

SERVING *the* CENTRAL TEXAS COMMUNITY for 21 YEARS!

THE Anchor NEWS

FREE! | JULY 2024 VOLUME 21, NUMBER 12

BARBERING THIS FAR BY FAITH

BY SHENEQUA WILLIAMS

When you ask Henry Williams a.k.a. Mr. H how he kept going for 55 years as a barber, he will tell you without hesitation that none of it would have been possible without having faith. Over the years, he has worn many hats as a barber. Mr. H takes pride in being a counselor, prayer partner, friend, and even a notary for his customers. However, at the age of 83, Mr. H will officially retire this summer from barbering. It is a bittersweet occasion, but he is looking forward to a new chapter.

Mr. H's journey in barbering began in 1965 when he realized giving his three sons (Ceasar, Myron, and Bernard) haircuts at home could over time, save a significant amount of money. They became his first customers and with a set of clippers from Sears, he gave them haircuts called "onions". The rest is history. In 1969, he earned his barber license from Graham's Barber College in Dallas, Texas. Mr. H then showcased his talents throughout the Dallas area at Graham's Barber Shop and Lee's Barbershop in



HENRY WILLIAMS

the 1970s. He had the privilege of being the barber to several people during this time, including a few members of the Dallas Cowboys football team.

After moving to Waco in 1984, he opened *Mr. H's Barbershop* in East Waco on Faulkner Ln. and developed friendships that last even unto this day. One example of customers turned family is Richard Evans. "I was introduced to Mr. H in the late 1980s. Our fathers already knew each other from the Riesel, Texas area.

We have always been like family. He is calm, likes to laugh, and I've learned from him sharing his own life experiences," Richard said. He also went on to say his father, himself, and his son all received haircuts from Mr. H. "Knowing him has been a generational blessing", he said.

Another highlight from this chapter was being the barber to the late Roderick "Pooh" Clark of the Waco-based R&B singing group, Hi-Five in the early 90s. Mr. H will never forget a conversation he had with Pooh. Hi-Five had been practicing in Houston, and the young singer updated his barber in Waco. Mr. H recalls the excitement in Pooh's voice. "We are going to be famous one day!", he said.

Five years later, Mr. H's love for barbering began to extend outside of the barber-shop walls. He saw a need to be more of a leader in the community by using his gift of barbering. Involvement in the local barber association as vice-

SEE WILLIAMS, PG. 3

TASTE OF AFRICA: DIVING DEEP INTO CULTURE

Killeen (May 2024) I.M.P.A.C Outreach is pleased to present the 7th Annual TASTE OF AFRICA: Diving Deep Into Culture! Join us as persons of African descent gather to celebrate the expansive African histories and cultures that the continent has to offer. This family centered celebration of African cultures will explore tantalizing tastes, vibrant fabrics and fashions, exotic jewels, handcrafted art, vibrant sounds, breathtaking dancing movement, and other acts to show the audience an authentic cultural display. In addition, random selected guests will receive an African Cultural Makeover. Your authentic traditional African garments are preferred for display. Therefore, wear your best African dress proudly for the community to see.

July 20, 2024. FREE ADMISSION: 12 & UNDER / 65 & UP.

12p-6p Taste of Africa Open Market, Mini-lectures, and Entertainment

The Taste of Africa is a great cultural networking event, while an easy way to gain visibility with the public at large. The event will be packed with artists presentations, mini-workshops, demonstrations, and food. This event is expected to attract 1000 people and 100% of proceeds will be donated to IMPAC Outreach <https://impacoutreach.org/> a local non-profit who is preparing new developmental programing for youth in Central Texas.

You can register your art, business, or purchase tickets at [Eventbrite.com](https://eventbrite.com) just type in 2024 TASTE OF AFRICA: Diving Deep Into Culture. <https://TasteO->



RODNEY DUCKETT

fAfrica2024.eventbrite.com

This event is supported, in part, by funds from the city of Killeen, Texas, Municipal hotel occupancy tax revenues and other funding sources as stated in the contract.

TASTE OF AFRICA: Diving Deep Into Culture Tickets:

General Admission \$15.00 (Early Bird until 7/1/24); \$20.00 (after 7/1/24);

FREE ADMISSION: 12 & UNDER / 65 & UP

Vendor Booth \$125.00 (Early Bird Special until June 24, 2024) // \$175 (after June 24, 2024)

Book Vendor Booth \$75.00

TASTE OF AFRICA: Diving Deep Into Culture:

Killeen Civic & Conference Center

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YOUTUBE

Taste of Africa

<https://youtu.be/HlI65Pk2al?feature=shared>

Top 5 Reason to join us for the Taste of Africa

[https://youtu.be/tZZab6WTPY?](https://youtu.be/tZZab6WTPY?feature=shared)

[feature=shared](https://youtu.be/tZZab6WTPY?feature=shared)

SHARRI PYBURN CROWNED QUEEN

Congratulations are in order for Sister Sharri Pyburn as she was crowned Grand Queen 2024-2025 at the Norris Wright Cuney Grand Chapter 27th Annual Grand Chapter Session Order of Eastern Star on June 20, 2024 in Frisco, Texas. The theme for the Queen's Coronation was "Tea with the Queens." Sister Pyburn is a member of Angels of Mercy Chapter # 18, Waco, Texas; District 14/24 Central Texas. Sis. Pyburn currently holds the position of Treasurer in her Chapter.

