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THE *Anchor* NEWS

FREE! | DECEMBER 2024 VOLUME 22, NUMBER 5

3 LOCAL BUSINESS & PROFESSIONAL OFFICERS SERVING ON NATIONAL/INTERNATIONAL LEVELS

Teamwork is essential for any organization to flourish and grow, and this mindset holds true for the National Association of Negro Business and Professional Women's Clubs, Inc., an organization founded by seven courageous visionaries, who sought to "promote and protect the interests of African American business and professional women to serve as advisors for young people seeking to enter business and professions; to improve the quality of life in our local and global communities, and to foster good fellowship."

For seventy-seven years, leadership in this national organization has been key to its success and longevity. THE Waco Club is very fortunate to have exceptional leadership, and two of our local members and officers have been selected to serve in the national ranks of our organization by the National President, Dr. Terri Ford, who hails from the South-Central District. Dr. Ford chose her team which includes the current

Waco Club President and Co-founder, Mrs. Linda Crawford and Attorney DeAndrea Petty who serves as the Waco Club's Parliamentarian and the South-Central District's Parliamentarian. New assignments will be the appointments of National Editor for Mrs. Crawford and National Attorney, one of two, for Attorney Petty.



LINDA CRAWFORD
CLUB PRESIDENT

Mrs. Crawford is originally from Union, Mississippi,

and has called Waco home for over thirty years. She holds a bachelor's and master's degree from Jackson State University and a post graduate specialty from Walden University. She and her husband began working on their doctorates in 2021 and are in the dissertation process.

Linda is an educator and has taught English for over forty-four years. She retired from McLennan Community College after thirty-four years of service, where she also served as the Coordinator of the Integrated Reading and Writing.

In the community, Linda practices her craft well. She is a member of the Gamma Upsilon Chapter of the National Sorority of Phi Delta Kappa, Incorporated and serves as the editor of the chapter's newsletter. Linda, along with her husband, co-owns *The Anchor News*, and together this husband/wife team has published this community newspaper for twenty-two years in the Central Texas communities. Linda's most recent book publication, *God, Destiny, and*

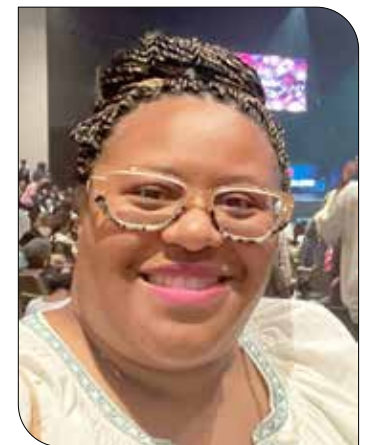
a Glass of Wine, is giving her a voice across America. Available through Amazon, this book involving addiction, verbal abuse, life and death situations shares practical advice to help an individual walk into his or her destiny with joy, clarity, and determination. Receiving perfect reviews, one Amazon reviewer shared, "... just as you're caught up in one of her personal stories that begins each chapter, you realize you've been drawn into a deeper insight. Those insights give the book its purpose." Linda is also a contributing writer and has a Bible study called Defeating Depression, that was accepted by the world renowned YouVersion Bible App. Team. In addition, she is a life coach, and her business, ETJ (Enjoy The Journey) Life Coaching offers face-to-face and virtual sessions.

As a Biblical leader, conference, workshop, and motivational speaker, Linda shares her experiences of God's grace that set her free from oppression, depression, and life-threatening circumstances. Whether she is ministering in the Word, in song, or in the prophetic, her stimulating humor and the anointing on her life touch the hearts of many to receive healing, encouragement, and a different outlook on life. As a part of the worship team at High Point Church, under the leadership of Pastor John Rambeau, Linda is also the prayer chain coordinator.

The Crawfords are parents to four adult children, grandparents to seven grandchildren and three great-grandchildren, and they share their family unit with one son-in-law and two daughters-in-law.

As the new National Editor, Mrs. Crawford will design, develop, and edit manuals and publications including the "RESPONSIBILITY", a news-

letter sent electronically to all financial members.



DeANDREA PETTY
CLUB PARLIAMENTARIAN

DeAndrea Petty is a native of Marlin, Texas. She received her Bachelor of Arts in Political Science with a Minor in Criminal Justice from Baylor University, Waco, Texas in May of 2013. Ms. Petty received her Juris Doctorate from South Texas College of Law, Houston, Texas in May of 2016. She was admitted into the Texas State Bar as a Licensed Attorney in November of 2016, and in October of 2017, she started her own Law Office, where she practices family, criminal, and juvenile law.

