White Hillcrest Hospital. November 6th was my first day, the beginning of what was a very long, 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 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

**LINDA CRAWFORD**

for my "good." No, we did not say or believe that God "gave" me a stroke or that God "made"

SEE **THANKS**, PG. 9

THE *Anchor* NEWS

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PURPOSE

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

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Anchored on the principles of scripture, *Anchor News* will at no time publish information that is potentially libelous material or intentionally malicious, derogatory or irrelevant.

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

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HANDLING A SLOB

BY MONA DUNKIN

A client who had established a home business with her husband asked, "How do you live and work peaceably with a slob?" Although a Felix Unger and Oscar Madison combination is difficult, hopefully the following thoughts may contribute to harmony.

State it, don't stuff it. Rather than stuff your frustration, state your position in a positive manner and with a pleasant attitude. Use "I" statements. Focus on things that can be changed and do not stack attack. Have a resolve suggestion in mind before addressing.

Do not respond negatively to negativity. Getting along with different personalities, likes, and dislikes has a lot to do with maturity and a mark of maturity is emotional stability. See abilities as an action rather than an emotion. Responding pleasantly to another's reaction lessens the impact of their actions on you.

Ask for change without demanding change. Demands engender defensiveness whereas asking lends to cooperation. Be specific. Do not beat around the

bush and do not hint. Openly communicate. You cannot control another's ambition nor lack thereof.

Assess the situation. Is the mess a character flaw or lack of resources? Is there a need for filing cabinets, or storage bins? Could a closet be added? In tight quarters, utilize wall space for shelves above existing furniture. Has the time come to move to a larger space? Do you need to hire office assistance or cleaning help?

Eliminate, simplify or be neat. Some have a knack for organization and others do not. Rather than berate his/her weakness, offer non-threatening ideas. Stack it neatly. Box it up. Put it in drawers or behind cabinet doors. Give away or recycle. Offer to help in the tidiness project.

Everything needs a home. If the item does not have a home, it is clutter. A lady came to me out of frustration with her husband and children leaving things askew and cluttered.

Together we assessed the situation and possible solutions. We purchased baskets and organization items. We labeled the baskets and placed them strategically.



MONA DUNKIN

A large basket by the den door and a coat-hanger strip became home to sports equipment. Baskets on the kitchen cabinet became home for mail, coupons, pens/scissors, keys and pocket change. A basket

was placed by the fireplace with each child's name. As the room became cluttered with shoes, books, or toys, the wayward items were temporarily placed in the child's box for him/her to return to its original home. Even though the husband had been a major contributor to the clutter, he told his wife, "I am so glad you did this. All that junk made me nervous." Go figure.

What if they will not cooperate? First, assess your options. Is the mess unbearable or just not up to your standards? Is the disorderly situation new, or have you failed to set boundaries and now have had your fill? What is more important, neatness or the relationship? Is the clutter contributing to lost sales?

Secondly, assess the locus of control. Being pleasant in a difficult situation is more about you than them. I love the Catholic prayer, "For the sake of Your passion, grant us grace." Grace is giving undeserved leniency. As an aside, being a peacemaker sometimes involves making waves.

Relationships - and neatness - are difficult. Handle with love and kindness.

Mona Dunkin is a Motivational Speaker, Corporate Trainer and Personal Success Coach. monadunkin@gmail.com. Don't cope, overcome. I have developed a series of life-changing solution principles that address universal needs. I would love to share them with you. Please let me hear from you.

PRAYER: THE ATTITUDE AND PRACTICE OF GRATITUDE

BY MICHAEL JONES

The world today is experiencing great confusion and conflict that has made humanity forget some fundamental values which could save us from great misery - and one of these forgotten values is thankfulness. A sense of entitlement pervades many societies and prevents them from appreciating or acknowledging the gifts they enjoy - or even understanding them. For many, that tribal or personal sense of impatient entitlement or resentment has replaced simple gratitude. Too many people spend more time dwelling on things they lost or wish for or demand, and not enough time appreciating the blessings they have.

