

SERVING *the* CENTRAL TEXAS COMMUNITY for 22 YEARS!

# THE Anchor NEWS

FREE! | OCTOBER 2024

VOLUME 22, NUMBER 3

## DR. NATHESIA WHITE USING DEGREES WITH PRACTICALITY

Dr. Nathesia White is a dedicated educator with a profound commitment to uplifting socio-economically disadvantaged youth. With a doctorate in education and a master's degree in psychology, she has honed a deep understanding of effective teaching methodologies and educational leadership, blending academic rigor with practical application.

As a passionate Christian, Dr. White integrates faith-based principles into her work, emphasizing the importance of compassion, integrity, and service. This holistic approach has guided her interactions with students, families, and colleagues, fostering a nurturing environment where learning thrives.

For the past five years, Dr. White has volunteered her efforts with the Equal Opportunity Advancement Corporation (EOAC), an organization dedicated to empowering underprivileged communities. As the current Chairman of the



**DR. NATHESIA WHITE**

Policy Council and a member of the EOAC Governing Board of Directors, she plays a pivotal role in shaping policies that address the needs of disadvantaged families. Her leadership is characterized by a collaborative spirit and a commitment to ensuring that every voice is heard. She is passionate about the community she

serves as she was once an individual who suffered from socio-economic hardship herself.

In her volunteer capacity, Dr. White works tirelessly to provide resources and support to studies and their families facing economic challenges. Understanding the barriers that many of these family's encounter, she advocates for programs that promote educational access, economic development, and social equity. Her efforts are aimed at serving families with dignity and recognizing their potential and resilience.

As an educator, who has served as instructor of record at Texas State Technical College and Waco ISD, Dr. White is currently an Instructional Specialist who employs innovative teaching strategies to engage students and foster a love for learning. She believes

SEE **WHITE**, PG. 3

## SUPPORT JEREMY DAVIS FOR COUNTY COMMISSIONER!

Since winning the Democratic nomination for County Commissioner, Precinct 2, on June 24, we've been breaking barriers and making history. Now is your chance to be part of this exciting movement! Our campaign has already surpassed fundraising goals and hosted an amazing dinner event—but there's more to come.

The final push is here, and we need your help! The deadline to register to vote is October 7, so don't wait! Early voting starts October 21 and runs through November 1, with Election Day on November 5.

It's critical that our community stays united and keeps its



**JEREMY DAVIS**

voice strong on the Commissioner's Court. I will be a voice for all of Precinct 2, working

tirelessly as an effective leader to ensure that every person's needs are heard and addressed. Together, we can maintain our seat at the table and continue building a brighter future for McLennan County.

Whether you can donate, volunteer, or spread the word, every action gets us closer to victory.

Be part of something bigger. Visit [Jeremydaviscampaign.com](http://Jeremydaviscampaign.com) to contribute, sign up, and join the winning team that's standing up for our community.

Let's keep the momentum going—and together, we'll win this!

Vote Jeremy Davis!

## HUNTER FOR TEXAS HOUSE OF REPRESENTATIVE DISTRICT 13

Albert Hunter has been a teacher in the public school system for 27 years both as a full-time teacher, part-time teacher and now, as a substitute teacher.

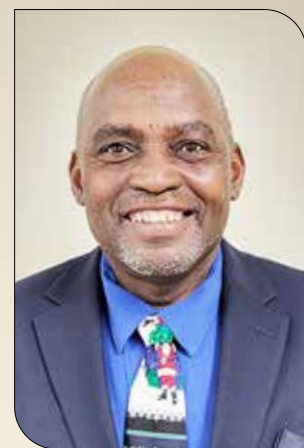
He has been in farming and ranching for over three decades. "I have been self-employed in this endeavor (raised cattle, planted field crops). I have also worked for others both for supplemental income and on a volunteer basis for fellow farmers and ranchers in need of a helping hand," said Hunter.

In addition to his teaching and farming/ ranching career, Hunter had a wide variety of both work and volunteer experiences.

He has a diverse work history, beginning with his role at the Meridian Drive Inn, a fast food establishment. He then served as an elementary aid at Meridian ISD through the Manpower Program, followed by a maintenance position with the City of Meridian under the same program. Albert also participated in the Texas Department of Transportation's Summer Work Program, gaining valuable experience.

His summer work continued with Bosque County Precinct 1, and he later worked as an evening cook at Meridian Manor Nursing Home. Albert's versatility is evident from his roles at Meridian State Park, where he handled summer maintenance and clerk duties, and at Sears and Roebuck Company, where he was responsible for credit and floor approvals.

Albert also worked as



**ALBERT HUNTER**

a waiter and bartender at Lake Waco Country Club, showcasing his customer service skills. His career further includes a significant role as the Bosque County Indigent Health Care Coordinator, where he managed bill payments and approvals.

Albert has dedicated over 20 years as an election worker, demonstrating his commitment to civic duties. He served three terms on the Meridian ISD School Board, contributing to the local education system. As a member of the Heart of Texas Council of Governments (HOTCOG) Health and Human Services Advisory Council, he played a role in regional health initiatives.

His community involvement extends to the Planning Committee for the City of Meridian and the Bosque County Re-districting Committee. Albert is an active member and treasurer of the Bosque Democrat Club and has advised the Bosque Coun-

SEE **HUNTER**, PG. 10



**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.

# NAACP SHARES VITAL VOTING INFO

## DR. PEACHES HENRY, WACO NAACP PRESIDENT

The most important thing is to VOTE! Join the "Me and 4 More in 2024" Campaign!