From a young age, Ms. Petty has had a strong passion for helping others, especially those who need a second chance, which has led her on her journey as a Criminal Defense Attorney. Because everyone is more than his or her past or current situation, Ms. Petty's passion guides her in bringing families together while working as an Attorney Ad Litem in CPS cases. In this capacity, Attorney Petty has the best opportunities to strengthen family units. Everyone needs someone who cares as well as someone who has his/her best interest at

LOCAL CHURCH LEADERS TO JOIN STATEWIDE MISSION EFFORT IN BELIZE

BY GLADYS CARSON
DALLAS, TEXAS

Waco church leaders joined a delegation from the Missionary Baptist General Convention of Texas (MBGCT) on a humanitarian and spiritual mission to Belize, Central America this month!

Reverend Dr. Nika Davis, Pastor of Second Missionary Baptist Church in Waco and Chairman of the MBGCT S. A. Pleasant Institute, along with Business and Professional Women's Education Director, Dr. Fran-



DR. FRANCES WORTHEY
CLUB EDUCATION DIRECTOR

ces Craig Worthey, Director of the MBGCT Women's Ministry, participated in the G. V. Clark "Feed the People" Institute and Revival December 2-6, 2024. President William T. Glynn will lead the MBGCT delegation joined by the President of the National Baptist Convention of America International, Inc, Reverend Dr. Samuel C. Tolbert, Jr.

The annual mission trip, named for the MBGCT's late president, Reverend Dr.

SEE **BELIZE**, PG. 6

SEE **LEADING**, PG. 15

**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.

MLK DAY TEACH-IN COMING TO KILLEEN

BY W.B. GUNTER

Dr. Aya Eneli and Dr. Shalita Randall, in commemoration of Rev. Dr. Martin Luther King Jr.'s holiday, will be moderating and presenting the 2025 Teach-In at Douse Community Center located at 1000 Jeffries Avenue in Killeen. The Teach-In will begin promptly at 10:00 AM, January 20, 2025, and continue until 5:00 PM. Registration for this empowering event will begin December 15, 2024, online at intelligentandtalentedgirls.com. The Teach-In is open to females and males, 10 years and older. Elders willing to listen and share experiences are welcome to participate in the dynamic conversations regarding the state of education. Volunteers and donations are needed. Volunteers will need to sign up as soon as possible to allow ample time for the completion of background clearances.

Participants will be sharing their first-hand perspectives of education from their experiences. They will weigh the pros and

cons while creating strategies for solutions. Dr. Eneli states, "Freed men and women insisted on education. Education is under attack. Instead of teaching critical thinking, there's an oversaturation of sound-bites making controlling the mind easier. We need to fight the good fight, and educating our young people is the way to do that." In the words of Carter G. Woodson, "When you control a man's thinking, you do not have to worry about his actions."

During the Teach-In, we will be viewing documentaries, having conversations and engaging while interacting with one another. Just show up and be ready. Working materials will be provided, as well as lunch. January 20, is a day of purpose. An overview of civil rights and how the movement remains relevant will be just

**DR. MARTIN LUTHER KING**

one of the conversations. Every participant will have a deeper understanding of Dr. King and his philosophy. Dr. Eneli shares this quote from Rev. Dr. Martin Luther King Jr. "One of the great liabilities of history is that

all too many people fail to remain awake during periods of social change. Today, our very survival depends on our ability to stay awake, to adjust to new ideas, to remain vigilant and to face the challenge of change."

In our communities, are leaders who may feel marginalized, so there will be peer to peer and mentoring opportunities for connecting with insightful conversations that will enlighten and gain actionable opportunities. The Teach-In is going to provide a safe space for all who feel like speaking up and being heard. Before arriving, if you have entered notes on your devices, prepare to share them so you are the change you'd like to see. To learn more about how you can participate, or if you have questions, contact Dr. Aya Fubara Eneli at iandtgirls@gmail.com

UNLOCK YOUR POTENTIAL: ECONOMIC DEVELOPMENT & TECHNOLOGY FOR ENTREPRENEURS

Join the Business & Professional Women's Club for an exciting event designed specifically for aspiring and established entrepreneurs! Discover how economic development and cutting-edge technology can elevate your business to the next level.

Date: January 4, 2025

Time: 9:00 am - 1:00 pm

Location: 4209 Bellmead Drive, Bellmead, TX 76705

Cost: \$40 (Call 214-223-7559)

WHAT TO EXPECT

- Insightful Talks: Learn from industry experts about the latest trends in economic development and how technology can transform your business.

- Networking Opportunities: Connect with like-minded entrepreneurs and industry leaders to

**DR. SHAMONICA TRUNELL**

exchange ideas and forge valuable partnerships.

able partnerships.