What is gratitude? If merely internalized, it's no more than a feeling. On the other hand, an act of gratitude is the practice of actualizing appreciation of things that matter in your life; it can be to and for your family, friends, for job opportunities, good health or living conditions, the list goes on. Through daily, disciplined acts of gratitude, such as waking each morning and writing down five things we are thankful



MICHAEL JONES

for, we may begin to appreciate life more and steadily advance our spiritual growth.

But what if we are looking at gratitude too simplistically? What if manifesting gratitude is more than appreciating the stuff we have and receive? What if prayers are our most effective expressions of gratitude to the Source of every blessing?

As a Bahá'í, I'm incredibly grateful for the writings that guide Bahá'ís from our first weeks and months in the Faith to beyond our physical existence. Bahá'í writings explore educating children, human relationships, family, choosing spiritual paths for our lives, facing tests

and difficulties that come our way - even including how to view the meaning of death and our journey to the next world. Bahá'í writings cover all aspects of human life, giving us guidance and joy and hope.

I am relatively new to the Bahá'í Faith, and in deepening my own belief and understanding, I've done my best to adhere to our practice of saying our obligatory daily prayers. For me, praying is my physical and spiritual act of acknowledging and expressing gratitude for the life I am experiencing in His name. I have further found that actively mirroring God's love, mercy, compassion by demonstrating God's unconditional love is more gratifying than just saying thanks for my material possessions, advantages, and human relationships.

All this guidance, provided for our benefit, can help us to aspire to a higher spiritual understanding. In return, we must remember that work done for others in the spirit of service is worship and thanksgiving. To learn more, please visit our local Bahá'í website at www.wacobahais.net or the global information site at bahai.org/beliefs.

Eat ye, O people, of the good things which God hath allowed you, and deprive not yourselves from His wondrous bounties. Render thanks and praise unto Him, and be of them that are truly thankful.

-- Bahá'u'lláh --



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



bahai.org/beliefs/

WACO NATIVE RECEIVES A DOCTORATE DEGREE

On the surface, Jacqueline is a quiet wife, mom, and grandmother. What most people don't know is Jacqueline has quite the past. She was born Jacqueline Renee Shelton into a military family. Both of her parents, Reby Shelton (Johnson) of Pelham, TX and James Shelton from Connellsville, PA, were enlisted in the US Air Force. Jacqueline is the third of four children: James Jr. (deceased 2022), Reva, and Jan (deceased after birth). The military relocated the family to several destinations before returning to Waco, TX, in 1972.

Jacqueline attended Brook Avenue Elementary School, North Junior High School, and graduated from

Waco High School in 1979. She attended one semester at McLennan Community College the summer after graduating but had already enlisted in the Air Force. In December of 1979, Jacqueline traveled to San Antonio, TX (Lackland Air Force Base) to begin her military career. She planned to do one enlistment (four years) and come back to Waco. Jacqueline was trained as an Administrative Specialist which meant she was a secretary whose duties included taking care of all members in her section, managing the daily activities of officers and the higher ranking enlisted.

Her duties included typing, personnel, finance, bud-



DR. JACQUELINE EVANS

gets, travel, and purchasing. Jacqueline was a one-person stop for up to 150 to 200 members at a time. At her last duty station, her duties remained the same and gained an additional duty of being a dorm mom to Air Force Cadets. Her military career took her to Michigan, Germany, South Dakota, England, back to San Antonio, and Alabama with small tours between the main assignments. She was honorably retired on April 1, 2000, after serving 20 years, four months and 18 days of active military service.

Atlanta, GA was Jacqueline's next stop. She had no family in Georgia but felt Atlanta would be a great place to raise her three children. Besides, starting over in new places was nothing she hadn't done before. She found a job as an executive administrative assistant with IBM. The job helped fill a

gap but was not satisfying, so she kept looking for other opportunities. The Coca-Cola Company was the perfect place, where she was hired as an administrative specialist and purchaser for the company headquarters. Laboratory was a position she was used to, and the pay was more than satisfying. The position was similar to her military duties. She was busy supporting two local and five global laboratories around the world, tracking several million-dollar annual budgets, creating purchase orders, paying bills, ordering and warehousing chemicals, meeting with vendors, working with executive local and global travel, and so much more. Jacqueline worked with scientists and chemists who looked like she and it was here that she became serious about a college degree. She was the only person in her department without a degree.