Sis. Pyburn successfully raised money to go towards the 2024 Evelyn Ware Scholarship for the Norris Wright Cuney Grand Chapter. There



SHARRI PYBURN

will be 40 high school students all over the State of Texas who will receive scholarship money including three local students from Waco to

go toward furthering their college academic education.

Sister Pyburn would like to humbly thank all her Chapter Sisters, Brothers, business donors, family, friends and everyone who contributed and supported her fundraising endeavors to make this possible.

She is looking forward to the amazing things that will be happening for her and her Chapter to shine bright. Always remembering Ephesians 4: 1-2 I urge you to live a life worthy of the calling you have received. Be completely humble and gentle; be patient, bearing with one another in love. We are our Sisters' and Brothers' Keeper!

**J.L. & LINDA CRAWFORD**

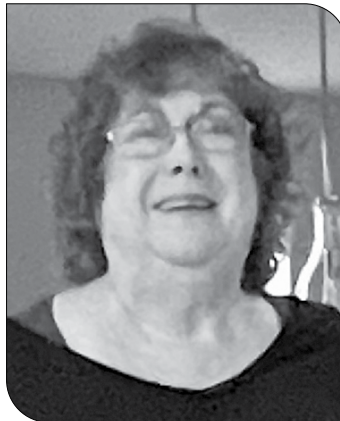
A co-owner of The Anchor News, J.L. Crawford is the director of operations for the paper. He is also an instructor at McLennan Community College, a Bible teacher, and a LegalShield Senior Manager. Linda Crawford is co-owner and editor of The Anchor News. She is an instructor at McLennan Community College,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

EDITORIAL: OUR CHOICE IS OUR DUTY TO OUR NATION

JULY 4 LETTER TO EDITOR

Our civic duty, our reverence for our nation, calls for us to vote in November. If we want a President who will uphold the laws of the land, protect women's healthcare, keep public education out of the hands of religious extremists, develop plans to forestall the worsening effects of climate change, safeguard minority voting rights, forgive students' debt burdens, and insist upon practical gun reform measures, there is only one choice.

The Supreme Court has shown utter disdain for us with this year's rulings. From arguing that federal agencies, despite their experts and scientists, do not have the final ruling on which regulations are needed to protect our air, water, food supply, Social Security, consumer safety, and nuclear safety; to claiming

**DR. CHERYL BOHDE**

that January 6 rioters cannot be charged with federal obstruction; to scoffing that

bump stocks, which transform semi-automatic rifles into machine guns, are dangerous; to arresting homeless people for sleeping outside, even when shelters are full; to allowing states to gerrymander African American voters out of a district; to designing an imperial Presidency, with their 6-3 ruling that Presidents can do what they wish, as long they call it an "official act."

We need a governing party willing to reform the highest court in the land, to return it to a judicial body willing to maintain unity in the law, not carelessly upend precedent to satisfy the six judges' con-

tempt for democracy.

We, the people, have a choice in November: what kind of nation do we wish to inhabit? Do we want a country headed by a person unconcerned about the ramifications of these rulings? One with no moral compass nor civility, one who wants the military to shoot protesters, one who steals classified documents, who reveres autocrats Putin, Kim Jong Un, and Victor Orban? One who seeks retribution against those on the other political side?

Surely, all of us wish to protect the American way of life. Only one of the Presidential candidates will do so.

YOUR OWN STEM CELLS CAN HEAL YOU!

A NOTE FROM THE EDITOR...

NO MEDICINE, JUST PHOTOTHERAPY LIGHT

I have not had a vertigo attack since March 2. Discover the power of stem cell patches that stimulate your own stem cells! From stopping my daily bouts of vertigo to eradicating my doctor's regular hip numbness, these patches have changed our lives since we have been using them. One user even bid her insomnia farewell, while another experienced relief

from persistent leg pain and inflammation. Another went from migraine headaches and 9 weekly shots in her head and neck to no pain at all. Give your body the care it deserves with these stem cell patches. Jump in on this trial offer - three months at a little less than five dollars a patch. More product details are in this issue. Your wellbeing is worth it!

