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THE Anchor NEWS

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THREE VOTES WILL NOT STOP DR. PEACHES THIS TIME

In 2023, just three votes prevented Dr. Peaches Henry from sitting on the Waco ISD School Board in the at-large seat. Two years later, Dr. Peaches has returned to run for a seat in District 4 which includes mostly West Waco. Though this is a harder race to win, because she does not have access to the votes of all Wacoans, Dr. Peaches is convinced she can win the seat. "While most Wacoans cannot vote for me, they can help me with funding and volunteering," she said. "Folks can spread the word to their friends and family who live in District 4 to vote for me starting April 22-29 or on Saturday, May 3. They can join my phone bank team. They can fund my campaign."

Dr. Peaches believes that Waco ISD is facing overwhelming challenges that include vouchers, inadequate



DR. PEACHES HENRY

funding, and teacher shortages. As the only educator in the race, she says that she has the expertise, experience, and commitment to fight for Waco ISD students.

Dr. Peaches knows the challenges Waco ISD faces. A

college professor with a Lifetime Texas Educator Certificate, she teaches Waco ISD students in dual credit courses at McLennan Community College. She encounters teachers regularly, because she volunteers in the schools frequently and sees first-hand their hard work and their hardships. In March and April, she was in Austin advocating for Waco ISD to our state representative, Pat Curry.

Waco ISD leadership has recognized Dr. Peaches' collaborative spirit, servant heart, and commitment to improving the quality of education in Waco. Indeed, the last four superintendents, including the current one, have tapped her to serve on important District committees and boards, most recently the Attendance

SEE **PEACHES**, PG. 2

STEPPING OUT ON FAITH

"Now faith is the substance of things hoped for, the evidence of things not seen." – Hebrews 11:1

The members of New Zion and their small congregation did indeed take a leap of faith as they started the process of replacing the 136-year-old sanctuary on Mazanec Road. For over a century, the church served as the heart of this community, a beacon of hope and faith to generations of worshipers. Over the years, repairs had been made to preserve the sanctuary, but the visible signs of wear and tear became impossible to ignore. The need for more substantial and lasting change became undeniable. Though the investments in upkeep had been substantial, they had not provided the long-term solution



PASTOR DARRELL & LADY JACKIE ABERCROMBIE

the church needed.

This pivotal moment required a bold step forward—a vision for a new sanctuary that would not only serve the immediate needs of New Zion

but also impact the entire Elm Mott community for years to come. By stepping out in faith, Pastor Darrell Abercrombie, along with Lady Jackie and the entire church embarked on a journey to create a place where worship could thrive and where future generations would come to know the love and grace of God.

And so, the dream began: to build a sanctuary that would stand for generations, symbolizing not only the strength of faith but also the commitment to the future of the church and the broader community. The process has not been without its challenges, but with each obstacle, the congregation has leaned on their unwavering faith, trusting

SEE **FAITH**, PG. 2

HEALING

BY W.B. GUNTER

Dr. Maricia Sherman is a woman who lives and thrives in her purpose. She's a world class speaker, published author, an ordained minister, a careered register nurse who diligently works in the Dallas area providing the community with topics relating to health, and she holds a Master's degree in Christian Counseling. She has authored several books: Drop The Rock: Intensify Your Groove; Her Prayers Availeth Much: Inspiration for Women Who Choose To Believe; The Groove Never Stops: Stories of Intense Determination, and more.

Dr. Sherman began her career journey based on her need for making quality decisions about her life. As a young mother of 3, she decided that nursing offered security and safety. She began that career because it offered stability. "God used all of the things I had come through to work together for my good so I could use it for His good." Sherman is convinced that nurses do more than comfort. Sherman explains that nursing is a form of ministry that counsels, and "Nurses speak of good news while caring for the patient, family, and extended family. It's multifaceted. Doing good is sacrificial." Sherman continues that transitioning from nursing allowed her to heal from past trauma and find herself. "I returned to school and earned a degree in Christian Counseling, which helped elevate my faith."

Dr. Sherman explained the nuances of Christian Counseling as faith-based counseling that includes scriptures. She clarified



DR. MARICIA SHERMAN

by saying, "Sometimes faith is shaken, so its fortified and strengthened in God's Word. Sherman says Christian Counseling taps into the 8 dimensions of wellness centered around life, which are emotional, physical, intellectual, social, spiritual, environmental, financial, and occupational. Clients should be going through those steps as they seek counseling, explains Sherman, and it's a holistic approach to wellness. "That's my approach. I can relate to working towards emotional wellness and I want to be the type of mentor I needed as I was working through difficulties."

Currently, Dr. Sherman operates a non-profit for women to receive scholarships for counseling. This is the 3rd year of the non-profit, Intimate Altar, which has been awarded Non-Profit of the Year. Intimate Altar is a 9 month program of emotional healing. Dr. Sherman elaborates, "We ask the community to get behind us. It takes nine months because to establish rap-

SEE **HEALING** PG. 2

**J.L. & LINDA CRAWFORD**

Co-owner of *The Anchor News*, J.L. Crawford is the director of operations for the paper. He has retired from teaching at McLennan Community College. JL is a Bible teacher, and a LegalShield Senior Manager. Linda Crawford is co-owner and editor of *The Anchor News*. She is a retired professor at McLennan Community College, a Bible teacher and a conference, workshop and motivational speaker. Linda also owns Enjoy the Journey Life Coaching Service.