Throughout Jacqueline's military career, she took college courses but never obtained a degree. In 2004, Jacqueline restarted her education at Shorter College which had campuses located all around Atlanta. The great thing about Shorter College is they offer night classes tailored towards working adults. At this time, Jacqueline was a single parent of three, was working on a career, and now, working on being a full-time student. In 2006, Jacqueline graduated from Shorter College with a bachelor's degree in business management. She went back to Shorter University (name change) and in 2011 and received her master's degree in organizational leadership with a 4.0 GPA. Now, she was equal to

her peers at work.

She felt accomplished but not satisfied so she enrolled in an online doctorate program at Grand Canyon University in December 2012. This time she wanted to study religion. Her objective wasn't to become an ordained minister but to help with church administration and with the church youth. This degree was personal for Jacqueline. The program that worked for her was a doctorate in education (Ed.D.). She never was an educator by trade but jumped in with both feet. The degree took a full 10 years to complete. Jacqueline graduated in 2023 with a Doctorate of Education degree in Organizational Leadership with an emphasis in Ministry Studies.

Dr. Shelton-Evans reconnected with her high school sweetheart, Richard Evans, in 2003. The two were married in 2008. Richard and Jacqueline had a long-distance relationship since rejoining in 2003. Jacqueline retired from The Coca-Cola Company in 2016 – never able to use her degrees but grateful for her blessings. She finally sold her home in Georgia and moved back to Texas in 2022 after being gone for 42 years. Together, Richard and Jacqueline, have four children and 10 grandchildren. Today, Dr. Jacqueline Shelton-Evans uses her degree at Antioch Missionary Baptist Church in Waco, TX, as the Youth Coordinator. She and volunteers of Antioch serve the church and community youth through tutoring, teaching Bible verses, assisting with arts and crafts, mentoring, and even sharing meals with them. Jacqueline is finally living her dream.

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WHY YOU MAY NEED MORE THAN JUST ORIGINAL MEDICARE

BY MARGARET IVORY

In 2005, I had Medicare booths at three Wal-Mart locations: on Franklin Avenue, in Hewitt and in Temple. People used to call me "Miss Wal-Mart" because they would see me at the various locations where I knew the staff and the customers of all of the locations.

I was always confused about which location I was supposed to be and was continuously whipping up and down Interstate 35 to meet my clients who were already at the correct location.

One day, an older lady sat down in a chair at my Franklin booth and wept. I got up and put my arm around her, gave her tissues and let her cry it out. When she composed herself, she told me that she had just declared bankruptcy earlier that day.

She had Original Medicare Parts A and B. She had a pension from her retirement. She had a monthly Social Security check. She had about \$50,000 in the bank. In 2004, she was in the hospital four times.



MARGARET IVORY

Here she was at my booth physically healthy but financially sick. Since she only had Medicare Parts A and B, she was subject to a Part A deductible and Part B 20% co-insurance. In 2004, the Part A deductible was \$876. The Part A deductible has to be paid each time a person is out of the hospital more than 60 days between admissions if all that they have is Original Medicare (Part A + Part B). Worse of all, is that there isn't any stop loss or maximum out of pocket. You can

keep paying until the cows come home.

In her case, she was in the hospital each season with more than 60 days elapsing between admissions. Paying the \$876 four times was bad enough but what destroyed her funds in the bank was the 20% Part B coinsurance. Her worse bill was \$65,000 so she had to pay \$13,000 + \$876 (\$13,876) for that one bill but remember she had four bills, \$13,876 x 4 equals more than \$52,000.

All of her precious hard earned savings was sucked up in one swoop and there she was at my booth financially bankrupt. I taught her about Part C Medicare Advantage Plans plus Part D Prescription Drug Plans. I was able to sign her up that day for a great plan that had a maximum out of pocket which was about \$3000.