We are just days away from being able to cast our vote, and voters need to prepare themselves to vote. Despite the fact that many—in and out of government—are working to suppress the vote, Texans' can vote with just a bit of effort.

The Project VIER Coalition will be distributing *Plan to Vote* cards with election information in churches, barber shops, salons, businesses, libraries, colleges, and more. Look for the NAACP logo for trustworthy info.

### EARLY VOTING

Beginning Monday, October 21, voters can begin to vote at five vote centers around McLennan County. On the only Sunday of early voting, folks can join the community for *Souls to the Sunday* and vote together at the

Multi-Purpose Vote Center on Quinn Campus. Why wait? Vote early! Voters who vote early will be assured that their votes are cast. Significantly, early voters have the opportunity to get problems corrected before it's too late. Call the NAACP Elections Helpline with any problems (254-754-7001).

### VOTE CENTERS

Vote centers are voting sites located around the county (that's 46 sites) where voters can vote no matter what your precinct is. Thus, if you live in Hewitt but work in Bellmead, you may vote at the Bellmead Civic Center. If you live in Bellmead but work in Hewitt, you may vote at the Hewitt City Hall/Library. That is, you can vote at any of the 46 vote centers on Election Day and five during early voting. Go to McLennanVotes.com to locate a vote center.

Elections | McLennan County, TX

Access information about elections in the county.

**DR. PEACHES HENRY**

### VOTING BY MAIL

Qualifying voters who intend to vote by mail should immediately request an application to receive a mail ballot (Call the Elections Office—254-757-5043). They should complete and return the application as soon as they receive it. When voters receive their ballot, they should immediately complete it and put it in the mail being sure to follow all instructions. The McLennan County Elections Office has already begun mailing ballots to voters who requested them. Should voters want to return their mail ballots in person, the only day to do that is on Election Day, November 5 at the Elections Office on 4th Street, and the voter must return the ballot himself or herself. Elections Staff will come to a voter's vehicle to collect the ballot. Voters should bring their identification with them to turn in a mail ballot.

### CURBSIDE VOTING

Voters should be aware that curbside voting is available at every vote center during early voting and on Election Day. Voters can send someone in to a vote center to alert election workers. If they have no one to alert election workers,

they may call the Elections Office (254-757-5043) and staff will alert voter center election workers.

### MISCELLANEOUS TIPS

- Voters may not use their phones to look up information in a vote center. Clip this article and the Make a Plan to Vote flier that is printed elsewhere in this issue to carry with you to the vote center so you are prepared. Go to Vote411.org to learn what races you can vote in.

- Voters have been concerned about ballots with marks being disqualified or not counted. Voters should not be concerned about this. In McLennan County, every ballot must be signed by the election judge for each vote center. Once the voter marks his/her ballot, he/she will take it directly to the scanner. Thus, the last person to touch a ballot will be the voter.

- Voters are concerned about the law forbidding individuals from driving seven or more folks to a vote center. The remedy? Take six people to vote.

### IMPORTANT ELECTION DATES:

#### Early Voting

Monday, October 21-Friday, October 25 (8AM-5PM)

Sunday, October 26 (7AM-7PM)

Sunday, October 27 (1PM-6PM)

Monday, October 28-Friday, Nov. 1 (7AM-7PM)

**Deadline to Apply for a Mail Ballot Application:**

Friday, October 25, 2024

#### Election Day:

Tuesday, November 5 (7AM-7PM)

If you are in line by 7PM, you must be allowed to vote no matter how long it takes.

Questions? Call the Elections Office—254-757-5043.

A NOTE FROM THE EDITOR...

## CHANGE IS NOT CHANGE UNTIL YOU CHANGE

Are you tired of being where you are? Tired of being at the bottom? Tired of how things are going in your life? Then change your life. Stand on His promise that if you keep the Father's commands, if you listen to Him, if you are truly a disciple taught of the Lord, if you are truly a doer of the word, then you WILL be the head, and NOT the tail.

Deuteronomy 28:13 New International Version (NIV): "13 The Lord will make you the head, not the tail. If you pay attention to the commands of the Lord your God that I give you this day and carefully follow them, you will always be at the top, never at the bottom. You will have trials but God will deliver you from them all. Meet His conditions

and enjoy the journey up."

The King James version says "The Lord will make you the head, not the tail. If you pay attention to the commands of the Lord your God that I give you this day and carefully follow them, you will always be at the top, never at the bottom."

God said it; I believe it; that settles it!



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### PURPOSE

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

### POLICY

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

### EDITORIAL POLICY

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

also reflect the opinions of the editor.

### LETTERS & ARTICLES POLICY

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

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

### SUBSCRIPTIONS

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

### ADVERTISING RATES

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

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# FOR THE WHITFIELDS, SERVING IS A FAMILY AFFAIR



**JUDGE AND SHERRI  
WHITFIELD**

Judge and Sherri Whitfield, residents of Rosebud, are the founders of *U-Turn Church*. The Whitfields met and were married 28 years ago in Carrollton, Texas where they were active members of *Covenant Church* under the leadership of Pastors Mike & Kathy Hayes. There they served in various ministries including youth ministry and the music ministry.

Judge attended *Christ for the Nations International*, while Sherri graduated with a master's degree from Amber-ton University in Garland. She worked for *Dallas Leadership Foundation*, a West Dal-las Community revitalization

non-profit organization.

In early 2000, the Whitfields, after the leading of the Lord, moved to Central Texas to begin their community outreach ministry in Kate Ross. The Whitfields were volunteers at the McLennan County Challenge Academy and were employed by the McLennan County Abstinence Program.