From the Editor...**IS THIS A BAD DAY?**

It is 8:15 a.m. and I was supposed to get up at 7:00. I overslept and now, it's obvious that I am already having a bad day. But am I really? Is it a bad day? I just woke up. The day hasn't really gotten on its way yet. I am running late, but do I have a car? I am going to be late to work, but does that mean I still have a job? I am no longer paralyzed, like I was in 2019 so does that mean I can get dressed on my own? I am hurrying, out of breath,

but does that mean I am not on a ventilator, like my husband was in 2023? Come on! With all these blessings in place, am I really choosing to have a bad day? Nope! Oh, give thanks unto the Lord, for this is a great day to have a great day. Even though I am running late, this is the "day that the Lord has made." I woke up this morning, still in my right mind. I can praise my way to victory or whine my way to defeat! I'm just saying!

PEACHES

CONTINUED FROM PAGE 1

Boundaries Committee.

Dr. Peaches' commitment to Waco is longstanding. She has volunteered at five elementary schools, all the middle schools, and Waco High. She is such a ubiquitous pres-

ence on Waco ISD campuses that many students and some parents assume she is a teacher.

"My greatest challenge is getting people out to vote in a local election that takes place

on a Saturday," Dr. Peaches stated. "The lesson from the 2023 election is that every vote matters. That is doubly true for this election. My campaign is working hard to get voters to the polls." Those who want to

help by texting voters should text (254-733-5261) or email (drpeaches4sb@gmail.com).

Early voting starts on Tuesday, April 22 and goes through April 29, and Election Day is Saturday, May 3.

FAITH

CONTINUED FROM PAGE 1

in God's guidance every step of the way.

The church family is thrilled to announce that the new sanctuary will open this month, and they invite everyone to join them in this momentous occasion. Just as it has always been, the doors of New Zion are open to all who seek fellowship, growth, and a deeper connection to their faith.

Speaking for the church body, Pastor Abercrombie says, "We believe that this new sanctuary will not only be

a place of worship but also a cornerstone for the community—a place where the love of God can be shared and experienced by all who enter."

The projected grand opening date is Sunday June 22, 2025. All can be a part of the church's history making trans-

formation by purchasing a brick of faith; visit the website newzionbaptistchurchelm-mott.org or call 254-405-1349 for more information.

Please join New Zion in fellowship at 3572 Mazanec Rd Waco, Texas 76705. Sundays start with Sunday School, a

power pack 30 minutes at 10am, followed by Baptist Training Union at 10:30 am and Worship service at 11:15 am. Says Pastor Abercrombie, "Together, we will continue to step out on faith, trusting in God's plan for New Zion and for the community."

HEALING

CONTINUED FROM PAGE 1

port, it takes time to know, like, and trust factor before building trust for healing. The program begins in September. Donations can be received at IntimateAltar.org. A virtual aspect to the program is underway."

To book Dr. Sherman for speaking engagements and workshops, visit the website at MariciaSherman.com. Services are available in person and virtual. Coming soon in the summer of 2025, Dr. Sherman will launch the podcast, "Stay Cute Inside with Dr. Sis," further explaining that being cute on the outside is one thing, but being cute on the inside takes a commitment to self. "Cute Inside" will be based on Galatians 5:22, the Fruit of The Spirit, which will encompass the 8 Dimensions of Wellness. Dr. Sherman strives to, in her words, "be a healer in our community and help women be healthy. Emotions have no race,

age color, or favored gender. It's part of the human process. Once you get to the root, it isn't biased. I want emotional wellness to be learned so it can be taught though out the community."

In closing, Dr. Sherman's message to all communities is a mes-

sage of faith and hope. She says, "As life happens, Faith is one of the first areas that's lifted and pops. Remember, faith is your foundation. It doesn't change, so when things are out of order, we must re-balance, reset emotions, and be sure to recalibrate."

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PURPOSE

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

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als reflect the opinions of the editor.

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WOMEN WORKING TOGETHER FOR THE COMMON GOOD

BY JOCELYN G. PIERCE

With the recognition of Women's History Month last month and the anticipated observance of Mother's Day next month, it is a known realization that women play important roles toward inspiring and setting good examples for others, especially future generations. On March 27, the WACO National Association of Business and Professional Women's Club celebrated its Founders' Day and Women's History Month in a formal affair held at the Legacy Event Center in Hewitt.

This event not only focused on the illustrious history of this national organization, but it also honored four outstanding women in the McLennan County communities and surrounding areas for their professionalism and mentorship. The 2025 Theme was "Moving Forward Together! Women Educating and Inspiring Generations."

The National Association of Negro Business and Professional Women's Clubs, Inc., (NANBPWC) founded in 1935, emerged as a national non-profit organization to promote and protect the interests of women business owners and professionals. Through its national leadership, regional districts and local clubs, the NANBPWC, Inc., provides opportunities for women to increase their leadership skills, experience governance and parliamentary procedures, and enhance their educational awarenesses of issues impacting the Black community through volunteerism.

The four women honored at this year's celebration were very deserving of the awards received. The 2025 recipients were Ms. Ke'Sha Lopez for the Professional Woman of the Year Award, Attorney DeAndrea Petty for the Businesswoman of the Year Award, Mrs. Lisa Linton for Woman Making a Difference Award, and the highest award given on the national, regional, and local levels is the Sojourner Truth Award received by Dr. Sharon Shields.