- Interactive Workshops: Participate in hands-on sessions that will equip you with the tools you need to succeed.

- Complimentary eBook:

All attendees will receive a FREE eBook titled "Starting Your Business: A Comprehensive Guide to Success" packed with tips, resources, and actionable steps to kickstart your entrepreneurial journey!

Don't miss this opportunity to empower your entrepreneurial journey! Register today and take the first step toward transforming your business!

We look forward to seeing you there!

Empowering entrepreneurs for a brighter tomorrow!

FROM THE CRAWFORDS

As we bid farewell to 2024 and usher in 2025, our hearts are filled with gratitude and joy. Reflecting on the past year, we have so much for which to be thankful. We give praise to our Heavenly Father for the greatest gift of all — sending His Son to us. Through His immense sacrifice, we are blessed with the opportunity to have a close, personal relationship with the Lord. This relationship brings forth a life of health, prosperity, and joy here on earth.

It is truly awe-inspiring to

serve such a Mighty God, one who not only guides us but also empowers us to serve others. Through His love and grace, we are given the privilege to lead others to Him and to share the light of His eternal love.

As we celebrate this joyous season, let us remember that it is all about HIM. Merry Christmas to all the happy, joyful people out there! May your hearts be filled with the wonder and love of Christ.

Warmest wishes, The Crawfords



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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

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DR. TIFFANY SPICER NAMED WISD SUPERINTENDENT

BY DR. PEACHES HENRY

On October 4, Waco ISD named Dr. Tiffany Spicer as the next superintendent. Coming with 20 years of experience in Texas education, Spicer hails from Buna ISD where she served as superintendent from 2022 to 2024. Spicer will be the second African American and the first African American woman to lead the district. "I am deeply committed to working together with all members of our community to build a brighter future for our students, staff, and schools," she declared.

Spicer has not come with a "cookie cutter" plan for the district, she said. Instead, asserting that "to lead effectively, I believe it's essential to first listen and learn," she intends to engage with the district and the community from various vantage points to discover what is going well and what is not. Only then after she has gotten the full picture, she says, can she develop a plan for the district.

Spicer has already posted her "Community Engagement Plan for Waco ISD." There she indicates that during her first 90 days she will conduct a comprehensive "Listening and Learning Tour" across Waco ISD engaging students, parents, teachers, staff, and community leaders to understand their experiences and



DR. TIFFANY SPICER

insights." Listening sessions will be set up. There will be focus groups at every campus during which she will ask questions to learn what is happening on campuses. She will be speaking with teacher and paraprofessional groups, student groups, and parent groups. Also, she will engage with business partners and community groups.

Spicer acknowledges that there are areas that must be handled immediately such as attendance, boundaries, and upcoming construction. While dealing with right-now issues is paramount, she argues that taking the time to engage with the stakeholders will allow her to develop a vision and plan for the district for which the community can hold her account-

able. That said, she does have goals for the district already which include the following: establish a strong foundation, amplify its message, build strong partnerships, champion equity and inclusion, ensure transparency and accountability, and celebrate achievements and foster pride. For a full discussion of Spicer's community engagement plan, visit Waco ISD's website.

Having heard about the

"community" repeatedly during the hiring process, Spicer says she wants to "get the pulse of the community" and "hear people's voices." Toward that end, the Waco NAACP and the National Sorority of Phi Delta Kappa, Inc. will host a community reception for Spicer on Thursday, December 19 from 5:30PM-7:30PM at the Waco Multi-Purpose Building. Spicer will discuss her plans for the district and will answer commu-

nity members' questions. All are invited to attend.

Spicer attended the University of Texas at Austin where she obtained her Bachelor of Social Work, Texas State University-San Marcos for her Masters in Educational Leadership, and Texas A&M University for her Doctorate of Philosophy. She is the proud mother of two adult daughters.

Sources Waco Tribune, www.kxxv.com, wacoisd.org

A BAHÁ'Í TALKS ABOUT JESUS

BY MICHAEL JONES

During the Christmas season, naturally I think about Jesus, even though I'm a Bahá'í. After all, Bahá'ís love and revere Jesus Christ: "Through the Love of God, Christ was sent into the world with His inspiring example of a perfect life of self-sacrifice and devotion, bringing to men the message of Eternal Life." – 'Abdu'l-Bahá, Paris Talks

Just after I became a Bahá'í years ago, I ran into a work buddy with three of his friends, and when they asked what was new, I told them.

I told them about the prophet and founder of the Bahá'í Faith, Bahá'u'lláh. As expected, they pressed me about what we believe about Jesus: "Do Bahá'ís also believe that He died for our sins?" This led to a discussion of atonement, of all things, including some of my own understanding of the competing theories of the atonement in Christianity, past and present.