"I will never forget it," said Linda Crawford, owner and editor of the *Anchor News*. In April of 2002, Linda went to visit Sherri to tell her about her plans to start *The Anchor*. Sherri was on board immediately and bought the first ad, a half page, even though the paper was just a dream at the time.

"Her actions and trust in me caused an unexpected reaction. I was very professional. I burst into tears," laughed Linda. "Yep. Very professional."

The Whitfields are bi-vocational pastors. Judge is employed by Wilbur-Ellis International and Sherri is a former teacher and current behavior coach for Midway ISD. Their daughter is a 2018 graduate of Midway High School, a 2022 Honors Dance Education graduate from the University of North Texas and is a dance teacher and drill team director at Frisco ISD.



**THE WHITFIELDS'  
DAUGHTER, HOLLY**

## WHITE

CONTINUED FROM PAGE 1

that education is not just about knowledge acquisition but also about building confidence and character. Through mentorship and support, she inspires students to overcome obstacles and strive for excellence.

Dr. White's contributions extend beyond the classroom. She is actively involved in community initiatives that promote social justice and economic empowerment. By forging partnerships with local organizations and stakeholders, she works to create a supportive network that helps families break the cycle of poverty.

In summary, Dr. White is an educator, leader, and advocate whose life's work is dedicated to serving others. Through her faith, educational expertise, and unwavering commitment to social equity, she continues to make a lasting impact on the lives of young people and their families. Her vision for a more equitable society inspires all those who have the privilege of working alongside her.

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# PROSTATE CANCER AWARENESS MONTH PANEL DISCUSSION

BY WB GUNTER

September was National Prostate Cancer month. The statistics show that Black men in this nation have a higher incidence of developing prostate cancer (1 out of 6), in their lifetime. It's more likely that it will be diagnosed at an advanced stage, which can lead to death. Together, with early intervention, it's very possible to turn the statistics around. Dr. Rodney Duckett has teamed up with three survivors of prostate cancer to educate the community about prostate cancer screening, treatment, and recovery. The panel discussion, held at the

Killeen Civic and Conference Center, September 29, 2024 was open to the public.

Babatunde, Vietnam Veteran, entrepreneur, journalist, father, grandfather, diagnosed in 2021, cancer free, 2023. Ricky Green, journalist, husband, social media developer, diagnosed 2019, free of cancer, 2022. Jesse Johnson, medical and healthcare professional, began screening at the age 35, diagnosed in 2018, cancer free since 2019. Each man contributes a lot of time serving the community, maintaining active lifestyles, and are in healthy relationships.

Three types of screening are necessary to accurately



**JESSE JOHNSON, BABATUNDE AND RICKY GREEN**

detect prostate cancer. Your urologist may require a physical exam, but ask for a blood test, and digital screening. Typically screening is scheduled at the age of 50. Due to a higher incidence among Black men, it's better to start earlier, ages 35-40. If there's a possibility of genetically inheriting cancerous genes, genetic testing is available, though it may not be covered by insurance. From the blood test, you will receive a prostate-specific antigen or PSA reading, which is made by a protein in the gland. If that level is high, a biopsy will be needed. The PSA should be part of the annual visit. If it rises to 4, it may be wise to consider options for more testing. The Gleason test has a range of 5-10. If the Gleason test is 5 or above, cancer is present. The Gleason numbers determine the rate of growth and possible spreading. Babatunde states, "You have to be a part of what's happening. I had a urologist for years, and I was told something should have been done at 4. Within four

months my PSA count had changed. With any test, I say, trust your doctor and verify the test." According to Jesse Johnson, "I had a good doctor, knew my medical history, and was proactive about my health when I found a lump. I first began screening at the age 35. At 52, my PSA went from a single digit to double. Your PSA may show one thing and the digital something else. If your medical or family history warrants, get a biopsy earlier. Screening is less than an hour. Bring your support person because you have to pray, gather information, while trying to process and make a decision." Ricky Green recalls, "I faithfully went to my doctor. I was being tested so I could donate a kidney to my sister and that's when I learned about my diagnosis. I got my annual physicals, bloodwork, but checking my PSA wasn't a part of the routine. I was 53 when I was diagnosed. As an athlete, I had to have physical exams and get checked once a year. This is the same. Get the bloodwork.

Once diagnosed, decisions about treatment plans must be made. Every situation comes with its own set of complexities. One option is radiation, which can stop cancer from spreading. Radiation may require short daily visits to stop the spread along with hormone replacement therapy. Babatunde says, "3 months following radiation, I had to have another PSA test, and continually every 90 days." There are side effects after treatment, and solutions to ensure your quality of life is manageable. For Jesse Johnson, healing took about 3 months following surgery. In the midst of an epidemic, he found himself having to confront his mortality during the most isolating time in history. He recalls, "I was working. My life was dedicated to my wife and kids, now I had to face my own mortality. I was basically existing, putting myself last. With the diagnosis, I had to prepare for a life-

time of changes and prepare myself mentally. My doctor asked, "How's the relationship because it's going to change." Treatment options following surgery include injections, electronic therapy, implants, medication, and exercises. Insurance may cover some of the treatments and therapy. Be patient. The objective is to say, I'm Alive! Ricky Green explains, "There's fear associated with healthcare. What insurance doesn't cover, programs are available to receive. As a patient, you have to know your rights and know your body. I was shocked when I learned I had cancer. I found out there were options other than surgery. Having that bloodwork done is vital. You have to get a doctor, and it's good to find one you connect with, someone who has compassion, an urgency about your treatment, and care"

All of the men expressed the ordeal of having to endure the wait, diagnosis, and finding appropriate treatments. In addition to city and county health resources, financial sources are available. Ricky used group funding. He said, "I was afraid, embarrassed... but this is life and death. It required me to be proactive. There are people out there wanting to help." Jesse states, "I see who really loves me. I'm a stronger person who lives a life of appreciation. You've got to let people help you. Ask your doctor for permission to record the conversation because it's a lot to process." Ricky spoke about the benefits of finding support. "Your social worker, primary care physician will help you inform you of appropriate group supports for your needs. Understand, you may find yourself alone." Babatunde, "I want to make sure black men in particular go get early screening. Special thanks to Dr. Duckett for creating a safe and open environment for men and their families to learn, share, and support one another. Get screened today."