Why do people pay thousands of dollars for stem cell replacement? Because stem cells are the star players of medical science. These special cells possess the ability to heal every illness. They develop into various cell types during early life and growth. This feature of stem cells opens up a world of possibilities in research and treatment of diseases; this is where they truly shine. One local doctor said, "Stem cells heal whatever your body needs to heal." Why?

Stem cells' versatility gives them the potential to do so. They play a vital role in regenerative medicine, where damaged tissues or organs can be

replaced with fresh, healthy cells. Picture this: someone suffering from a severe cardiac event. In a typical case, the damaged heart tissue may never fully recover. However, stem cells present a glimmer of hope. These miraculous cells can morph into healthy heart tissue, rescuing the damaged organ from permanent impairment. Now they can be rejuvenated. Don't replace them; activate your own stem cells.

Finally, stem cells are teeming with potential when it comes to understanding human growth. They're like the ultimate secret keepers, housing critical information about how we grow and devel-

op. Unraveling this information can provide invaluable insights into why certain genetic diseases occur. Essentially, stem cells are the key to understanding how a single cell develops into a full-fledged human body, holding in their structure the essence of life itself.

Be it headaches, arthritis, memory loss, extensive pain, vertigo, depression, diabetes, heart disease, high blood, low blood, insomnia, swelling, autism, inflammation-you name it. Healthy stem cells may be your answer. Start your healing today in the form of a \$5 patch.

Call (254) 315-5567!



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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.

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DR. SHAMONICA TRUNELL: A BEACON OF HEALTH AND WELLNESS IN WACO, BELLMEAD, GATESVILLE

In the realm of healthcare, some individuals stand out not only for their professional expertise but also for their commitment to community service. One such individual is Dr. Shamonica Trunell, the esteemed owner of Hillcrest Chiropractic Clinic in Waco, Bellmead and Gatesville, Texas.

Dr. Trunell's journey to becoming a respected chiropractor began in Fayette, Mississippi, where she was born and raised. Her upbringing in this small town instilled in her a strong sense of community, which would later influence her decision to establish her practice in Waco. After completing her undergraduate studies, Dr. Trunell pursued her doctorate from Parker College of Chiropractic, graduating in September 2003. This rigorous program equipped her with the knowledge and skills necessary to provide exceptional chiropractic care. Upon receiving her doctorate, Dr. Trunell made the decision to move to



DR. SHAMONICA TRUNELL

Waco, Texas. She was drawn to this community for its diversity and potential for growth. In Waco, she established the Hillcrest Chiropractic Clinic, a practice dedicated to improving the health and wellness of the community.

Dr. Trunell's clinic is notable for its inclusivity. Recognizing the financial barriers that often prevent individuals from seeking chiropractic care, she made the decision

to accept most insurances, including Medicaid and Medicare. This decision has made chiropractic care accessible to a wider demographic in Waco, demonstrating Dr. Trunell's commitment to serving her community. Furthermore, Dr. Trunell's practice caters to patients of all ages, from newborns to centenarians. This broad patient base is a testament to her versatility as a chiropractor and her dedication to promoting health and wellness at every stage of life.

Dr. Shamonica Trunell is a remarkable figure in the field of chiropractic care. Her journey from Fayette, Mississippi to Waco, Texas is marked by her unwavering commitment to community service and her dedication to making chiropractic care accessible to all. Through her work at Hillcrest Chiropractic Clinic, she continues to make a significant impact on the health and wellness of the Waco community. She now owns locations in Waco, Bellmead, and Gatesville.

WHAT EXACTLY ARE BUYERS LOOKING FOR IN A HOME?

SUBMITTED BY
LINDA MCDONALD

If you're planning to sell your home or curious about what buyers are seeking, you're in the right place. Let's jump in!

- **Open Floor Plans:** Create a spacious and welcoming atmosphere that allows for seamless flow between rooms, perfect for entertaining and family gatherings.

- **Updated Kitchens:** The heart of the home, a modern kitchen with high-quality appliances, ample storage, and stylish finishes can be a major selling point.

- **Outdoor Living Spaces:** Buyers desire a retreat where they can relax and enjoy the outdoors. Enhance your home's appeal with a well-designed patio, deck, or landscaped backyard.

- **Energy Efficiency:** Sustainable features like energy-efficient windows and smart thermostats not only reduce utility costs but also attract environmentally conscious buyers.

- **Home Office or Flex Space:** As remote and flex work continues to thrive,



LINDA MCDONALD

having a dedicated home office or flexible space for work, hobbies, or a playroom is highly desirable.

Understanding what buyers want can help you position your home for success in the market.

If you're considering selling or have any questions, I'm here to help! Send me a message and let's chat! 254 855-1717 or lindamcdonaldrealtor@gmail.com Real estate transactions are complicated. A Texas REALTOR® will help you with the following steps and much. Linda McDonald, CRS, GRI, PMN, SRES, TRLP; 254 855-1717.