For many Christians, atonement makes individual reconciliation with God possible. Many Christians view Jesus' profound suffering on the cross as a cosmic and climactic event, by which His death



MICHAEL JONES

and resurrection brought about redemption and salvation from sin.

Bahá'u'lláh, in the following passage, not only glorifies Jesus, but offers a new vision the Christ's atonement that I believe solves many traditional issues with the Christian doctrine:

"Know thou that when the Son of Man [Christ] yielded up His breath to God, the whole creation wept with a great weeping. By sacrificing Himself, however, a fresh capacity was infused into all created things. Its evidences, as witnessed in all the peoples of the earth, are now manifest


before thee...

"We testify that when He came into the world, He shed the splendor of His glory upon all created things. Through Him the leper recovered from the leprosy of perversity and ignorance. Through Him, the unchaste and wayward were healed. Through His power, born of Almighty God, the eyes of the blind were opened, and the soul of the sinner sanctified." – Gleanings from the Writings of Bahá'u'lláh

In other words, Christ's death upon the cross was a sacrifice, but not one of penal substitution by way of "paying God back" for the debt of our sins.

From a Bahá'í perspective, Christ's sacrifice released a great transformative force and energy into the world. God sent all the world's great Prophets into the world with one aim, to sow in the hearts of men love, goodwill and unity, and for this great Cause they were willing to suffer and to die. The Cause of Bahá'u'lláh is the same as the Cause of Christ.

Obviously, there is so much more to explore. Please visit our local Bahá'í website at www.wacobahais.net or the global information site at bahai.org/beliefs.



"Jesus, then, founded the sacred Law on a basis of moral character and complete spirituality, and for those who believed in Him He delineated a special way of life which constitutes the highest type of action on earth."

— 'Abdu'l-Bahá,
The Secret of Divine Civilization

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



bahai.org/beliefs/

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THERE'S A SONG IN THE AIR

BY MONA DUNKIN

What a wonderful season, full of love, joy and peace.

In a past LuAnn comedy by Greg Evans, LuAnn was preparing her classroom for the Holiday Season. She was writing "Merry Christmas" on the board when the children began to enter. One said, "We celebrate Hanukkah". LuAnn added Hanukkah to the board. Another mentioned, "We celebrate Kwanzaa".

The holiday conversation continued - as well as additions to the board - to include Omisoka, Muslim festivities, Winter Solstice and Seasons Greetings.

LuAnn's final entry was "PEACE!!!".

Does the above-men-

tioned comic strip bring peace to you? Or do you identify with the bold print and the three exclamation points? What is this world coming to?

I find peace. Wait! Before you quit reading, let me explain.

No matter the words used, the Christmas message IS peace. And love and joy. But how do we find those attributes if we don't understand the meaning of the words?

I think of Jacob, our founding spiritual forefather, and his life trials and weird dream of a ladder with angels ascending and descending. When he awakened, he was afraid and confused. He looked around and said, "God was here all the



MONA DUNKIN

time, and I didn't know it."

Then Jacob did something even weirder. He anointed a rock and proclaimed that dream holy and that place holy. Then he rolled up his stuff and continued his known, yet unknown journey. (Genesis 12)

Jacob transcended. He began to think different thoughts about his fam-

ily and his God and his complicated life-journey. Does God really love a cheat like me? Can I have peace even though I have an angry brother who wants to kill me? Is truth written on my wisdom heart? Is joy possible when I am only concerned about me and my issues? What else do I know that I don't know that I know?

In watching Christmas movies and various advertisements, the holiday seems to be more about Santa and gift than the Christ child. Yet in the background there is a song in the air. A song of a Holy Night. A Song of Joy to the World. Music moves us in mysterious ways. There is a message from God who IS love - unconditional love. The God who birthed a son like Himself. The One who loves us for no good reason. The One who loves us with no expectations in return

The One who empowers us to transcend, to grow, to

love, to rise above.

What a wonderful season, full of love, joy, peace and mystery. A one-time yearly event that is recyclable, filled with diversity, yet yearly offering us something we hadn't noticed before.

Pay attention. Listen to heavenly music. Harken to the short messages from your heart. Love. Forgive. Be kind. Overlook snarks. Move past regrets. Let it go. Sing.

We are amid who we are and who we are becoming. As we are open to love and forgiveness, the Christmas message of peace and love is born in our hearts. It is for all.

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.

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MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD

BY MARGARET IVORY

The Medicare Advantage Open Enrollment Period (January 1 – March 31, 2025) is specifically for individuals already enrolled in a Medicare Advantage Plan (Part C).