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**WANDA B. GUNTER**  
Author, Artist &  
Contributing writer  
for *The Anchor News*

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# WHAT IS THE MEDICARE ANNUAL ENROLLMENT PERIOD?

BY MARGARET IVORY

Today, we will review the Medicare Annual Enrollment Period, which is also called the AEP. This period is always October 15th to December 7th of each year.

This is the time when all Medicare recipients can make changes. They can enroll or dis-enroll from a Medicare Advantage or Prescription Drug Plan for the upcoming year. The effective date for AEP selections will be January 1, 2025.

Medicare Plan Companies may be adjusting benefits, premiums or copays for the upcoming year. It is wise to have an annual review to see what changes may have been made to your current plan so you can decide to either keep that plan or change plans.

Your doctors are also able to decide from year to year, if they will still be in the network or if they will be out of the network. If you have chosen a Medicare HMO plan, making certain that your doctor is in the network is imperative. If you have chosen a Medicare PPO or SNP



MARGARET IVORY

plans, you may pay more if your doctor is out of the network.

Agents and brokers cannot discuss the new 2025 plans or take applications for these plans until the AEP but you can begin setting up appointments after October 1, 2024.

During your appointment, together we will review your doctor(s) selection; we will review your current medications to make certain that they are on the Plan Formulary or List of Drugs; we will see if a Special Needs Plan

would be a good choice for you or if you qualify for a Medicare Medicaid plan.

If you are on Medicare but have an employer retiree plan, a thorough analysis will be done to determine if continuing on your employer plan or changing to a Medicare plan would be the best choice for you.

Call me after October 1st to set up an Annual Enrollment Period appointment to learn the available options in McLennan County for 2025.

My goal is for all Medicare recipients to understand Medicare options and how to make Medicare work best for them. I represent United Healthcare and Humana Medicare Advantage Part C plans in McLennan County.

Are you turning 65 years old soon? Would you like to review Medicare Options for 2025? Are you retiring soon from your job? Call me today for an appointment and your personal analysis.

Praying this is a great day for you. Please Stay Safe. May God place His hedge of protection around you and your entire family. Margaret Ivory, 254-313-7413.

# ALL ABOUT DEBORAH WALKER

Deborah Walker has been involved in music most of her life. She started singing in her church choir as a young child and singing is still a big part of what she does.

Currently, she serves as the Chapter Representative for the Central Texas Chapter of GMWA (Gospel Music Workshop of America). She is a past choir director for New Direction Choir and is currently part of the Management Team for Gospel Artist, Janice Bias, aka "Songbird."

Walker was born in Tyler, Texas.

She graduated from San Francisco State University with a B.A. degree in Radio/TV/Film and graduated from the University of Texas at Tyler with a M.A. degree in IS/Journalism.



DEBORAH WALKER

Walker is a professional announcer and has been in broadcasting most of her career. She has been an on air personality for years, hosted a TV show for 10 years and in 2021 and 2022 worked in sales for the local network affiliate, Fox 44 in Waco, TX.

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# THE ELECTION IS FINALLY HERE!

The Election is finally here. Absentee Ballots are starting to go out. Election Workers and the Elections Office are preparing. The last Day to Register to vote is October 7th. Early voting begins on October 21st and runs until November 1st. The last Day to apply for a Ballot by Mail is October 25th. Election Day is 5 November.

Please exercise your right to vote in the upcoming Election, November 5th. If you don't vote, your voice is not heard. We here at the McLennan County Democratic Party believe first and foremost in Democracy. We want everyone, even those who may disagree with us, to vote. Here are a few of the important things you need to know.

If you receive a Ballot by Mail, be sure to fill it out and return it immediately. It must

be received by the Elections Office by Election Day, November the 5th. Send it right away to ensure that it has time to get through the mail and to be processed. Place both the last 4 digits of your Social Security Number and your driver's license number in the indicated places to avoid any possible confusion. If you fail to mail it in time, you can still vote. You can bring the ballot to a Vote Center, get it cancelled and vote in person.

There are 5 Early Vote Centers during Early Voting October 21st through November 1st. On Election Day, November 5th, there are 46 Vote Centers in McLennan County. You can vote at any location near your home or your work or wherever in McLennan County you happen to be. To find the list of polling places, go to McLennanvotes.org.

You will need to bring an ID to the Vote Center so that Election Workers can check to see if you are registered. Most people use their Drivers License but there are alternatives. Go to [VoteTexas.gov](http://VoteTexas.gov) » Voter ID to see them all.

If you are registered and you do not have any of the acceptable forms of ID, you may still be able to vote. Bring your utility bill, government check, bank statement, birth certificate, pay check or some other official document with your name. You will have to fill out a Statement of Reasonable Impairment. No one who truly believes they are registered to vote should be turned away at the polls.

If all else fails, request a Provisional Ballot. This will force the Elections Office to double check to see if you are registered and you will have 6 calendar days to bring in additional proof.

