

THE Anchor News

Serving the Central Texas Community
Celebrating 17 Years!

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TFNB to open Elm Street bank location

BY LINDA CRAWFORD

As a little girl, $0 \times 1 = 0$ made no sense to her. She worked hard on her multiplication tables, and eventually, this child from Water Valley, Mississippi, fell in love with math and numbers in general. It was in her hometown that Dorthesia Love got into banking and loved every minute of it.

Love has now been in the field for nearly 40 years and credits The First National Bank (TFNB) president, David Littlewood, for giving her the opportunity to be part of such a positive experience. Love has been with TFNB for 14 years. "David was looking for someone, and a friend told him about me."

Love was excited about the possibility of working at TFNB, "because the bank at that time was small, and I am from a small town near Oxford, Mississippi. First National was the perfect fit for me."

Starting at TFNB in July of 2006 as a loan processor, she was in that position for years,



DORTHEIA LOVE

working at the South Bosque and McGregor locations.

"I just don't believe there is a better bank to work for. Even now that we have several locations, I am still proud to work for TFNB because we are adamant about making dreams come true," said Love. "We still operate with that hometown, small bank feel. We want people to know they are not just a number to us."

Later she was given the op-

portunity to work in operations, fulfilling that responsibility at the McGregor location and then South Bosque as well. When the bank opened the Triangle location on Valley Mills Drive, Love was promoted to Senior Vice President. Little did she know she would be part of making an Elm Street dream a reality.

Plans are now underway for TFNB to break ground in the next few months on Elm Avenue. Love said bank officials are now meeting with locals to get their input. "We need to know from the community what they are looking for in a bank. Even though we will offer all of the services that are available at our other locations, we need to know what the people need."

Love hopes the residents are excited. She believes TFNB can give the community financial opportunities that were not readily available before. Thus, as part of the plan to

See **TFNB**, pg. 13

Coming to the stage, the 5th annual KTX Slam!

BY W.B. GUNTER

Calling all poets! 20 of the best slam poets in the nation will compete for the Number 1 spot when the KTX Texas Poetry Slam comes to the stage April 24th and 25th in Killeen. Any poet who has what it takes, may emerge as winner, says world class poet and coach, Forressa Harrison, but any participant must register to compete. The preliminary round begins at 6:00 p.m. Friday, April 24th. 10 poets will move to the next phase of the elimination showdown. At 7:00 p.m. Saturday April 25th, the 10 winners will bring their best spoken word poetry to the second and final round. Only one poet will emerge as champion.

In addition to the competition, vendors are welcome. Available space is limited, so people must register early. Food and water donations for the poets are always appreciated. During the day, poets will volunteer their time to community service projects. Past service projects have included the Wounded Warrior Project, bagging foods for members of the community who are homeless, and helping support Habitat for Humanity.

Harrison is a seasoned poet who began her journey into the profession early in life. As a youngster, she was an avid journal writer. Her thoughts, ideas, dreams, and daily interactions were penned to paper. She found it easi-



FORRESSA HARRISON

er to put her words into a journal that it was to verbally express her feelings openly to her mother. One day, Harrison realized her journal had been read by her mother. She began expressing herself through written messages for her mother. It became a gateway for honest, genuine conversations between Harrison and her mother. Over time, the relationship strengthened and flourished.

As a member of the spoken word group, The Hungry Poets, Harrison and other poets formed an unbreakable bond of friendship. Though some of the members who left an indelible imprint are no longer alive or have moved to other places, the bonds remain intact. Founder of the Hungry Poets, Journey Johnson, has launched a YouTube video entitled, "No Suicide before Recess." Others continue writing,

See **HARRISON**, pg. 2

Linda Kay Berry makes her transition

Early Tuesday morning on January 28, 2020, Sister Linda Kay Berry, born October 10, 1946, transitioned to her heavenly home to be with her Lord and Savior, Jesus Christ. She will truly be missed, but her legacy as a noble wife and mother will live on by her family and friends. Proverbs 31: 31 states, "Give her of the fruit of her hands, and let her own works praise her in the gates."

Linda touched the lives of so many people. She was always willing to lend a helping hand to those in need. Her encouraging smile and com-



LINDA KAY BERRY

passionate heart were the expressed characteristic of the heavenly Father.

Linda was a native Wacoan. She was educated in the public school system and attended college. She worked as a licensed vocational nurse for many years and served her country in the U.S. Army. She also served in other occupations such as caregiver, foster mother, hospice worker, and Owen Illinois Glass Plant, just to name a few. She was a

See **BERRY**, pg. 2



Photo by Any Given Day Photography

J.L. AND 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.

HARRISON

Continued from page one

speaking, and meeting poets around the country. Harrison is the owner of a brick and mortar store in Killeen called, Poetic Sweet Spot. Poets come and gather every Saturday evening to listen and share their most expressive poetry.

Harrison coaches poets and pageant participants. Whether poetry or pageant competitors, she requires all participants to "be honest." She explains, "The audience knows who's honest and who's holding back, and if they can't make a connection between what's said and the body language, you've lost them. Stage presence is stage presence. You have to expose yourself honestly. Another thing I teach is, ego kills. So when you think you know everything, then your ego will lose your audience. You have to learn to listen."