WILLIAMS

CONTINUED FROM PAGE 1

president, making rounds at nursing homes to give haircuts, and going to homes of those unable to leave for haircuts are some examples of his servant's heart. He has loved to be a blessing to others because God has blessed him.

Mr. H's face lights up when he converses with younger barbers who view him as a mentor. Due to a recent life change of needing kidney dialysis treatments three times a week, Mr. H felt it was time to hang up his clippers. Even

though he will miss barbering, the memories and friendships will forever have a place in his heart. With all three of his sons now deceased, Mr. H believes they would be proud to know he has been barbering this far by faith.

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It's a deal that's not just cool; it's ice cold!

*First-time customers only. Expires August 15, 2024.

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GATESVILLE: 606 East Leon, Gatesville, TX 76528 | (254) 248-1335

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Education Issue!

August is our traditional anniversary and education issue. Celebrating 22 years in the community, we spotlight students, educators, administrators, staff, educational events, institutions, etc.

The deadline to submit a 350-400 word article on a person of accomplishment or news worthy educational event, institution, organization, etc. is August 1, 2024. So come on! Send us your clear, JPEG headshot and a typed article (Word document) via email to theanchornews@aol.com.

We will do our best to include every profile that we receive, and who knows? Your submission might be one of our cover stories.

PROTECTING YOUR INVESTMENT

BY DARRELL ABERCROMBIE

The weather the last several weeks in Central Texas has been touch and go. We've had record amounts of rain, high winds, tornadoes, fires and hail. All which have caused major damages to property and homes. Having Insurance does not stop the weather from destroying your property, but it can reduce the financial impact of a covered loss.

What is homeowners' insurance?

Homeowners' insurance is insurance that covers damage to your home, property, personal belongings, and other assets in your home. It may also cover living expenses above your normal cost of living if a covered loss forces



PASTOR DARRELL ABERCROMBIE

you to stay elsewhere while your home is being repaired or rebuilt. Additionally, your policy may also provide coverage for accidents or injuries

that occur in your home or on your property. Homeowners' insurance also covers injuries you may unintentionally cause to others away from your property for which you may be liable.

How does homeowners' insurance work?

Homeowners' insurance coverage may provide you with protection if the unexpected happens to your home or property. Your home insurance company provides you with coverage for your home, belongings, and the other structures on your property. If a sudden and accidental loss occurs, you can file a claim with your insurance company. You will potentially receive payment for covered losses, minus any home insurance deductible, up to your policy's coverage limit.

Is homeowners' insurance required?

Unlike car insurance, home insurance isn't mandated by law. However, if you are fi-

nancing your home, mortgage lenders have a vested interest in it. They will typically require you to have a homeowners' insurance policy in place. Even if you paid off your mortgage, your home is arguably one of your most valuable assets and you will want to protect it. Because homeowners' insurance not only protects your home and property but may also cover you if someone sues you for accidental injuries, you should consider it a must-have.

What are the different homeowners' insurance coverages?

Homeowners' insurance typically covers your dwelling, other structures on your property, personal property, personal liability, medical payments to others, and loss of use costs. Payment for damages depends on if a covered peril caused the loss and the homeowners' insurance coverage limits on your policy.

So, remember, homeowners'

insurance coverage pays to repair or replace damaged property, including your belongings and the structure of your house.

Home insurance generally covers damage due to fire, wind or snow, but it won't cover floods or earthquakes. It also covers your liability if you hurt someone else or damage their property.

Do annual insurance policy "check-ups" to keep up with local building and home remodeling costs as well as conduct inventories of personal belongings. Make sure that you have updated your insurance to rebuild or repair your home for what it would cost in the current building market. Accurate inventories of personal possessions make for faster and smoother claim settlements. Photos and videos offer easy ways to document your belongings.

Darrell Abercrombie is the Housing Counselor at Grassroots Community.

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TO FORGIVE OR NOT TO FORGIVE—THAT IS THE QUESTION!

Everyone carries emotional baggage around in some way or the other. But, did you know that baggage could be lighter? Yes, it's quite possible through a powerful thing called 'forgiveness.' It's not just about saying "I forgive you" and moving on. It penetrates deeper into our hearts and brains, fostering profound benefits that science can back. So, let's dive into some beneficial features of forgiveness.

First, forgiveness fosters mental health. When we bear grudges, it's like carrying a

heavy load that can lead to stress, anxiety, and even depression. But when we decide to forgive, we drop that load, and this can significantly uplift our mental wellbeing. There's science behind it. A research from the Journal of Health Psychology indicates that forgiveness is associated with reduced stress and improved mental health. So, remote as it may be, forgiveness can even be our therapeutic getaway—and it doesn't cost a penny!