When you go to vote, we hope you will vote for our Democratic candidates. The Republican Party, which has controlled Texas politics for a generation has drifted into extremism. They now spend most of their time blaming and attacking people rather than offering policies that help people. They are the party of fear and they want you to be afraid. They are afraid of Women. They are afraid of immigrants from other coun-

tries. They are afraid of people of different genders. They are afraid of books. They are afraid of public schools. They are afraid of Vladimir Putin and they are afraid of your power to vote them out of power.

McLennan County is blessed with a very high-quality slate of Democratic Candidates. Our local McLennan County Democratic Candidates support well-funded, innovative public education for all instead of giving subsidies to the wealthy to attend private school. They support the right of women to make

SEE **ELECTION**, PG. 15

## THIS IS MY BELOVED SON. HEAR YE HIM

BY PASTOR  
MATTHEW REED

Matthew 3:17 says, "And lo a voice from heaven, saying, This is my beloved Son, in whom I am well pleased." In Matthew 17:5, "it is written While he yet spake, behold, a bright cloud overshadowed them: and behold a voice out of the cloud, which said, This is my beloved Son, in whom I am well pleased; hear ye him." In Mark 9:7, Luke 9:35 and 2 Peter 1:17, God commands the same thing. You cannot hear from God reading and teaching the old testament prophets.

Father God now speaks to us through his son Jesus (God, who at sundry times and in divers manners spake in time past unto the fathers by the prophets.)

Verse 2 Hath in these last



PASTOR MATTHEW  
AND LADY HELEN REED

days spoken unto us by his Son, whom he hath appointed heir of all things, by whom also he made

the worlds); The new testament is where God speaks to today's church.

Trying to receive a word of life in this present time from the prophets of the Old Testament is impossible. You need to understand they are dead, and God is not speaking to them anymore. In the New Testament is where you find God speaking to the church.

Jesus is the mediator of the New Testament. He gives instructions to life (John 6:63 the words that I speak unto you, they are spirit, and they are life).

The intent of this article is to cause all that read it to search the scriptures and see whether or not the things written in it are (correct-valid). If it is the truth, repent and receive truth and walk in it (obey). Have life!



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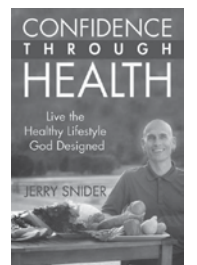


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# OVERCOMING SKILLS

BY MONA DUNKIN

Do you have a bad case of the "overs"? You know, "over-scheduled", "over-committed", "over-spending", "over-reacting". And in the process becoming "over-bearing"?

Not to worry. You can tap into and maximize your individual talent through personal empowerment. Here are thoughts for overcoming.

**It's all about choices.** Make them. Use them. Limit them. Too many choices are stressful, causing you to second-guess yourself. Choose to be who you are. It is okay to like what you like.

**Be harsh on behavior, gentle on the person.** Whether this is directed toward you or whomever – child, mate, co-worker, parent, next-door neighbor, the driver who turned in front of you... whomever. Each person has infinite worth and value as a human being that has often chosen attitudes and behaviors that are not acceptable. Address the behavior, not the personality.

**Realize that everything has trade-offs.** Get real. Get honest. Is what you are pursuing worth what you are giving up? If not, what can you choose to do about it? Get things in proper perspective and determine priorities.

Continually assess what is most important in your life. Challenge any lies you have bought into and maybe trying to live up to (or down to).

"Of course you don't love your life, look at everything you are trying to do." - unknown quote

**This too shall pass** - the good things and the not-so-good things. So don't get stuck. Children grow up, parents age, school ends, and jobs change. Embrace the moment, love it, learn from it and graciously move on.

**Determine what is neutral.** Truth is neutral, whether agreed with or not. Signal lights are neutral, whether running late or not. Time is neutral, whether managed or not. Money is neutral, whether spent wisely or not. Information is neutral, whether embraced or argued against.

**Examine the ironies of life.** Are fast foods fast? Does rushing add to fatigue? Do labor saving devices save labor? Or do they clutter life and add to overload.

**Quiet time is essential.** Energy is everywhere and is cultivated by times of quiet and honest reflection. Slow down. Hurry less and relax more. Eliminate crisis.

"Hurry, but don't rush." Coach John Wooden



MONA DUNKIN

**Give up perfection.** There is no such animal! Consider the reality that if something is perfect, then there is no room for growth and the next step is deterioration. Go for excellence. Do the best you can with the goal of continual improvement.

**Develop a support base.** It is okay to need help. Ask for it, receive it, and appreciate it. Hire help if possible. Barter with friends on projects, cooking, shopping, chores, childcare, lawn or mechanic work, etc. Divvy up responsibilities among co-workers and family members.

**Have fun!** Develop a sense of

humor. Enjoy parenting, school, work and home. Love LIFE!  
Mona Dunkin is a Motivational

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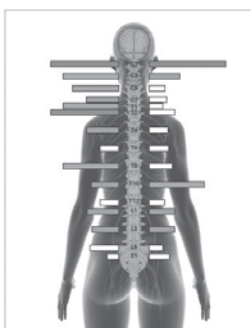
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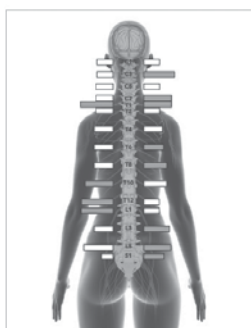


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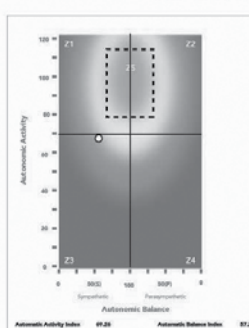