Ms Ke'Sha Lopez received the 2025 Professional Woman of the Year Award. Morning Anchor Ke'Sha Lopez joined KWTX News 10 as the weekend anchor and reporter in April of 2010. Since arriving in Central Texas, she has devoted



KE'SHA LOPEZ

ed her life to her community, informing it about important news affecting area families and playing an active role in supporting the people who live here.

After her reports about a neighborhood riddled with crime and safety concerns, the city installed streetlights in areas of East Waco where there were few. She kept the greater Central Texas area informed about of the West explosion in 2013, and She was the first reporter to arrive on-scene during the 2015 Twin Peaks Shooting.

Over the years, she has been recognized by the Texas Medical Association for her report on "Teens and Vaping," and by the Texas Associ-

ation of Broadcasters for her reports as part of the "Making the Grade" investigating series into the ongoing battle for School Choice in public schools. She spearheaded the cultural observances for Black History Month and Hispanic Heritage Month where she recognizes local trailblazers.

The Arkansas State University graduate has worked in television markets in various states and is a proud member of the Alpha Kappa Alpha Sorority, Inc, where she is involved in projects that feed the hungry, clothe the underprivileged, and empower women.



ATTORNEY DEANDREA PETTY

Attorney DeAndrea Petty Received the 2025 Business-

woman of the Year Award. A native of Marlin, Texas, she earned her undergraduate degree from Baylor University in 2013 and her Juris Doctorate from South Texas College of Law, in 2016. That same year, after being admitted into the Texas State Bar as a licensed attorney, Attorney Petty opened her own Office in Waco, where she practices family, criminal and juvenile law. This year, she opened a second office in her hometown of Marlin TX.

From a young age, Attorney Petty has had a strong passion for helping others, especially those who need a second chance. This passion led to her journey of being a Criminal Defense Attorney. She also has a passion for bringing and keeping families together and does so as an Attorney Ad Litem in CPS cases. In 2019, Petty had the honor of being her hometown's City Attorney.

The last four years Ms. Petty has been recognized by The National Black Lawyers Top 40 Under 40, by Super Lawyers as one of the Top-Rated Criminal Defense Attorneys in Waco, Texas and as one of the Top Women Attorneys Rising Stars in Texas, via Texas Monthly.

It has been an honor for Attorney 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. As of October 2024, Attorney Petty was appointed as one of two National Attorneys for the National Association of Negro Business and Professional Women's Club, Inc. As a National Attorney she helps navigate any legal issues that may arise on the National level.



LISA LINTON

Mrs. Lisa Linton is a go-getter in every sense of the word,

SEE **WOMEN**, PG. 4

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WOMEN | CONTINUED FROM PAGE 3

with a reputation for turning visions into reality. She gets things done. Her energy is contagious, making students and staff alike rise to her expectations. Her stature might be short, but her presence commands attention. She's known for her feisty spirit, and her relentless pursuit of excellence. Her school doesn't just follow; it leads and inspires by example, even in the Responsive Education District.

Beyond her professional feats, she is a devoted mother and proud grandmother. God and her family form the foundation of her strength, which shows in how she nurtures her school community. She constantly fosters an environment where students want to thrive and staff members feel valued. It is not uncommon to hear a teacher say, "If you leave, Boss, I'm leaving too."

This principal, wife, mother, and grandmother is a servant leader, who serves with passion, and dedication. She is a graduate of Baylor University, has been named Principal of the Year, and has many notable accomplishments, including securing free meals for every student in her school.

The Sojourner Truth Award is named after the iconic abolitionist and activist known for her work in advancing social justice. This award celebrates individuals who show resilience and dedication to change, much like Truth herself. Recipients stand out for their commitment to equality and progress. It is the highest award presented in this national organization. THE Waco Club of the National Association of Negro Business and Professional Women present-

ed the 2025 Sojourner Truth Award to Superintendent Dr. Sharon Shields.

For almost nearly 50 years, this trailblazer has diligently served Waco and surrounding areas. Dr. Sharron Shields has dedicated her life to educating and empowering others. The goals of educating others.

Graduating from University High School, she earned her undergraduate degrees from McLennan Community College and Baylor University, where she also received a Master's and a counseling degree. Shields earned her Ph.D. from Texas A & M University and her superintendent certification from Tarleton State University.

Dr. Shields started teaching math in LaVega ISD. She moved up to a campus counselor, Region 12 consultant and facilitator, a Waco ISD administrator and LaVega ISD Director of Curriculum. Dr. Shields then became the Assistant Superintendent of Curriculum before assuming the role of Superintendent of Schools in LaVega ISD in 2006. She is a woman of prayer and faithfully prays daily for her school, students, parents, faculty, staff and the district. Dr. Shield is responsible for many cutting edge developments at La Vega, including the Early College High School Partnership Program with McLennan Community College which enables LaVega High School students to earn core complete or associate degrees before earning their high school diplomas and the Pathway in Technology Early College High School (P-TECH) Partnership with Texas State Technical College



DR. SHARON SHIELDS

which allows students to earn industry certifications.

As Dr. Shields enters her nineteenth year as the Superintendent of Schools in LaVega ISD, she continues to embrace the district's mission statement that emphasizes the beliefs "to provide a needs-satisfying environment where everyone can produce successfully, with the understanding that learning adds quality to life. Dr. Shields is the longest serving Black superintendent in the State of Texas.