Then comes coddling our heart, literally. Okay, maybe not just our heart but also our blood pressure. Resentment and anger can raise the heart rate and blood pressure, while forgiveness has the opposite calming effect. As highlighted in one study in the Journal

of Biobehavioral Medicine, individuals who practiced acts of forgiveness showed decreased heart rates and blood pressure. Now when someone says forgiveness is "good for the heart," we'll know it's not just a well-meaning phrase, but a scientifically backed statement.

In conclusion, forgiveness is pretty powerful, right? Not only does it free us from emotional burdens, but it also leads to better mental health and even heart health. So, the next time it seems hard to forgive someone, remember, it's not just for that person but for our ultimate well-being too. It's not always easy, but it's definitely worth it.

So, let's make forgiveness our new superpower.

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WHY CHOOSE LEGALSHIELD

**SUBMITTED BY JL
CRAWFORD, LE-
GALSHIELD, SENIOR MAN-
AGER**

As an American, you might face a myriad of legal problems, but fortunately, Le-

galShield can help you navigate through these issues. LegalShield is a service that offers legal protection to Americans by providing access to experienced lawyers, no matter the legal matter at hand. Our services range from reviewing contracts to assisting with wills and even divorces.

LegalShield is especially helpful because many Americans face legal problems that go unaddressed. Financial struggles often lead people to forego legal representation because they think they can't afford it. But with LegalShield, the payment plan is reasonable and allows the average American to access legal aid. Knowing that you have legal support is an empowering feeling; it creates a sense of security that allows you to put legal worries aside and focus on other aspects



J.L. CRAWFORD

of life.

The benefits of LegalShield go beyond the peace of mind they provide; their services have saved members millions of dollars in legal fees. Having legal coverage prevents people from having to

pay out-of-pocket expenses for the numerous legal issues that arise in everyday life. By using LegalShield, Americans can access legal expertise at a fraction of the cost, allowing them to face legal issues with confidence and ease.

In conclusion, LegalShield offers peace of mind to Americans who might otherwise avoid legal help due to financial constraints. With LegalShield's services, you can access legal support for a wide range of issues without breaking the bank. Members who utilize LegalShield's benefits stress less about potential legal issues and have more freedom to enjoy their daily lives.

Choose LegalShield to have the support you need for all of life's legal challenges. We can help you live more and worry less. Call me to get started today. 254-717-4927.

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WACO, TEXAS

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- Resolve conflict in self and with others
- Create optimal environment for change
- Tools for healthy relationships
- Instills hope
- Transfer skills into all aspect of life

Who will benefit:

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- Social Workers
- Educators and Administrators
- Criminal Justice
- Health Care Professionals
- Business Leaders
- Pastoral and Parents
- Individuals

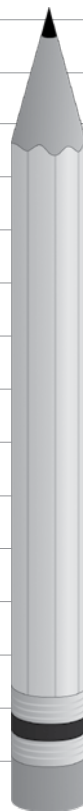


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We will do our best to include every profile that we receive, and who knows? Your submission might be one of our cover stories.

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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Rey

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Dr. Mia Moody-Ramirez



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FREE STUFF FROM MEDICARE

BY MARGARET IVORY

One of the most loved benefits among Medicare recipients is the Over The Counter Benefit. It is also known as the OTC benefit.

In McLennan county, UnitedHealthcare, Humana and Baylor Scott and White offers this benefit through many of their plans, not all plans of their plans but many.

Please refer to your Summary of Benefits or Enrollment Guide to determine if your plan offers the OTC benefit.

Each quarter, you are allowed to get over the counter items at no charge. Shipping is also at no charge. The plan determines the amount received. If you are not on Medicaid, it varies from \$30 -\$50 per quarter.

If you are on Medicare with Medicaid you could get \$150 each month that you can use for groceries, OTC items and utility bills. This is the benefit that you hear about on ads. No matter what the ad says, this is



MARGARET IVORY

only for Medicare plus Medicaid recipients.

The quarters are as follows: January - March; April - June; July - September and October - December.

Usually, your healthcare company will send you another catalog each quarter so you can order. You may call in your order; mail in your order; order online or shop in-store at participating retailers.

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IS IT TOO HOT TO BE OUTSIDE?

BY JERRY SNIDER

In case you didn't know, it's hot outside. That's what happens in Texas in July.

One good thing about the heat is it actually suppresses some of the viruses that cause us to get ill. One of the bad things is we tend not to go outside in nature as much as we do in the spring and fall. We may skip our daily walk because we don't have time in the morning due to life schedules and it's too hot in the evening.

It's important to be safe from extreme temperatures, especially if you are vulnerable to illness or have heart

disease, but it's also important to our immune system to get direct sunlight and exposure to the bacteria in nature.