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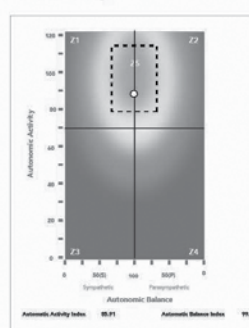


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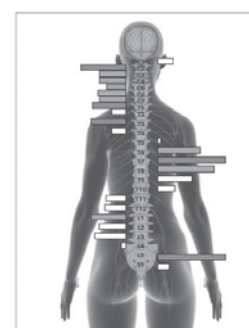


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# STAYING FRIENDS ACROSS PARTY LINES

BY J.L. CRAWFORD,  
LEGALSHIELD,  
SENIOR MANAGER

We live in a time when politics often divides us. Media channels and social networks make it too easy for us to cut off friends with differing views. But it's crucial to remember that friendships enrich our lives in ways politics never will.

First, friends with different political beliefs challenge us. They push us to think harder,

question more, and become more informed. Having friends who think differently widens our understanding. We may not change our views, but we grow by listening and learning.

Second, political divides can foster empathy. When we value our friends beyond their political stance, we see them as complete individuals. We recognize their experiences and perspectives. This shift can lead to genuine dialogue and, ultimately, to a more nuanced and empathetic society.



J.L. CRAWFORD

So, let's be open-minded. Keep talking, keep listening, and stay friends, even when politics pulls us in different directions.

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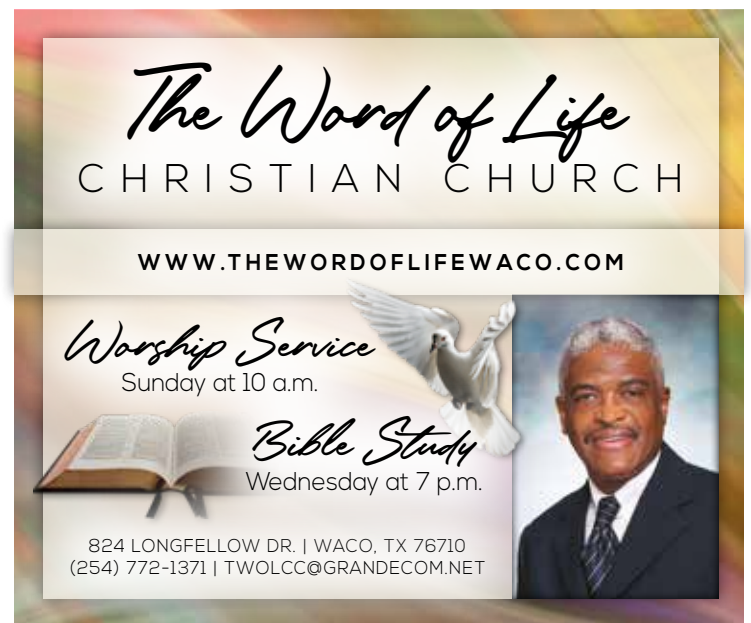
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# YOUR HEALTH MAY DEPEND ON THE FOOTBALL GAME

BY JERRY SNIDER

The fall season brings cooler temperatures and shorter days. It also includes one of our favorite sports seasons in Texas - football season. You may not be a football fan, but there is a high possibility that your health is impacted by what happens at football games in the next few months. That's because football brings so many people together for games from different communities, even areas of the country, that viruses and germs can easily spread. If there is one thing we all learned when the pandemic hit, the spread of a virus can happen quickly and easily.

We all know that Texas prides itself on its love of high school

football. You may not be someone who attends football games, but the fact is these weekly events connect high school communities, college communities, and even professional fan bases. It's very easy to see how an outbreak of an illness in one community could easily jump onto a school bus with the team and head home to spread through another community.

Illness prevention during the fall is all about being proactive with your overall health. Here are a few simple tips to make sure your body is prepared when it gets exposed to viruses or germs.

**Stay hydrated** - this is one of the most common mistakes people make because the fall weather



JERRY SNIDER

is not as hot as the summer months. We forget to continue to drink water because we aren't

sweating as much.

**Sleep** - before electricity brought artificial light into our living spaces, people slept when it was dark out. Getting more sleep in times when we are exposed to more viruses helps strengthen our defenses.

**Vitamin D** - either get outside in the sunlight daily or take a vitamin D supplement (I do both) to help boost our immune system.

**Keep a positive attitude** - it's pretty amazing how much of our health outcomes are related to whether we fear getting sick or believe we will be able to fight it off.

One thing we know for sure is going to happen each and every fall season - viruses and germs

will spread from one population to another. Stomach bugs will go around. How your body responds to exposure of these viruses and germs is all dependent on how you prepare. Exposure doesn't have to mean you get sick.

Have a health question for Jerry? Send it to [jerry@allinhealthandwellness.com](mailto: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](http://www.allinhealthandwellness.com) to learn more about Jerry Snider.*

## HUNTER

CONTINUED FROM PAGE 1

ty Extension Service's Youth Committee.

Albert's volunteer work includes contributions to the Bosque County Helping Hands Food Bank and the Bosque County Historical Committee. He is also a member of the Morgan Cemetery Association and participates in the Retired Senior Volunteer Program (RSVP).

Additionally, Albert has umpired baseball and softball games for over 20 years, covering high school, youth, and other leagues, highlighting his dedication to youth sports and community engagement. He is clearly a servant leader who is ready to serve you.

Vote Albert Hunter for Texas House of Representative District 13.