During this time, beneficiaries can:

1. Switch to another Medicare Advantage Plan (with or without drug coverage).
2. Return to Original Medicare (Part A and Part B) and



MARGARET IVORY

join a standalone Medicare Part D (prescription drug plan), if needed.

This period is not for switching from Original Medicare to

a Medicare Advantage Plan—that can only be done during the Annual Enrollment Period (October 15 – December 7).

Changes made during the Medicare Advantage OEP take effect the first day of the following month.

Beneficiaries can only make one change during this period.

You might consider making changes during this enrollment period if your current Medicare Advantage Plan isn't meeting your needs or your circumstances have changed. The Medicare Advantage Open Enrollment Period could be an opportunity to select a plan better suited to your particular needs.

Margaret Ivory, Medicare Plans Broker, 254-313-7413

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Merry Christmas!

— from —



THE *Anchor* NEWS



BELIZE | CONTINUED FROM PAGE 1

G. V. Clark, who founded the program, operates under the MBGCT Foreign Mission Board, chaired by Reverend Ivie Rich. The initiative serves Belize, an English-speaking Central American nation that gained indepen-

dence from Britain in 1981.

The mission consists of fifty-one missionaries from Texas with five delegates from Louisiana, whose objective is to teach God's word, share God's love and feed God's people. It was



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- Individuals



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Conducted under the auspices of
Glasser Institute for Choice Theory



DR. REVEREND NIKA DAVIS

accomplished in cooperation with Belizean ministers, Reverend Ernest Tate, Pastor of Ontario Christian Community Church, Ontario Village; Reverend Matthias Hill, Pastor of Holy Ghost Church, Esperanza Village; Reverend George Lambey of Blackman Eddy Community Center, Blackman Eddy Village; and Reverend Anthony Goff.

When some people think of Belize they think of an ideal vacation spot, but once they leave the tourist areas and go into the villag-

es, they see the needs coupled with the warmth of the Belizean people. Working through local churches, the mission team established stations in key areas to distribute essential items, including shoes, clothing, toiletries, and food. The group plans to provide more than 1,000 backpacks filled with school supplies to local students. Several Waco churches joined in this initiative.

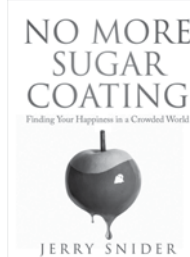
Many from the Belizean communities spend hours standing in line at the various stations to receive the blessings being brought to them each morning by convention workers. They wait patiently to receive a food box which will last more than a month, as well as other needed items. Later, the missionaries (convention workers) will be divided into prayer cells for home visitations to include intercessory prayer, spiritual counseling, and encouragement through Scripture and presenting homes with special gifts.

At the heart of this mission trip is sharing the good news of God's word, and the

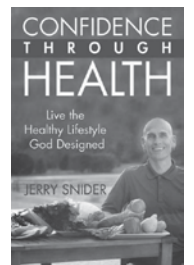
love of Jesus. Great preparation goes into lesson plans, visual aids and class activities, not only for preschoolers and other children, but to engage each adult in the lessons.

The nightly revival has experienced standing-room-only by participants on previous visits, as worship services are filled with the power of the Holy Spirit. Churches and other entities graciously provide special transportation to guarantee that persons desirous of attending these spirit filled services must travel from all across Belize.

"This mission affords us a wonderful opportunity to serve the proud and hospitable people of Belize," said Dr. Davis who instructs local clergy. Dr. Worthey served as instructor for one of the women's groups. She noted that while the mission's aim is to serve others, participants often find themselves deeply touched by the experience. "As much as we try to give of ourselves, we ultimately receive far more than we give," she said.



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THE CHURCH, LEAD PEACE MAKER OF THE WORLD

BY PASTOR
MATTHEW REED

The church's role in all disturbances, commotions, aggressions, wars, in any uprisings is to be a peace maker. Matthew 5:9 says Blessed are the peacemakers: for they shall be called the children of God. In Mark 9:50 Jesus teaches that we should have influence and have peace with one another (Salt is good: but if the salt has lost its saltiness, wherewith will ye season it? Have salt in yourselves, and have peace one with another) Luke 1:79, It is written that Jesus would come to give Light to them that sat in darkness and death to guide us in the



PASTOR MATTHEW
AND LADY HELEN REED

way of peace. Therefore, one of the duties of the church is

to be a peace maker.

To facilitate peace where there is friction, one has to know the cause of the friction and address it. When the cause of the issue is discovered, the church is to go to the word of God seeking the solution. When through the word of God the church has given council and it is rejected, then the results that follow are on the head of those that reject Godly council.

When you are dealing with unreasonable men, they may very well reject God's way. But the church will have kept its salt, having done the will of God being peace maker in the situation. That's how simple it is. Amen.