When you look at the history of human beings, it's only in recent decades you see the majority of our time spent indoors in air conditioning. We have a long history of being outdoor creatures, experiencing nature for a majority of each day. It's true the conditions outside can expose us to more risks to our health, but in combination with our current medical technology, I believe we are better suited to spend more time in nature and still



JERRY SNIDER

live long, healthy lives.

We do need to be cautious when being outside

during the day, but we don't need to be scared of the extreme heat. Like with everything else in life, transitioning to a level of comfort takes time. Start with a few minutes a day, it's ok to stay in the shade as we still get indirect sunlight on our skin, stay hydrated, and breathe in the natural surroundings. It's best to do this in a park or larger grass yard because there is a noticeable difference between the heat from the grass and that from pavement or an artificial surface.

Research is showing more and more how our body performs better when exposed to extreme temperatures, both cold and heat. When our cells face difficulty they become stronger and stronger cells will live longer. That's what we want.

Another benefit of exposure to extreme temperatures is that we tend to get

a better quality of sleep. This helps us recover and repair our body at the cellular level more effectively. Now we have stronger cells that are also more efficient.

This is a key to health and longevity. The best part is it's free and available to all of us. Be cautious and safe, but enjoy this free opportunity to improve your health.

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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JUST WHAT IS ALL THE PICKLE ABOUT?

Pickleball is a fun and exciting game that has become increasingly popular in recent years. This racket sport is a great way to get active, socialize, and improve your hand-eye coordination.

So, what is pickleball exactly? Pickleball is a fun combination of tennis, badminton, and ping pong that is played on a smaller court. The game is played with a paddle and a plastic ball that has holes in it. The objective of the game is to score points by hitting the ball over the net and into the opponent's court without them returning it. The first team to reach 11 points and win by two points wins the game.

One of the best things

about pickleball is that it is a sport that can be played by people of all ages and skill levels. It's a game that is easy to learn but difficult to master. Because the court is smaller than a traditional tennis court, it requires less running and less physical exertion, making it a great workout for those who may not be as fit.

In conclusion, pickleball is a fun and exciting racket sport that combines elements of tennis, badminton, and ping pong. It can be played by people of all ages and skill levels and is a great way to get active and socialize. So why not grab a paddle and a ball and give this fun and unique sport a try?

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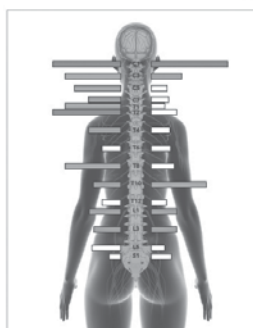
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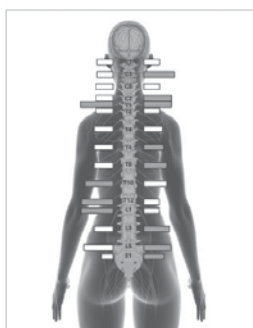
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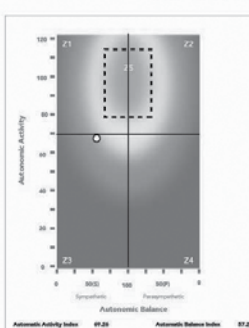


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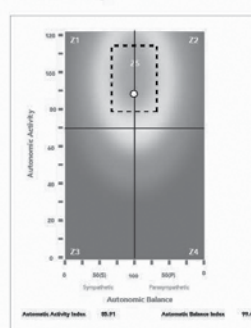


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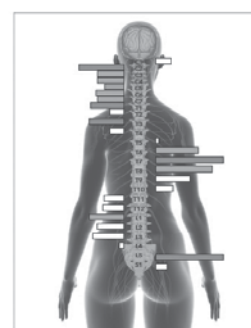


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WHAT IS FORGIVENESS?

BY MICHAEL JONES

Forgiveness is a process by which a victim undergoes an intentional and voluntary change in feelings and attitude regarding an offense. It is a means of spiritual growth and healing, and is essential for the well-being of individuals and society as a whole.

After any painful situation, we have two choices: anger followed by revenge, or making peace with the past through forgiveness. The first choice almost always leads to more suffering. The second leads us to reconciliation. A pardon for the offender's actions replaces negative emotions like vengefulness, feelings of betrayal, anger, and fear.

Since we are all flawed human beings, we often yearn for forgiveness because understanding that we have hurt someone is in itself a punishment. To salvage a ruined relationship between individuals or ethnic groups and avoid bitterness and resentment, forgiveness can provide true reconciliation.

Forgiveness is a fundamental concept in the Bahá'í Faith, emphasized by the teach-



MICHAEL JONES

ings of Bahá'u'lláh, the prophet-founder of the Faith. His teachings also tell us that forgiveness and justice go hand-in-hand: "As forgiveness is one of the attributes of the Merciful One, so also justice is one of the attributes of the Lord."