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**EQUALITY OF THE SEXES**

BY MICHAEL JONES

Women have been oppressed for centuries.

Denied personal safety, independence, education, the vote, political power, property rights and even control over their own bodies, minds and destinies, women have suffered the consequences of inequality in most societies around the world since the beginning of recorded history.

Bahá'í teachings say the time has come for those terrible injustices to stop. The fundamental Bahá'í principle of the equality of the sexes, from the earliest beginnings of the Faith, has led people everywhere to begin recognizing women's rights and treating women fairly and equitably:

"In the world of humanity we find a great difference; the female sex is treated as inferior, and is not allowed equal rights and privileges," said 'Abdu'l-Bahá, the son of the Bahá'í Faith's founder. "This condition is due not to nature, but to education. In the Divine Creation there is no such distinction. Neither sex is superior to the other in the sight of God. If women received the same educational and social advantages as men, the result would



MICHAEL JONES

demonstrate the equality of capacity of both for achievement and advancement. ...Divine Justice demands that the rights of both sexes should be equally respected since neither is superior to the other in the eyes of Heaven. Human virtues belong equally to all!"

Bahá'ís have promoted the equality of the sexes since our Faith's inception in the middle of the 19th Century. In Persia, where the Bahá'í Faith had its beginnings, unequal treatment of women was well-documented and particularly oppressive – and when the Bahá'í Faith began, this fundamental principle of gender equality gen-

erated enormous controversy and persecution. Even today, Bahá'ís are imprisoned in Iran for their advocacy of gender equality and other progressive Bahá'í teachings.

But the Bahá'í approach to achieving gender equality in the world has a unique aspect. A century ago 'Abdu'l-Bahá actively encouraged movements for the equality of women – by asking men to take responsibility for the issue:

"Women must endeavor then to be men's equal in every respect, to make progress in all in which she has been held back, so that men will be compelled to acknowledge her equality of capacity and attainment. God's Bounty is for all and gives power for all progress. When men own the equality of women there will be no need for them to struggle for their rights!"

That phrase – "When men own the equality of women" – calls for a radical new take on the issue of equality. It asks men to become the advocates of women; to stand up for their rights.

To learn more, please visit our local Bahá'í website at [www.wacobahais.net](http://www.wacobahais.net) or the global information site at [bahai.org/beliefs](http://bahai.org/beliefs).

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## GOD, DESTINY AND A GLASS OF WINE, AN EASY READ AND PERFECT GIFT

The best 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. *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 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>.

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

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

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

### 5.0 OUT OF 5 STARS FIVE STARS | AMAZON CUSTOMER

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

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

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

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

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

Rey

### 5.0 OUT OF 5 STARS | EXCELLENT BOOK

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

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

Dr. Mia Moody-Ramirez



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## IT'S IMPOSSIBLE TO LIVE IN TWO WORLDS SIMULTANEOUSLY, PART 2

BY EVANGELIST  
RUBY MCCRAY

*Continued from the September issue of The Anchor News. To find previous articles about other subjects, please go to [www.theanchornews.org](http://www.theanchornews.org). Click "Archives," and you'll find several years.*

This is what the Creator of the Universe, the God of Abraham, Isaac and Jacob said,

"Cry aloud spare not; lift up your voice like a trumpet; tell My people their transgression, and the house of Jacob their sins." Isaiah 58:1.

Every baptized, blood bought, believing child of God is an ambassador to this earth trying to reconcile the lost back to God, (2 Corinthians 5:17-21). Why? Because our citizenship is in heaven, (Philippians 3:20-21), and He wants all His created beings to spend eternity with Him in heaven. He doesn't want one soul to go to hell, (2 Peter 3:8, 9).

Heaven knows, and we know that the majority of people have chosen to go to hell because the highway leading there is crowded, but the road to heaven only has a traveler every now and then, (Matthew 7:13, 14). Jesus said that if we really love Him, we will obey Him by keeping His commandments. Those who

don't love Him will not keep His commandments, (John 14:15-18, 21).

Here is a list of individuals who are going to hell if they don't repent and turn from their wicked ways, receive Jesus Christ as their Savior and Lord, and be baptized: "Do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived. Neither fornicators, nor idolaters, nor adulterers, nor homosexuals, nor sodomites, nor thieves, nor covetous, nor drunkards, nor revilers, or extortioners will inherit the kingdom of God. And such were some of you. But you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus and by the Spirit of our God." 1 Corinthians 6: 9-11

Another passage says, "Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God." Galatians 5:19-21 I'll give one more passage.



EVG. RUBY MCCRAY

"He who overcomes shall inherit all things, and I will be his God and he shall be My son. But the cowardly, unbelieving, abominable, murderers, sexually immoral, sorcerers, idolaters, and all liars shall have their part in the lake which burns with fire and brimstone, which is the second death." Revelations 21:7, 8

Precious people, this is no plaything. So many say that God doesn't exist, and that He's dead—that is until they need Him. That's why I know that nobody really believes that. I'm sure you've heard that there are no Atheists in the Foxhole. The main reason is God has put His laws in our minds and have written them in our hearts. We don't

have to tell each other that He exist, because we already know that He does. Hebrews 8:10-12.

Remember, you can't be half-stepping with one foot in the world and one foot in the church, (1 John 2:15-17). You're either in Christ or you're not. The COVID-19 Plandemic revealed a lot about churchgoers. Once many found an excuse not to assemble, they're still staying home, (Hebrews 10:25).