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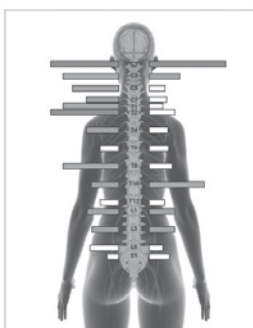
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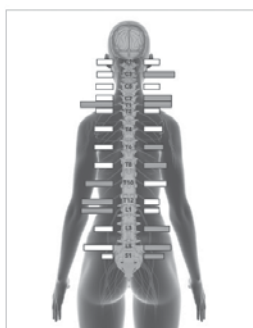


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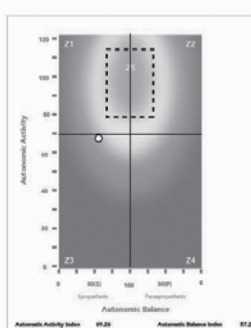


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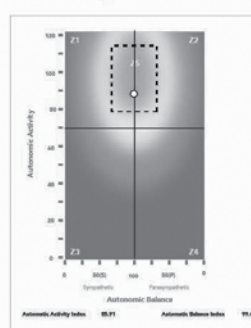


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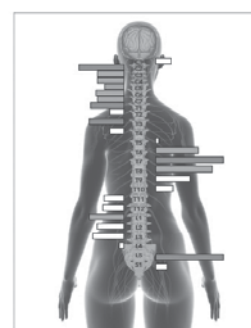


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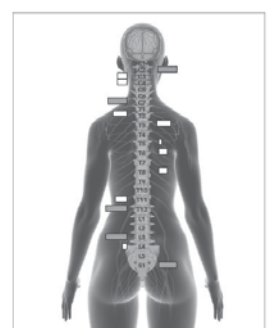


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IS A HEALTHY LIFESTYLE AT THE TOP OF YOUR LIST?

BY JERRY SNIDER

A healthy lifestyle is something that doesn't have to be difficult, if we have the correct priorities in place. We all know that nutrition and exercise are important pieces of a healthy lifestyle but there are several other things we can do to both improve and maintain our health.

The winter season tends to be the most difficult season to avoid illness during the year. Part of that difficulty comes from the lack of direct sunlight that we can get during the day. The cold weather also decreases the amount of time we spend exercising because it's just not as easy to do out-

side. Another factor is the increase of processed foods in our diet due to the lower availability of fresh foods. Additionally, the holiday season tends to bring an increase in sugary foods such as pies and cookies as we celebrate with family and friends.

How do we combat this time of the year in order to maintain our health? Focus on some of the other areas of a healthy lifestyle that include: quality sleep, stress reduction, vitamins, and face-to-face relationships.

Sleep might be the most important part of a healthy lifestyle that also gets overlooked the most. The average American reaches the age of 40



JERRY SNIDER

with a sleep deficit of over 2 years. That means our bodies are so sleep deprived we can never catch up. This is huge

because sleep provides our body the time to repair and recover at the cellular level. This one factor may be the driving force behind the increase in cancer rates.

Stress reduction is a huge benefit of exercise. When we reduce our amount of exercise due to the lack of daylight or the cold temperatures, we must find a substitute practice. Meditation, prayer, quiet time, reducing screen time, and avoiding the mainstream news are all ways to reduce stress. Everyone gets stressed over different things, so find what stresses you out and find a way to either avoid or reduce exposure to it.

Vitamin D and vitamin C are very helpful to maintaining health and both of these are naturally reduced in the winter time. Supplementing these and other vitamins is as easy as taking a tablet every day.

Last in this short list is spending time with our friends and family. We already plan to do this as we get together for holiday parties. Making sure we spend time together feeds a basic need for better emotional health. Don't forget the old adage - laughter is the best medicine. When we have fun together with friends, we typically have a much healthier life.

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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CELEBRATING CHRISTMAS: A TIME FOR JOY AND REFLECTION

BY J.L. CRAWFORD,
LEGALSHIELD,
SENIOR MANAGER

As we approach the festive season of Christmas, it's a wonderful time to reflect on the past year and embrace the joy and warmth that this holiday brings. As a LegalShield representative, I am reminded of the many blessings and opportunities that come with serving our community, and Christmas is the perfect time to express our gratitude and appreciation.

Christmas is often celebrated as a season of giving, and it's a reminder of the importance of sharing with those around us. Whether it's giving gifts to loved ones or offering support to those in need, the spirit of generosity is at the heart of the holiday. At LegalShield, we believe in empowering individuals and families by providing them with access to affordable legal protection. This season, we encourage you to think about how you can give back to your community, whether through acts of kindness, volunteering, or supporting local



J.L. CRAWFORD

causes.