So let's be clear on what forgiveness is and isn't: To forgive does NOT mean that you condone wrongdoing. Reaching a place of true forgiveness is NOT about you deciding that what someone did is okay if it was not. Forgiving does NOT mean you have to just forget it, if that's even

possible.

Forgiveness IS eliminating the negativity that results from hurt by letting go of emotional baggage. Holding on to hurt, resentments, pain, and anger can poison us. As Confucius said about revenge, "Before you embark on a journey of revenge, dig two graves." Living actively with anger and seeking revenge is inviting death by a thousand cuts.

We are all prone to make mistakes, and God is the ultimate dispenser of pardons. We all trust that when we face our Maker, our mistakes will be forgiven through divine grace.

Reconciliation through forgiveness must also be among the foundations of uniting humanity. As one of the Faith's founders said in a 1911 speech in Paris, "The wrong in the world continues to exist because people only talk of their ideals, and do not strive to put them into practice. If actions replaced words, the world's misery would very soon be changed into comfort."

If you'd like to learn more, please visit our local Bahá'í website at www.wacobahais.net or the global information site at bahai.org/beliefs.

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ONCE SAVED, ALWAYS SAVED...MYTH, OR TRUTH? PART 7

BY EVANGELIST
RUBY MCCRAY

Continued from the June 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.

Once saved, always saved, by some is referred to as the eternal security of the believer. Some refer to the expression as the new birth or being born again. You will find the perfect explanation in the book of John, Chapter 3, Verses 1 through 31. You'll find a clearer explanation in Part 2 of this series.

I thought I had finished this series, but Holy Spirit impressed upon my heart to mention two more Scripture passages.

Christianity has been watered down so much that it's very difficult to recognize that Jesus Christ has anything to do with it, although one can see "Christ" in the word, Christianity. People think that they can continue living their immoral lives and still go to Heaven. That's not true!

It's sad to say, but many of the pastors and leaders of the church are living so immorally that the sinners in the world have no model in which to copy, and that's just what the devil wants. He has con-

vinced many that they are eternally secure, and can NEVER be lost, although they live like him.

Precious people, that's why we MUST study the Bible for ourselves so that we will be able to tell the difference between holy and unholy. Paul said, "Imitate me, just as I also imitate Christ." 1 Corinthians 11:1 NKJV Let's see what the Bible has to say about this.

"But some of these branches from Abraham's tree—some of the people of Israel—have been broken off. And you Gentiles, who were branches from a wild olive tree, have been grafted in. So now, you also receive the blessings God has promised Abraham and his children, sharing in the rich nourishment from the root of God's special olive tree. But you must not brag about being grafted in to replace the branches that were broken off. You are just a branch, not the root.

"Well, you may say, 'those branches were broken off to make room for me.' Yes, but remember—those branches were broken off because they didn't believe in Christ, and you are there because you do believe. So don't think highly of yourself, but fear what could happen. For if God did not spare the original branches, he won't spare you either.

"Notice how God is both



EVG. RUBY MCCRAY

kind and severe. He is severe toward those who disobeyed, but kind to you if you CONTINUE to trust in his kindness. But if you STOP trusting, you also will be cut off. And if the people of Israel turn from their unbelief, they will be grafted in again, for God has the power to graft them back into the tree. You, by nature were a branch cut from a wild olive tree. So, if God was willing to do something contrary to nature by grafting you into his cultivated tree, he will be far

more eager to graft the original branches back into the tree where they belong." Romans 11:17-24. Please read the entire Chapter for a better understanding.

Lucifer and one-third of the angels rebelled against God while living in heaven. Michael and two-thirds of the angles went to war against them, prevailed and they were cast out of heaven. Can one truly say that they never lived in heaven? Isaiah 14:12-15; Ezekiel 28:14-19

"So, I want to remind you, though you already know these things, that Jesus first rescued the nation of Israel from Egypt, but later he destroyed those who did not remain faithful. And I remind you of the angels who did not stay within the limits of authority God gave them but left the place where they belonged. God has kept them securely chained in prison of darkness waiting for the great day of judgment. And don't forget Sodom and Gomorrah and their neighboring towns, which were filled with immorality and every kind of sexual perversion. Those cit-

ies were destroyed by fire and serve as a warning of the eternal fire of God's judgment.

"In the same way, these people—who claim authority from their dreams—live immoral lives, defy authority, and scoff at supernatural beings. But even Michael, one of the mightiest of the angels, did not dare accuse the devil of blasphemy, but simply said, 'The Lord rebuke you!' (This took place when Michael was arguing with the devil about Moses' body.) But these people scoff at things they do not understand. Like unthinking animals, they do whatever their instincts tell them, and so they bring about their own destruction. What sorrow awaits them! For they follow in the footsteps of Cain, who killed his brother. Like Balaam, they deceive people for money. And like Korah, they perish in their rebellion. Jude 5-11

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.