If she had a Part C plan in 2004, she would not have had to file for bankruptcy. She could have paid the maximum out of pocket and perhaps did a little part time job to reimburse her savings account or save that amount up from her

pension and social security check.

When she left my booth, she was very calm and composed. She knew that she would never have to be in that position ever again, the horrible possibility of losing all of her savings due to medical bills.

I recommend that you receive a Medicare Analysis to see if a Part C plan with a Part D plan attached would be good for you.

Are you turning 65 years

old soon? Are you retiring soon from your job?

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

Praying this is a great day for you. Stay Safe! God Bless!
Margaret Ivory 254-523-897

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ALL THAT WILL LIVE GODLY IN CHRIST JESUS SHALL SUFFER PERSECUTION

BY PASTOR
MATTHEW REED

To speak of the persecution of the church is accurate and true. Praying for them is the right thing to do, but in all labor there is profit.

I am reminded of Proverbs 26:13 (The slothful man saith, "There is a lion in the way; a lion is in the streets." We need to pray for the persecuted, but we also need to use the weapons we have to help them overcome the persecutions; that is where the glory is for the church and for God.

Matt. 5:11 says, "Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my



PASTOR MATTHEW
AND LADY HELEN REED

sake."

First, suffering persecution for Jesus sake is a privilege, an

honor, our duty, and unavoidable. John 15:20 says "if they have persecuted me they will persecute you."

In Acts 9:16 Jesus says, "I will shew him how great things he must suffer for my name's sake. IITim.3:12 says, "All that will live Godly in Christ Jesus shall suffer persecution!"

Sounds to me like persecution is something we ought to be preparing the church for. Since Jesus is not a liar, it is to be expected. This may surprise you but in Matt.10:23 Jesus tells the people to flee into another city. We have to be Holy Ghost led so that we know when to stand and when to flee.

There is a time and a season for everything. This is not some kind of a game we are playing; there is a real enemy, so it is not wise to go to the war without proper preparation for this is a real fight. No man should go to war without counting the cost. It is not like

Jesus has not made known to us of these persecutions.

Knowing that persecutions are coming doesn't lessen the stress or suffering when they come. This knowledge should help us not to take lightly this spiritual warfare whether we are personally going into it or preparing others and it doesn't matter whether it be in some foreign land or in our households a prepared warrior is a mighty warrior and will not faint quickly, for the prize is given to them that overcome the enemy. Romans 8:17-18 gives us a view of Paul's state of mind concerning suffering for Christ's sake in verse 17. "And if children, then joint heirs; heirs of God, and joint heirs with Christ; if so be that we suffer with him, that we may be also glorified together. 18 for I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us."

(Acts5:4) After having been beaten in verse 40 we find the apostles rejoicing that they were counted worthy to suffer shame for his name. Since there is going to be persecution, I advise people to take this in account before they begin the journey. Once they begin to engage the enemy, this is no time to find out the price that has to be paid and discover they you don't have the stomach for it.

No pain No Gain! The key is that the suffering we Christians go through must be in Christ and for the advancing of the Kingdom Of God, not for some ideology. Jesus suffered for the eternal soul of men. This is a war for the kingdom of God and the souls of men. Jesus, Paul, and other disciples led the way. If we intend to have success as they had and continue to advance the kingdom of God we are going to have to get some stomach for the fight and commitment to God!



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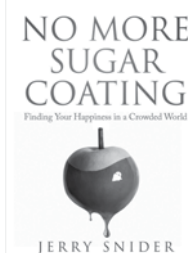
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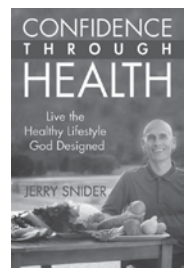


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Chi Eta Phi Sorority, Inc. is a non-profit professional organization of registered nurses that aims to develop healthy communities through advocacy, collaboration, education, leadership, research, and service. There are over forty chapters located throughout the United States, District of Columbia, St. Thomas U.S. Virgin Island and Liberia, West Africa.

The local chapter Sigma Phi originated in September 1998 under leadership of Frankie Lewis who served as the chapter's first president. Guided by the organization's motto, "Service for Humanity" Sigma Phi has served the McLennan County community for 25 years.