The holiday season can be a busy and sometimes stressful time. However, having peace of mind is essential for truly enjoying this special time of year. LegalShield is dedicated to providing comprehensive legal services that help you navigate any legal concerns you may have, ensuring that you can focus on what truly matters – spending quality time with family and friends. Knowing that you have legal protection and advice at your

fingertips can alleviate stress and allow you to fully embrace the holiday spirit.

Christmas also provides an opportunity to reflect on the past year and set intentions for the future. Take a moment to appreciate the milestones you've achieved, the challenges you've overcome, and the growth you've experienced. As we look forward to a new year, it's a great time to consider your goals and aspirations. LegalShield is here to support you every step of the way, providing the legal assistance you need to pursue your dreams with confidence.

We at The Anchor News wish you a very Merry Christmas and a prosperous New Year. May your holiday season be filled with joy, love, and peace. As we celebrate this special time, let's remember the true meaning of Christmas and the importance of coming together to support and uplift one another.

Give me a call at 254-717-4927. Hurry. With LegalShield, "...we can help you worry less and live more." Please see the ad in this issue of the Anchor.

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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>.

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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."

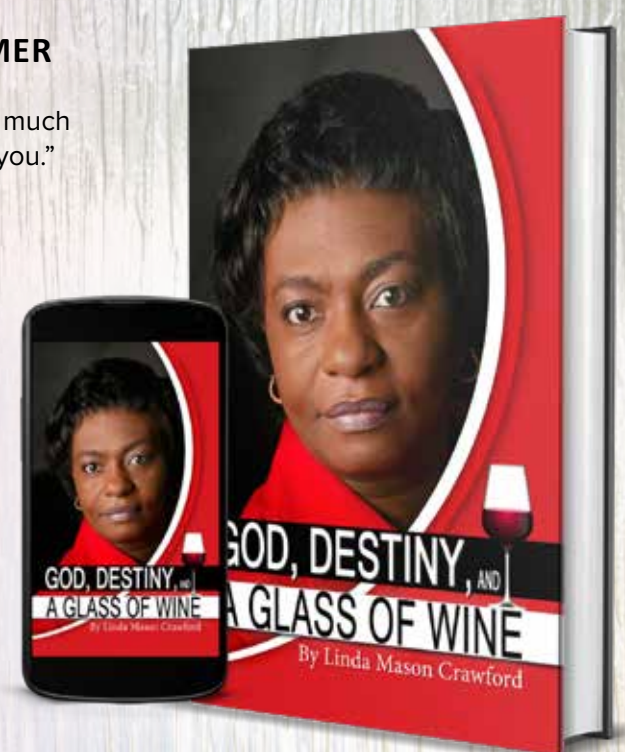
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"This is an amazing book. I found it helpful in navigating my fear of not reaching my full potential. It helped me understand how I can have a positive God-ordained destiny. Excellent work!"

Dr. Mia Moody-Ramirez



GOD, DESTINY, AND A GLASS OF WINE
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IT'S IMPOSSIBLE TO LIVE IN TWO WORLDS SIMULTANEOUSLY, PART 4

**BY EVANGELIST
RUBY MCCRAY**

Continued from the November 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.

Since each one of us is God's creation, He created us to bring glory to himself, as mentioned in the November article. Isaiah 43:7; 45:9-13

Let's imagine that you built a robot and named it Robby. You build him so that he will be able to help you with every aspect of your work. Since you built him, you are the only one who knows how to repair him, should the inevitable happen. You took your time, resources and energy to make him in your image. You were very proud of your creation and decided to have a celebration ceremony to showcase him to all your family and friends. Due to Artificial Intelligence, you were able to program him to speak and even reason. You would ask him questions, and he'd answer intelligently. Should someone succeed in stealing him, he could escape and find his way back home.

One day you needed Robby to help you with a very difficult task, but he was nowhere to be found. You searched for several days, to no avail. Finally, you put out an Amber Alert with no success. Within a few days, Robby Robot came home crippled, his left arm not functioning, and could barely speak. However, he was able to tell you that he had been to Billy Bad's house, the kind of work that he had been doing, and for the number of hours daily that he did it. He had been working for a man who calls himself your chief enemy.

Because of your love for Robby Robot, you got him back into working condition and programmed his speech so that he was able to talk again. You explained to Robby that Billy Bad was his enemy, and cares for no one. You warned him to stay as far away from him as the east is from the west.

Robby Robot stayed home for a couple of weeks, then he was gone again. You knew exactly where he was but decided not to interfere. Surely enough, within a few weeks, Robby came home in worse shape than the first. Since you built him, you're the only one



EVG. RUBY MCCRAY

who can fix him, and that's exactly what you did. Will he stay home this time? Only God knows.