The speaker for the evening was Mrs. Marva Harrison, a minister and educator. Min. Marva Harrison, is a Co-Pastor for The First Baptist Church, NBC of Waco, Texas, where her husband, Dr. George Harrison Sr is the senior Pastor. For 22 years, Min. Harrison has worked for the Midway Independent School District; where she has served in many roles, such as Facilitator for the Discipline Alternative Education Program and presently as the Truancy Officer and Pre-Court Judge, to name a few. Harrison is accredited for implementing a

number of life-changing student programs. Most recently, she has been named a Pre-Court Judge for Midway ISD working with families of truant situation.

She exhibits her musical talents by the results of her work as a licensed and ordained Minister of Music for The Willow Grove Baptist District Association, First Baptist Church, NBC and choir director for 5 choirs at her church. She is founder, director and promoter of several gospel recording groups and is extremely active within the Willow Grove Baptist District Association.

Mrs. Loretta Oliver and Mrs. Syrenthia Rice made the room beautiful, with its simple but elegant decor, while food catered by Sascee's was delicious. The speaker was outstanding, and Dr. Shamonica Trunell took introductions to a new level with her daughter's testimonial video of how the speaker has changed her life forever. All agree that Dr. Frances Worthey can never go out of town when the Club is having an event as she has been anointed and appointed THE Waco Club's Official Mistress of Ceremony!

In 2024, the president and co/founder of the organization, Mrs. Linda Crawford, of-

ten voiced the fact that without the financial secretary, Mrs. Lois McDowell, the Club could not survive. "She keeps the Club running smoothly and in good standing with our National organization," she explained. Wanting to do something special in recognition of Mrs. McDowell's faithfulness and willingness to get things done, Mrs. Crawford established the President's Award. This year, when she had difficulty choosing between two members, Crawford decided to present the award to both members for their dedication and willingness to help her.

The 2025 President Award recipients were Mrs. Jocelyn Pierce and Mrs. Stephanie Tolbert, both charter members of THE Waco NANBP-WC. Women with a degree and/ or business and a desire to serve may receive more information from any member. Men and youth are also encouraged to join the organization under the umbrella of THE Waco Club.

"Our club is making a difference," remarked the president. "I saw it in the recipients' faces, along with the tears in their eyes when we talked briefly at the end. We [THE Waco Club] really are 'moving forward with a purpose.'"

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Author, Artist &
Contributing writer
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--- 'Abdu'l-Bahá



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NEVER TOO LATE

BY JERRY SNIDER

During the last week of March, I had the honor of representing the USA in the World Masters Athletics Indoor Track and Field Championships. This event featured athletes from over 90 countries from the ages of 35 to 104, yes the oldest competitor was 104 years old.

Watching some of the best in the world compete in their age group is amazing by itself. Hearing the back story for some of the athletes will help people realize that they can always accomplish the unthinkable if they just decide they are up to the challenge.

Several athletes shared on social media how they overcame medical diagnoses like cancer or heart disease and pushed themselves to compete. Many of the athletes shared how they didn't start competing in track and field events until late in life - after 50 years old.



JERRY SNIDER

Watching a 104 year old man from Thailand run a 60m dash or a 90 year old woman from the USA pole vault gives me proof that we are never too old to accomplish things with our body if we believe we can do it. Most of these athletes aren't household names or former olympic athletes that just got old and want to keep competing (yes, there are some former olympians in the group

for sure). They are just people who decided to challenge themselves.

Is it easy? Of course not.

Is it worth it? ABSOLUTELY!

So the next time you struggle with the thought of doing a little exercise for your health, thinking "I'm too old" just remember there are people out there older than you trying to inspire you to do more.

You are not alone and anything is possible.

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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HOW LOW IS MY BATTERY?

BY MICHAEL JONES

I'm 78 years old and, unlike my 28 year-old self, I find myself wondering how low my battery is. I have outlived most of my lifelong friends and, unlike many of whom

had much to live for—children, loving wives, important, meaningful careers, I am alone and essentially without family. Why am I still here, alive, in Waco, Texas?

Quoting the writing of my fellow Bahá'í, Jaellayna Palm-

er, who wrote in 2010, "my purpose is to raise the visibility of older people as participating members of society committed to improving human rights and not just those that affect me immediately, to meet the challenges in ensuring full and equal enjoyment of human rights and fundamental freedoms for all persons, and to engage broad audiences across the world to mobilize people for human rights at all stages of life."

That's a handful, isn't it? For anyone, especially at any age? How can I do that?

I can do that by loving myself and loving any and everyone in my path, every day. Our American materialistic, youth-worshipping society isn't big on respecting or listening to our elderly people. Among the many quotations within the Bahá'í writings about the dignity of all people, I love these words linking dignity with justice:

"When perfect justice reigns in every country, the whole world will become a



MICHAEL JONES

place of beauty. The dignity and equality of every servant of God will be acknowledged, the true brotherhood of man, will be realized; and the glorious light of the Sun of Truth will illumine the souls of all men."

What might this look like within our communities? Some fundamental questions to consider: Are we genuinely curious about the past and current lives of older people?

Do we honor and benefit from the knowledge and skills older people may have? Since "ageism" is another form of prejudice, do we look beyond age and see the person instead?