It is vital for creating healthier communities, the organization focuses on programs to fulfill the Sorority's mission through community outreach focusing on health promotion/disease prevention, leadership development, mentoring, recruitment, retention, and



ALMA MAIGO

scholarships.
Through partnerships with

other organizations, Sigma Phi chapter has provided hygiene products to local long term care facilities and socks during winter months for the homeless as well as, provide health education and awareness to local school districts in the city of Waco and with local churches. The chapter also participates with the Susan G. Komen Race for the Cure of breast cancer, American Heart Walk, Alzheimer's Walk, St. Jude Children's Hospital, March of Dimes for babies, women's abuse shelter, Central Texas African American Chamber of Commerce, Salvation Army Homeless Shelter, Shepherd's Heart Food Pantry Ministry and a local community Senior center. Alma Maigo serves as the current chapter president along with 20 other registered nurses.

Sigma Phi chapter is deeply committed and determined to serve the Waco community by making a positive impact in the lives of others.

Sigma Phi may be reached via email at SigmaPhiWaco1998@gmail.com.

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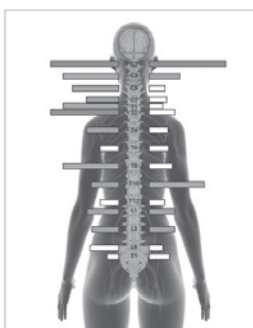
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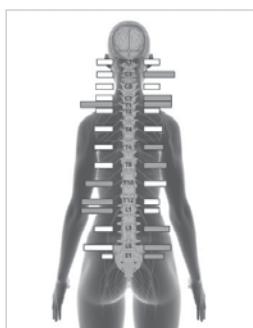


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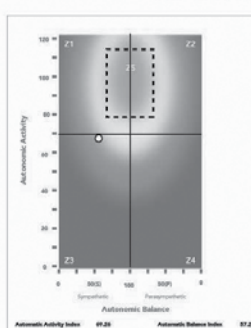


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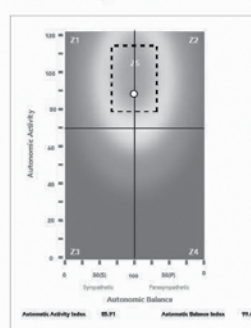


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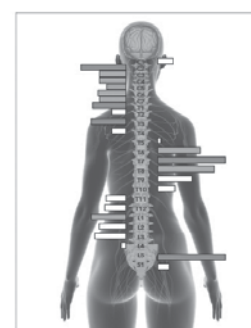


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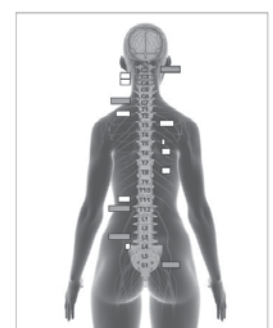


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THANKS | CONTINUED FROM PAGE 1

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 beau-

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DO YOU KNOW WHAT YOU ARE EATING?

BY JERRY SNIDER

Regardless of what your political views are, if you have been paying attention during this year's election cycle you have likely seen the focus that has been put on what ingredients are in our food. We should all be able to agree that it's appalling for food manufacturers to include a bunch of chemicals in the products they sell in America that aren't included in the same product they sell in other countries.

Without getting into the details of why that has been allowed to happen in the U.S., how are you supposed to know what foods are truly

healthy and safe compared to which foods aren't?

Even though the restrictions may not be very tight on which chemicals may be included in our food, the label must include everything the manufacturer uses as an ingredient. Comparing the food labels for the same packaged food in different countries has been what caused this to become news in the first place.

One simple rule of thumb is to avoid eating anything that contains an ingredient you can't pronounce or that looks "too chemically" by name. But that might not always be the best advice because some healthy herbs and minerals are



JERRY SNIDER

hard to pronounce. What I prefer to do is judge by the number of ingredients and avoid

the things that are ambiguous, like natural flavorings.