Robby Robot represents us, his creator represents God, and Billy Bad represents the devil. The devil comes to still, kill and destroy, whereas Jesus came to give us an abundant life. John 10:10 Since we were created to bring glory to God, why is that so many of us are doing the devil's work? His wage of sin is death. Romans 6:23

Some of you are sick and tired of your lifestyle. You make promises to yourself that this will be your final time, only to find yourself right back

in that same yoke of bondage. Galatians 5:1

"Do not love this world nor the things it offers you, for when you love the world, you do not have the love of the Father in you. For the world offers only a craving for physical pleasure, a craving for everything we see, and pride in our achievements and possessions. These are not from the Father, but from this world. And this world is fading away, along with everything that people crave. But anyone who does what pleases God will live forever [in heaven]." 1 John 2:15-17

Go back and read the October portion of this series, obey it, and saturate yourself in the Word of God. Begin in the book of John; let your smart device read it. Don't miss a day! Ask God to give you a hunger for His Word. When you truly search for God, you'll find Him. Proverbs 2:1-12; Matthew 5:6

A caterpillar can cry all day and night because it wants to fly instead of crawling around in the muck and mire, and to substitute the sweet nectar for the green vegetation. Until it experiences its metamorphosis, it'll never happen. Its nature must be changed; it

must die to itself.

Parents, if you're not teaching your children the Bible as you're commanded in Deuteronomy 6:4-9, the day will come when you'll wish you had. Proverbs 22:6; Isaiah 54:13-14; Ephesians 6:1-3; 2 Timothy 1:5-7 We don't have to teach our children to lie, steal, cheat or any other wicked thing, they are born with the innate ability to do such things which were inherited from Adam. Psalm 51:5; 1 Corinthians 15:21-22

Since the Bible is a Living Word, (John 1:1-5; Hebrews 4:1), you should begin reading it to your baby while in the womb. Continue reading it after the baby is born and play it on your smart device.

This concludes the series. Please join me in January, the Lord willing, for a new one. All Scripture is taken from the New Living Translation Version of the Bible unless otherwise stated. You may not believe me...just what if I'm right!

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

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LEADING

CONTINUED FROM PG 1

heart. As an attorney, Ms. Petty does all she can to ensure her clients are heard. In 2019, Attorney Petty was honored to work in her hometown of Marlin, Texas as the City Attorney.

For the last three years, Ms. Petty has been recognized by The National Black Lawyers Top 40 Under 40 and has been recognized by Super Lawyers as one of the Top-Rated Criminal Defense Attorneys in Waco, Texas. In 2024, Attorney Petty was recognized among the Top Women Attorneys' Rising Stars in Texas in Texas Monthly Magazine.

It has been an honor for Ms. Petty to work with the National Association of Negro Business and Professional Women's Club, Inc. as the Waco Club's Parliamentarian since March 2022 and the South-Central District, District Parliamentarian since August 2023. In her newly appointed positions as one of two National Attorneys for the National Association of Negro Business and Professional Women's Club, Inc., Ms. Petty will help navigate legal issues that may arise on the National level.

Malcolm X once stated, "A man that stands for nothing will fall for anything." Ms. Petty feels that if she does not stand for her community as well as for her clients, then not only will the community and clients be susceptible to falling for anything, but she will have fallen as well.

United in purpose and action, the members of the National Association of Negro and Business Professional Women's Waco Club, are confident that Mrs. Linda Crawford and Attorney DeAndrea Petty will represent the city of Waco, the entire Central Texas area, and the South-Central District well in their newly appointed positions.

WISHING YOU A JOYFUL HOLIDAY SEASON

BY LINDA MCDONALD

One of the most rewarding aspects of being a real estate agent is the sense of community that comes with helping families find their dream homes. Over the years, I've had the privilege of witnessing the excitement and joy that comes with starting new chapters in beautiful homes. This holiday season, I want to thank the community that has given me so much.

Christmas is a time of giving, and there are many ways we can contribute to



LINDA MCDONALD
REALTOR, CRS, GRI, PMN, SRS

making our community a

better place. Whether it's through volunteering at local shelters, organizing food drives, or supporting local businesses, every little effort counts. This year, I am committed to participating more in community initiatives that bring warmth and happiness to those in need. I encourage everyone to find ways to give back, no matter how big or small.

The holiday season is also an opportunity to strengthen the connections we have with our neighbors and community members. By com-

ing together to support each other, we build a stronger, more resilient community. As a real estate agent, I am dedicated to fostering these connections by attending community events, providing resources for homeowners, and being a trusted advisor for all your real estate needs. Thank you.

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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