TSTC'S STUDENT-OPERATED RESTAURANT OPENED JULY 3

(WACO, Texas) - Texas State Technical College's Culinary Arts program in Waco opens its student-operated restaurant for the summer semester on Wednesday, July 3.

The restaurant is at the Greta W. Watson Culinary Arts Center on Campus Drive. The restaurant is open to the public, but reservations are required. Meals will be served from 11 a.m. to 12:30 p.m. on

select Wednesdays and Fridays during the semester.


The serving days and themes, which are subject to change, are:

- July 3 and July 5: Southwest
- July 10 and July 12: Southern
- July 17 and July 19: Thai
- July 24 and July 26: German
- July 31 and Aug. 2: Cajun

• Aug. 7 and Aug. 9: Italian
Weekly menus will be posted on the Facebook pages for TSTC in Waco and the Greta W. Watson Culinary Arts Center.

No same-day reservations will be taken on serving days. Reservations can be made by emailing wacoculinary@tstc.edu.

For more information on TSTC, go to tstc.edu.




FORGIVENESS

As God loves humanity without distinction or preference, why should we not love all? Can we conceive of a plan and policy superior to the divine purpose? Manifestly, we cannot. Therefore, we must strive to do the will of the glorious Lord and emulate His policy of loving all mankind.

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ENVY AND STRIFE AMERICA'S DOWNFALL

BY PASTOR MATTHEW REED

Strife and envy are embedded in our nation. Hence comes the confusion and evil works we are experiencing. James teaches us this in James 3:16: For where envying and strife is, there is confusion and every evil work.

This sin engulfs most of our population and holds us in a gridlock. We are a nation that is confused and at odds on every issue that arises. There is help in the New Testament, but the problem is we have rejected God and his Bible. As a nation that professes Godliness we have rejected God in our sexual orientation, in raising our children, in our marriag-



**PASTOR MATTHEW
AND LADY HELEN REED**

es, in judgment in every way. We have turned each one of

us to our own imagination, resulting in us becoming a people of envy and strife. This has brought forth the confusion we're experiencing. Without God, we've become a people so confused we don't know who to vote for or what to vote for. Without Jesus, we are as sheep without a shepherd. We are so lost we don't know which way to go or what or who to turn to.

Let me tell you the who and the what. The who is Jesus the what is the bible, the way is Christianity. This is the answer for all mankind Jew or Gentile. If man returns unto God he will return unto us. Malachi 3:7 says "Even from the days of your fathers ye are gone away from

mine ordinances, and have not kept them. Return unto me, and I will return unto you, saith the LORD of hosts. But ye said,

Wherein shall we return?"

It is your responsibility to search the scriptures in order to find your way back. Amen!

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WHEN REALITY SETS IN

BY MONA DUNKIN

While reading to my granddaughter she suddenly exclaimed, "Nana, you have something on your face." She said it looked like pencil marks between my eyebrows.

After unsuccessful attempts to wipe it off, I looked in the mirror. It was not pencil marks. It was wrinkles. Deep ones.

Long ago I came to peaceful terms with the reality of death. I know that each of us has been allotted so many days on planet earth, I guess I just never expected to look like I was aging.

Since the announcement of those first wrinkles, others have joined the ranks. I'm okay with that and gracefully settle into being a senior adult.

The way one perceives life becomes his reality – only it may not actually be real. The reality is that all of us alive at this moment are aging and have benchmarks to verify it. That does not discount one's viability as a human being with infinite worth and value.

A current mantra is "Fifty is the new thirty." Does that



MONA DUNKIN

mean that thirty is the new ten?

On the front of a birthday card was the question: "What is the difference in a 40-year-old and a 4-year-old?" Answer: "The 4-year-old wants to grow up." Is this inferring that a 40-plus often remains childish by adopting the immature foot-stomping stance of Peter Pan?

Is our society so obsessed with youth that, despite advancing years, the population convinces itself that aging is bad? Wisdom does not necessarily come with advancing

years. Humility is acceptance of one's humanness including positives and negatives, strengths and limitations, abilities and diminishing facilities.

I suggest humility and wisdom are akin.

Wisdom comes when we release childish misconceptions for adult realities. Life does not stand still. We are growing or dying, enlarging or shrinking, maturing or reverting to juvenile behavior. To resist changing makes growth difficult, if not impossible.

How freeing it is to embrace another tomorrow with antic-

ipation of acquired wisdom. Live life so the spirit stays young. Take care of the package and embrace the reality of aging.

Singer Song-Writer Tom Petty accepts the reality of aging with his philosophy of: "If you're not getting older, you're dead."

Good insight. Let us live a wonderful life, wrinkles and all.

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

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 School – 9 a.m.

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 WORSHIP11:15 a.m.

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