The term natural flavorings covers almost anything the manufacturer wants to include in the product to change the flavor, typically to make it taste better. There are also a dozen or more different names for processed sugar that we must be aware of because of the health consequences of consuming too much processed sugar.

The biggest thing to look for when reading ingredients on a product list is...does the main ingredient (the first thing on the list) reflect what the item is? For instance, if you are buying some crackers, is the first ingredient a type of flour (wheat, rice, etc.) or is it a chemical. If you are buy-

ing a bag of rice, stick to the bag that has rice as the only ingredient. Limiting the number of ingredients (especially the ones you can't pronounce) makes it easier on your body to filter out the chemicals and keep you healthy.

Have a health 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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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 backyard to hide it from the bank. Let's face it. It was an old piece of stick-shift junk, but it was all I had, and I was behind on the payments. But tonight, in my panic to get out of the house, maybe the backyard wasn't so smart. Dressed in a gown, house shoes, and a thin jacket, I gripped the keys that were pinned inside my bra. Oh yes, my bra. That was the safest place to keep my

valuables, like my car keys and what little money I had. I had learned a lot in my 29 years. With lightning speed, I dashed out the backdoor, tripping over the threshold, but still holding my balance and determination. Thank God my boy was spending the night with a friend. It was pitch-black dark outside, as I had no time to flip on the outside lights. I just needed to get out. Once inside my car, I let out a sigh, unaware that I had been holding my breath. Quickly locking the car doors, I knew I was on my way. The car was run down and bent up, but it was my path to freedom tonight and my only means of transportation. I'll never forget it. It was a gray and black Toyota, well....a fading gray and a fading black, a hatchback, about 8 years old at the time, and a stick. Ha! A stick. That could be a holdup since I was still in the learning stage, but I could handle it. I tried to crank the old trap, but it just clicked. I tried again, combining my efforts with a plea. "Please God, I need my car!" Just as the motor turned over, I heard that dreadful sound, a swatch-type sound, like an old screen door dragging. My God! He knew I was going to try to get away. He



LINDA MASON CRAWFORD

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>.

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

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

Rey

5.0 OUT OF 5 STARS | EXCELLENT BOOK

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

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IT'S IMPOSSIBLE TO LIVE IN TWO WORLDS SIMULTANEOUSLY, PART 3

BY EVANGELIST
RUBY MCCRAY

Continued from the October issue of The Anchor News. To find previous articles about other subjects, please go to www.theanchornews.org. Click "Archives," and you'll find several years.

I have been asked on several occasions, "How can I know for sure that I am a child of God?" It takes faith to know that. First, one must know that he/she was born in sin because of Adam who sold us all out to the devil. We must confess that we are sinners and ask for forgiveness of our sins, accept Jesus as our Savior, make Him Lord and be baptized: Romans 3:23; 1 Corinthians 15:20-22; 1 John 1:9; Romans 10:8-10; Romans 6:1-4.

Jesus commanded that all new converts be baptized: Matthew 18:20-22; Mark 16:15, so that's what the disciples did; and now, this is what we are doing.

"He came into the very world he created, but the world didn't recognize him. He came to his own people, and even they rejected him. But to all who believed him and accepted him, he gave the right to become children

of God. John 1:10-12 You must know that God can't lie. It's not that He won't lie; He can't lie, no more than I can fly. Titus 1:2

"And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him." Hebrews 11:6 Faith comes and is developed by spending time in God's Word, the Bible.

Years ago, there was an advertisement on television about Tide detergent. It said something like, "Tide in, dirt out." That's the way it is with studying the Bible. The more Word you put into your life, the more sin will come out.

"So, faith comes from hearing, that is, hearing the Good News about Christ." Romans 10:17 There's no way that one can continually hear, study and meditate on the Word of God and remain the same. That's why we are admonished to be careful about watching, handling and even listening to the wrong thing. Psalm 101:1-8

"Make them holy by your truth; teach them your word, which is truth." John 17:17

"How can a young person stay pure? By obeying your



EVG. RUBY MCCRAY

word. I have hidden your word in my heart, that I might not sin against you." Psalm 119:9, 11

"Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do." Joshua 1:8

The Gideons have blessed me by giving many Bibles to my ministry, both in English and in Spanish; therefore, every person that I'm blessed to lead out of the darkness of this world into the marvelous light of Jesus Christ, I'm able to give them a Bible and encourage them to read it daily.