Creativity, contributing to uplifting of society, continuously learning, helping and guiding others, having daily purpose --the list goes on and on. Truly everyone has the right to live in dignity and respect on this lovely planet we call home.

I'm old, and I feel it every day. But that doesn't mean that I'm ready to shut down or have stopped caring about you. I am a latecomer to the Bahá'í Faith, raised Southern Baptist with a preacher as my grandfather! Nevertheless, I urge you to look into our Bahá'í teachings. I know you will like what you see.

If you want to know more about the Bahá'í Faith, please visit our local website at wacobahais.org or the global Bahá'í information site at bahai.org/beliefs.

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LET'S RETHINK MOTHER'S DAY

Traditionally, this holiday prompts us to shower moms with flowers and cards. While these gestures remain lovely, maybe it's time we give Mother's Day a little update. Let's explore how we can celebrate moms in a way that feels more personal and meaningful.

Consider this: what truly matters to a mom? Time.

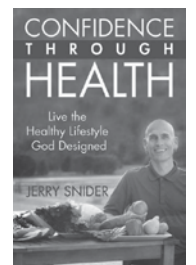
Spend quality moments together or give her a break from daily tasks. Whether it's a family picnic or simply taking over her to-do list for the day, showing gratitude through actions often speaks louder than words or gifts. Remember, the best memories often come from shared experiences.

And let's not forget communication. Take a moment to have a heartfelt conversation. Talk about anything—life, dreams, or just how much you appreciate her. Listening and sharing strengthen bonds. This Mother's Day, let's celebrate moms by making time and attention the core of our gestures.

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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



LINDA MASON CRAWFORD

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 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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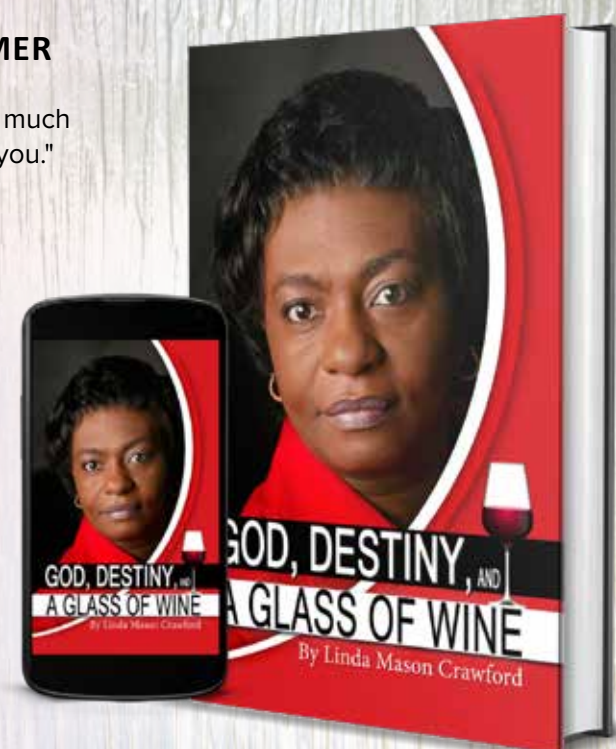
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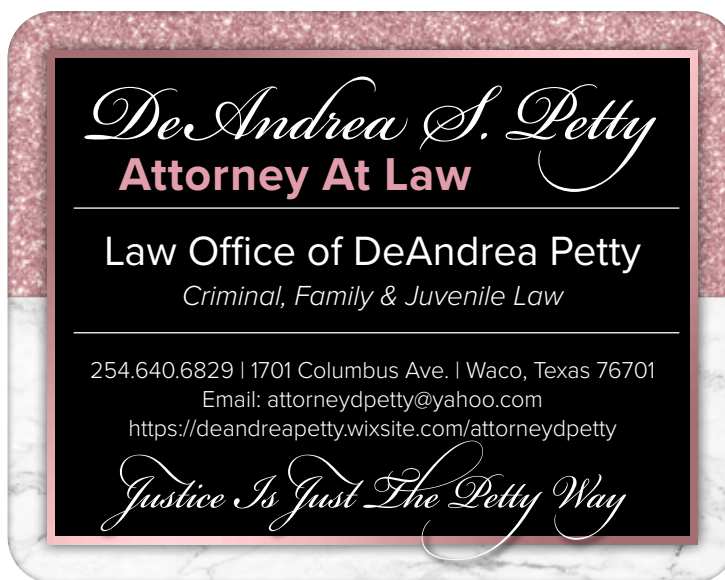
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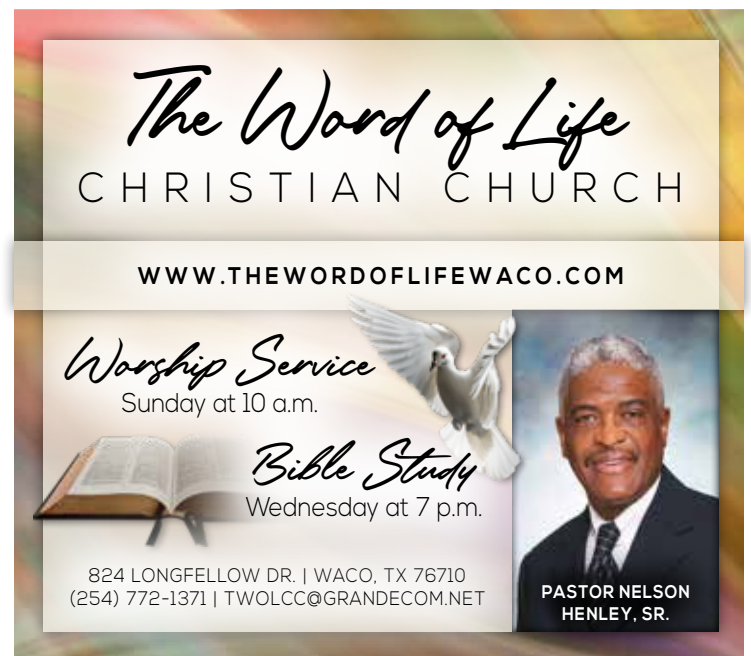
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THE PRINCIPLE THING