I must mention this last thing to the churchgoers; Christians already know what I'm about to suggest. Voting time is just around the corner; therefore, I want to encourage you to forget about ethnicity, sex, personality, party, but rather focus on the policies. Remember, Nebuchadnezzar put the godly three Hebrew boys in a fiery furnace, (Daniel 3), lived in the elements and ate grass for seven years, (Daniel 4), yet God called him his servant. Jeremiah 27:6; Ezekiel 29:18-20 God used Darius, Cyrus, Ahasuerus (Xerxes), heathen kings to accomplish His purposes. He caused a donkey to talk, (Numbers 22:21-36), and a rooster to crow, (Matthew, Chapter 26).

We all will stand before God one day to give an account of our stewardship. Were you complicit in causing God's inno-

cent creations to be barbarically slaughtered in the womb—even up to the ninth month, (Psalm 139:13-16; Jeremiah 1:5)? Did you cast your vote to have very young girls and boys mutilated trying to change themselves into the impossible, (Genesis 1:26, 27)? Did you help schools push the sick transgenderism theory on our elementary school children, (Matthew 18:1-11)? Does it not grieve you to see our White House in Rainbow colors celebrating drag performances inside, dedicating the entire month of June as Gay Pride Month, and signed into law what they call, "The Respect for Marriage Act," which allows same-sex marriages. Did not God destroy Sodom, Gomorrah and all the surrounding plains for that very same reason, (Genesis, Chapters 18 and 19).

Please join me in November as we continue 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](mailto:rubyacorm@yahoo.com) or write to: A City of Refuge Ministries, P. O. Box 2025, Waco, Texas 76703.*

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## SHOULD YOU FIX THAT BEFORE YOU SELL

**SUBMITTED BY  
LINDA MCDONALD**

Making repairs before you list your home can positively affect the selling price and how quickly you attract a buyer. But do you need to fix everything before you put it on the market? Not all projects will be worth the time and money. Here are a few questions to consider to make your property more appealing.

Does your home make a good first impression?

A broken fence, overgrown yard, or rusted porch railing can make your home appear run down. Spend time removing clutter, fixing eye sores, cleaning the windows, or replacing damaged screens to make the home more inviting.

Do you need to replace the flooring?

Adding new carpet or wood flooring can provide a good return on investment if there is a lot of wear and tear. However, if it's in decent shape, replacing flooring to put in something that the new owner may switch out might not be cost-effective. If needed, refinish the hardwood or professionally clean the carpet to give it new life.

Is it necessary to paint?

Fixing faded, scuffed, or peeling paint can make the house's exterior look newer. It's also a good idea to paint over bright colors that may turn off buyers. Choose a standard, neutral color to lighten up the space.

Are renovations worth it?

Depending on the age and design, you may not need a complete kitchen or bath remodel. But if you started a project, you should finish it. An unfinished project can affect the home's selling price and may limit potential buyers to someone looking for a fixer-upper.

Contact a REALTOR® for advice on improving your property value and getting the most.

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their own healthcare choices. They support protecting our environment and tackling climate change. They want to improve our infrastructure of roads, bridges, rail and high-speed internet. They want to expand Medicare and keep rural hospitals open. They will protect civil rights, voting rights and the right of every person to live and love who they choose. They know that America needs immigrants and they want to make our immigration policy more effi-

## ELECTION

CONTINUED FROM PAGE 6

cient and more humane and better able to protect us from real threats. They support Ukraine in its struggle for survival and freedom and stand with our allies around the world. Please vote for these candidates on November 5th.

- Jeremy Davis, McLennan County Commissioner, Precinct 2. He is the only Democrat in this race.

- Barry Johnson, Judge 19th District Court

- Erin Shank, Texas House of Representatives, District

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- Albert Hunter, Texas House of Representatives, District 13

- Mark Lorenzen, US House of Representatives, District 17

The Democratic Party supports Progress. The Republican Party supports Fear. Choose progress! Vote Democrat from bottom to top of the ballot.

*Mark Hays, Chairman, McLennan County Democratic Party.*

## Church DIRECTORY

### Tree of Life NDC

1612 Austin Avenue, Suite A | Waco, Texas 76701

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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MORNING WORSHIP .....11:15 a.m.

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

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

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

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**TEXAS**

**ARE YOU PREPARED TO VOTE?**

**GENERAL ELECTION DAY**  
**Tuesday, November 5, 2024**  
 Polls open 7 a.m. to 7 p.m.

**Your Voting Checklist**

- Confirm your registration status.
- Register to vote.\*
- See what's on your ballot.
- Find your polling place.
- Remember your ID.

\* Monday, October 7 is the last day to register.

**PICK A VOTING PLAN**

**PLAN 1: VOTE BY MAIL**

Check if you qualify to vote by mail here: [LDF.vote/tx](https://LDF.vote/tx)

**Friday, October 25**  
 Your county registrar needs to receive your request for a mail ballot by this date. You can fill out your application with pen on paper. Then, mail it or drop it off at your county registrar's office. The sooner the better!  
 Request an application here: [LDF.vote/tx](https://LDF.vote/tx)

**Tuesday, November 5 by 7 p.m.\*\***  
 Your county registrar needs to receive your mail ballot by this date and time. You can mail your ballot or you can hand deliver your ballot at a drop off location.

**PLAN 2: VOTE EARLY IN PERSON**

**Monday, October 21 – Friday, November 1**  
 Hours vary by county. Find your county's voting hours on their election administration website.

**PLAN 3: VOTE IN PERSON ON ELECTION DAY**

**Tuesday, November 5**  
 Polls open 7 a.m. to 7 p.m.

\*\* OR Wednesday, November 6, at 5 p.m. if envelope is postmarked by Election Day. Different deadlines may apply for overseas or military ballots.

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