I suggest that they read three Chapters each day, representing three physical meals: breakfast, lunch and dinner. Why?

"So, get rid of all evil behavior. Be done with all deceit, hypocrisy, jealousy, and all unkind speech. Like newborn babies, you must crave pure spiritual milk so that you will grow into a full experience of salvation. Cry out for this nourishment, now that you have had a taste of the Lord's kindness." What is the pure spiritual milk? It's God's Word, the Bible. 1 Peter 2:1-3

Precious people, if you're tired of straddling the fence with one foot in the church and the other in the world, you MUST study the Bible every day. You don't even have to read it; download a Free Bible App and let it read to you. I recommend the New Living Translation for easy understanding. When God sees that you are serious, He'll begin to give you revelation knowledge. You'll even begin to have dreams and visions.

You see, the devil will share you with God because he knows that he has all of you, but God will not share you with the devil. Exodus 20:4,5 He is a jealous God, and right-

fully so. He created you and me to bring Him glory, (Isaiah 43:7; 45:9-13); yet we run from Him like He's the devil and run to the devil like he's God.

"Everyone who believes that Jesus is the Christ has become a child of God. And everyone who loves the father loves his children, too. We know we love God's children if we love God and obey his commandments. Loving God means keeping his commandments, and his commandments are not burdensome. For every child of God defeats this evil world, and we achieve this victory through our faith. And who can win this battle against the world? Only those who believe that Jesus is the Son of God." 1 John 5:1:5

Please join me in December for the conclusion of this series. All Scripture is taken from the New Living Translation Version of the Bible unless otherwise stated. You may not believe me, but 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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THANKS

CONTINUED FROM PAGE 9

tician, Anita, came to the hospital to do my hair, Lisa came to do my nails, Lois and Kathy bought me gifts and nurses told me they had never had a patient who received so many flowers that it became a challenge to find space 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, and so many more. 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 warmest 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, 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 every day 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 was doing or that my newspaper designer, Scott, would patiently help me keep the Anchor News together? Who knew?

Five 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.

IMPROVE INDOOR AIR QUALITY IN YOUR HOME

**SUBMITTED BY
LINDA MCDONALD**

Indoor air quality is essential for a healthy home environment. Poor air quality can lead to allergies, respiratory issues and other health problems. Here are a few ways homeowners can improve the air inside their homes.

Ventilate your space: Open windows and doors whenever possible to allow fresh air to circulate and remove indoor pollutants. In colder months, use exhaust fans in kitchens and bathrooms to maintain airflow



LINDA MCDONALD

and reduce moisture buildup.

Change HVAC filters: Heating and cooling systems can trap dust, pollen and other airborne particles. Replacing HVAC filters regularly—about every 1–3 months—ensures your system is circulating clean air.

Add houseplants: Certain houseplants, such as spider and snake plants, naturally filter air by removing toxins like formaldehyde, benzene and carbon monoxide.

Use an air purifier: Air purifiers with HEPA filters can help remove allergens, dust, pet dander and other contam-

inants from the air—especially helpful in homes with allergy sufferers. **Reduce chemical pollutants:** Avoid using harsh cleaning products, aerosol sprays and air fresheners that release volatile organic compounds (VOCs). Opt for natural, nontoxic cleaners to keep the air healthier.

Linda McDonald, Coldwell Banker Apex. 254 855-1717 *Questions about investing? Let's connect. My job is to take the guesswork out of this process for you. Linda McDonald 254 855-1717.*

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Tree of Life NDC

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

SUNDAY SCHOOL – 9:30

MORNING WORSHIP – 10:30

WEDNESDAY INTERCESSORY PRAYER – 6 to 6:30

BIBLE STUDY – 6:30 to 7:45

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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.

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Temple of Christ — CHURCH —

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MORNING WORSHIP11:15 a.m.

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

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