BY PASTOR
MATTHEW REED

In the Christian walk (the salvation of God) wisdom is principle. You absolutely must have it.

Solomon says that he was taught to keep God's words in his heart, to keep his commandments and live. The next thing he was taught was to get wisdom, to get understanding. Emphasis was put on remembering it and not forsaking the words of God. Wisdom is the keeping (obeying) of God's word. The Christian is told not to



PASTOR MATTHEW
AND LADY HELEN REED

forsake her (wisdom and understanding) because these two elements will preserve us. Love her (Wisdom and understanding) and she will keep us.

After exhorting the Christian to get wisdom, the Word informs us that it is the principle thing (main thing) in the Christian life. Once again we're instructed to get understanding for without it, wisdom would be ineffective. Knowing how important wisdom is to the Christian, the question becomes "How do I get this wisdom?"

The answer is found in James 1:5: if any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him. Wisdom to the Christian is the power to obey God's word. Wisdom dwells with prudence (Proverbs 8:12); wisdom dwell with prudence, and find out knowledge of witty inventions. Every Christian who has wisdom will possess knowledge and understanding of God's scriptures. Proverbs 4 teaches the importance of Godly wisdom. Amen.

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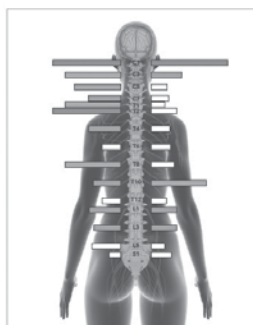
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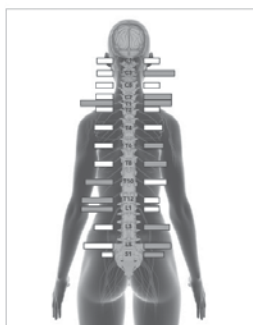


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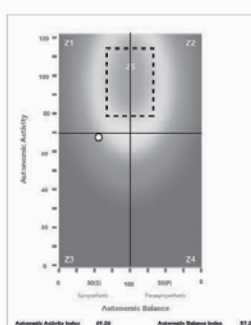


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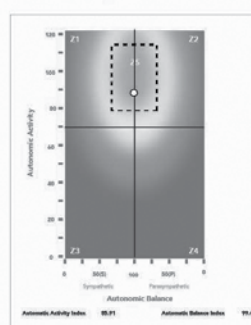


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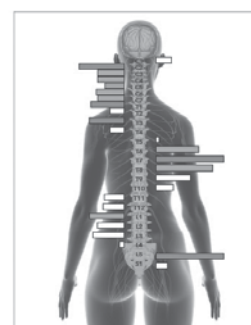


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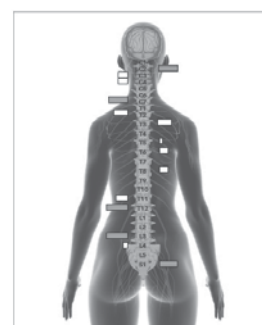


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TAKE CARE OF YOUR CREDIT WHEN APPLYING FOR A HOME LOAN

**SUBMITTED BY
LINDA MCDONALD**

Even after you've done the work to find the home you want to purchase and negotiated the contract, you'll still have one important job to do related to your finances: nothing. That's because the financial decisions you make when applying for a home loan won't be a secret to your lender, and any actions that negatively affect your financial situation could put your home purchase in jeopardy.

Lenders have strict rules borrowers must follow, and your lender is no exception. Missteps could give your lender a reason to delay your closing or even reject your loan outright and send you back to square one. Be aware of the following financial missteps that could throw a wrench into your deal.

DON'T HIDE YOUR FINANCIAL HISTORY

Good decisions start with the application itself, so be up front about your finances, and don't leave any surprises for your lender to discover. Even if there's something on



LINDA MCDONALD
REALTOR, CRS, GRI, PMN, SRS

your credit report you aren't proud of, be honest from the start. These issues will show up eventually, and your mortgage broker or banker is likely to have advice for resolving them.

DON'T MAKE ANY LARGE PURCHASES

You might want to furnish your new place now, but you should wait until after closing to buy expensive furniture or appliances—and definitely put that new car on hold. Even if you pay for them with cash, your lender may request updated copies of your bank statements and see you have

decreased funds available.

DON'T OPEN A NEW LINE OF CREDIT

Even applying for a credit card can throw up a red flag when your finances are under a microscope. Stores may try to tempt you by offering a discount on your purchase just for completing an application, but that savings probably isn't more valuable than closing on your home purchase.

DON'T BE LATE PAYING YOUR BILLS

Your lender will be looking at your finances closely on a regular basis, and any negative changes could affect your status.

Your Texas Realtor can give you more tips for making the right financial moves to ensure you have a smooth transaction. Visit texasrealestate.com to learn more about buying, selling and leasing property in Texas.

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**BY J.L. CRAWFORD,
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potentially costly situation into a manageable one, directly impacting Sarah's ca-

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THE *Anchor* NEWS

JUST SAY "NO"

BY MONA DUNKIN

You can learn to say "No" when it is in your own best interest. It is not difficult. It comes naturally; just ask any two-year-old. What happened to take away your power is not relevant now. It is imperative that you get it back.

Start by moving. The key is to go forward. When you are paralyzed by fear or anxiety - start moving and start speaking. We are drawn to the familiar. This makes it hard to step into the unknown even when that action holds a promise of a better future. Let go of the familiar rut and reach for something new. Search deep inside for courage and trust. Trust yourself, trust others and trust God (higher power). You are equipped to handle things beyond your seeming capacity.

Find your own beginning and ending. Boundaries make trust and intimacy possible. Allowing another to make all the decisions may give a brief sense of security, but it is not sustaining. Loving someone too much is a disguise for your own insecurity. The feeling of bondage to another is more than physical; it is

also psychological and spiritual. Get in touch with you to know where you end and another begins. "No" is a good word. It clarifies what an individual can or cannot do; what they can or cannot expect from you.

Get real. The person who continually apologizes for repeated wrongs is not sorry. If the person apologizes each time, then he knows his behavior is inappropriate and his regret is mere passive inaction. If you continue to accept the apology without a change in behavior then in effect you are saying, "It is okay for you to disrespect me." Your lack of boundaries inadvertently gives permission for the abuse to continue. Failure to say "No" to offensive



MONA DUNKIN

behavior is perceived to be the same as accepting it. Establishing this boundary may present a minor conflict, but it is worth the effort.

Give grace. This is not to say that good intentions do not occasionally go awry, and a person needs to apologize again and renew commitment to change. I am talking about a pattern of repeated conning with no effort to change. When genuine and accountable effort is given, then and only then, graciously allow the individual to regroup, recommit and start again.

Just say "No" is meant to be empowering, not glib. Even when you free yourself and begin to become assertive one is often still bound by fear, doubt and

uncertainty. It is especially difficult when the odds seem stacked against you by a lack of resources, money or education. The overwhelming feeling is to negotiate, retreat or surrender. Help is available. Speak with local clergy or law enforcement to find assistance and support groups. Call Abuse Hot Line: 800-283-8401.

Mona Dunkin is a Motivational Speaker, Corporate Trainer and Personal Success Coach. Read past articles at www.monadunkin.blogspot.com 254-749-6594.

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7:00 p.m.

Pastor Matthew Reed and wife, Helen

"BE HOLY" IS A COMMAND, NOT A SUGGESTION. PART 3

BY EVANGELIST
RUBY MCCRAY

Continued from the March issue of The Anchor News. To find Part 1 of this article and other subjects, please go to www.theanchornews.org. Click "Archives," and you'll find several years.

"But now you must be holy in everything you do, just as God who chose you is holy. For the Scripture says, 'You must be holy because I am holy.'" 1 Peter 1:15-16

I'm reminded of a teaching that the late Dr. Myles Monroe did some years ago about the creation in the Chapter of Genesis. He said something to the effect that everything that God created must remain in the environment from which it was created. He said that fish and all other things that were created to live in water must remain in water for its survival.

Since He called vegetation: trees, grass, herbs, etc., from dirt, if they don't remain in the ground, they will die and go back to dirt.

Livestock is also called from the ground. They con-

tinually eat grass and grains that come from the ground for their survival. When they die, they, too, go back to dirt from where they were called.

The sun, moon, stars, etc., must remain in heaven from where they were called. If not, they burn up.

Since mankind is created from both the dirt and from God, he must remain attached to both the ground and to God for his survival. If mankind doesn't continue eating from the vegetation, fruit trees, herbs, etc., he'll die physically. If he doesn't stay connected to the Spirit of God, he dies spiritually.

Talking to born-again believers in Jesus Christ, this is what Ephesians 2:1-5 says. "Once you were dead because of your disobedience and your many sins. You used to live in sin just like the rest of the world, obeying the devil—the commander of the powers in the unseen world. He is the spirit at work in the hearts of those who refuse to obey God. All of us used to live that way, following the passionate desires and inclinations of our sinful nature.



EVG. RUBY MCCRAY

By our very nature we were subject to God's anger just like everyone else.

"But God is so rich in mercy, and He loved us so much that even though we were dead because of our sins, He gave us life when He raised Christ from the dead. (It is only by God's grace that you have been saved)."

Can't you see precious people, that apart from God, we are nothing more than the walking dead. Please read the entire Chapter. Even Verse 6 says, "For He raised us from the dead along with Christ and seated us with Him in the

heavenly realms because we are united with Christ Jesus."

When we are commanded to be holy because God is holy, it only means that we must be attached to God. There is no way the spiritually walking dead can be holy. Why? Because he is still connected to the god of this world, the devil. He has to first get his born-again spirit by recognizing that he was born in sin, being an offspring of Adam.

Psalm 51:5, quoting King David, says, "For I was born a sinner—yes, from the moment my mother conceived me." That precious newborn baby, as cute as he is, is a cute little breathing dead sinner.

Thank God for the Second Adam, Jesus Christ. He doesn't have to remain in that state, and neither do we. It's simply making the right choices. Repent of our sins which is making a one-hundred and eighty degree turn from our wicked ways, making Jesus Christ our Savior, Lord and King, (Romans 10:8-10), being baptized, (Romans 6:1-23), keeping the old dead man crucified, and continue letting God, Jesus and Holy Spirit do

the living in you, John 14: 23, 24; Galatians 2:20. Now be filled and stay full of the Spirit of God so that you won't obey the lust of your own spirit. Galatians 5:16

1 Corinthians 15:21, 22 says, "For since by man came death, by Man also came the resurrection of the dead. For as in Adam all die, even so in Christ all shall be made alive."

Now, precious person, as long as you can stay dead, you can obey the command to be holy. You may have to perform a crucifixion ceremony every morning, and possibly several times during the day—as often as it takes; just stay dead to sin and alive in Jesus Christ.

Please join me in May for the continuation of this series. 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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HOW TO DEVELOP BETTER BALANCE AND MOBILITY

BY MARGARET IVORY

As a senior woman, I am experiencing mobility problems. Several people know me as the woman in Waco with the bright red walking staff. My friend, Virgil Bell, made the red walking staff for me some years ago. Staffs are great for backs and canes are great for knees.

In 2017, I fell at a major box store when water was on the floor from a leaky drink dispenser. I broke my tailbone with that incident. In 2023, I fell in the parking lot when oil that had been purchased had spilled on the ground in front of a department store. I reinjured my tailbone. These two falls have caused ongoing balance issues with me.

Balance problems are a significant concern for many seniors, and they often become more pronounced as we age. A decline in balance can make even simple tasks like walking, standing, or getting up from a chair feel difficult and unsafe. This can increase the risk of falls, which are one of the leading causes of injury among older adults. One out of three seniors fall each year.

As we age, the muscles in our bodies naturally weaken. This loss of muscle mass and strength affects both the large muscles

that help us move and the smaller muscles that are responsible for stabilizing the body. Weak leg and core muscles make it harder to maintain balance, especially when walking or standing for long periods. When muscles aren't strong enough to support the body, it becomes more difficult to correct shifts in weight or adjust posture when needed, leading to an increased risk of falling.

The inner ear issues can also play a crucial role in balance by detecting changes in head position and helping to orient the body. Inside the inner ear are small structures called the semi-circular canals and otolith organs, which work together to send signals to the brain about our body's position relative to gravity. However, with age, these structures can become less efficient. This dysfunction can cause dizziness, vertigo, or unsteadiness, especially when standing up quickly or changing direction. I experienced vertigo today and fell back on my loveseat. I think I jumped up way too fast.

Good vision is crucial for maintaining balance. If a senior can't see clearly, they may misjudge the distance between objects or struggle to detect obsta-



MARGARET IVORY

cles, increasing the likelihood of losing balance and falling.

Many seniors take medications for various health conditions, and some medications can affect balance and coordination. These medications can cause dizziness, drowsiness, or may lower blood pressure. Call your healthcare provider if you think that medications are contributing to your balance problems.

Dehydration and poor nutrition can also affect balance. Seniors are at a higher risk of dehydration because they may not feel thirsty as much as they did when younger. Dehydration can lead to dizziness and lightheadedness, making it harder to stay steady. Additionally, deficiencies

in essential nutrients like vitamin D, calcium, and B vitamins can impact muscle function and nerve health, contributing to balance issues.

Arthritis, diabetes, and cardiovascular disease can also contribute to balance problems. Arthritis can cause pain and stiffness in the joints, particularly the knees and hips, which affects mobility and coordination. Diabetes can cause neuropathy in the feet and legs, which can make it harder for seniors to feel the ground properly and adjust their balance. Heart disease or high blood pressure can cause dizziness or fainting, especially when standing up quickly. That's probably what happened to me this morning.

Many seniors may become less active as they age, either due to health issues or simply because they don't feel as strong or steady as they once did. A lack of physical activity leads to muscle weakness and loss of flexibility, which affects balance. Sedentary lifestyles also contribute to the weakening of the bones and joints, which may further impair mobility and balance.

Once a senior experiences a fall, they may develop a fear of falling again, which can make

them even less confident in their balance. This fear often leads to reduced activity levels, which can weaken muscles further and reduce coordination, ultimately creating a cycle where balance problems worsen over time.

We can improve our balance by combining physical activity, medication management, and modifications in our homes. Walking, doing chair yoga or joining a gym can improve stability and coordination.

Adding grab bars, removing tripping hazards, and ensuring proper lighting can make our homes safer.

Using canes, staffs, or walkers can help us feel more secure when walking or standing.

Regular checkups with healthcare providers can help address any underlying medical conditions contributing to balance issues. We should also read the paperwork that is given to us about our medications to determine possible side effects that may cause balance issues.

By addressing the causes of balance problems and implementing strategies to improve mobility, seniors can maintain a higher level of independence and reduce our risk of falls.

Margaret Ivory, Medicare Plan Advisor, 254-313-7413.

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