Each year Harrison goes to Killeen High School to teach students the art of poetry and spoken word. The students compete against one another in a competition. Many of the parents attend and are often surprised by the skill levels of the students. Winners of the competition will be pres-

ent at the KTX Slam April 24th and 25th.

A few years ago, Harrison met an elder who told her how much fuller his life is since adopting the philosophy of "New Thing Monday." He explained that because so many people dread Mondays, he tries a new thing every Monday to keep life interesting. The following Monday, Harrison tried something new. In doing so, she's gone horseback riding, conquered the challenges of an escape room, gone camping, treated herself to some well-deserved pampering, and has eaten foods she had never tried and found them delicious. She encourages others to try a New Thing Monday. As a result of implementing New Thing Monday, she now looks forward to every Monday and others have joined her online as they discover what new things Monday has to offer.

Harrison is a pillar of the Central Texas Community who supports the endeavors of others. She works tirelessly to make sure professional poets, beginning poets, and writers have the essentials needed to rise to the level of success they

envision. There are no conversations too difficult for her to address constructively as fear is not a deterrent to success when properly coached and mentored. Being in the presence of positive creativity will nurture success.

Make plans now to attend this dynamic poetic battle of skills at the Killeen Arts & Activities Center located down-

town at 801 N. 4th Street in Killeen TX. Tickets are available online at Eventbrite. The doors will open at 6:00 p.m. Saturday for Final Stage. For more information, call 254-535-7639. Vendors are welcome, and only the first 20 poets who sign up will have a chance at winning this competition. Bring your "A" Game to the Mic!

BERRY

Continued from page one

member of the Amicae of Zeta Phi Beta Sorority as president from 1990 to 2008.

In later years, she became disabled, but she never allowed her disability to stop her from living. She was a faithful servant to the very end. Linda was always willing to do what she could to inspire others.

Linda is perceived in death by her parents, Willie Banks and Minnie Busby Banks, her paternal and maternal grandparents, two brothers: Willie D. Banks and Milton Banks, two sisters and a grandson. She leaves to cherish her memories, her husband of 50 years,

Benjamin D. Berry; her children: Stephanie (Shaun) Tobin, of Montana; Sonja Berry and Jessica Berry of Waco; Latasha Berry and Antoinette Berry of Dallas; her siblings: Shelby Banks (Houston, TX); Apostle Sadie L. Henderson, Lillian Barefield, Edgar Banks (all of Waco), Linda (Fred) Wheat, Cleveland, Ohio; Lisa (Clarence) Cumming (New Jersey); Susan (Mario) Romano (Ohio); her father In-law: Benjamin M. Berry (Philadelphia, PA); grandchildren, great grandchildren, a host of nieces, nephews, cousins, friends, and her best friend Dorothy Hemphill.

Create a precious moment for Mom this Mother's Day

(NewsUSA) - Mom. Just the mention of the word can spark memories of love, warmth and kindness. It's why a day has been designated just for her, honoring all that she's done.

Trying to decipher what to give "the woman who has everything," however, can be a

challenge. Experts agree, saying there is a tremendous amount of pressure to find the perfect gift (I'm talking to you, Hallmark), when in reality, most just want to know that they're cherished. So, what says love to one of the -- if not the most -- important women in your life?

Read on for some ideas on how to create a precious moment for mom on her special day.

* Give the gift of time. Anyone can take mom out for a nice meal -- the restaurant business counts on it. But a real treat might be to shoo her off for some alone time to her fa-

vorite book or clothing store (maybe with a gift card in hand) while you stay home and cook and clean for her. This way, she gets the best of both worlds -- no chores for a day, and time to herself with a little pocket money to boot.

* Write down some heartfelt

words. Be it in poem, story or a letter, moms love the written word. For added panache, tuck this on a tray with a homemade breakfast (in bed, of course), a handpicked flower in a vase, and you can count on a few tears. Or place a special "Mom Ad" in The Anchor News. Call us.

THE Anchor News



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PURPOSE

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

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.

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

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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.

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What goals do for you and in you

BY MONA DUNKIN

Everyone seeks identity, meaning and significance. These qualities are revealed when thought is given to one's purpose; life becomes more fulfilling when followed by strategies for accomplishment.

The mystery of goals is twofold. They work for you to align focus and strategies; they work in you to produce energy and passion. Goals are great motivators.

The Niagara River flowed over the Canada/New York falls for hundreds of years. It's beauty and energy provided water and food. It was not until that river force was harnessed that electricity was provided to multitudes of home and businesses. Busy-ness may produce some results. When you allow goals to be harnessed, your energy and concentration creates phenomenal outcome. They give passion and focus.

Goals are powerful tools in making decisions. Knowing where you are going and why empowers you to say "Yes" to opportunities and "No" to distractions. Goals act as a compass to guide you toward completion. They help you settle conflicts before they arise. Goals help you to recognize opportunities and see possibilities instead of focusing on problems.

Goals free you from the past by empowering you to break from the tyranny of yesterday. Goals create a sense of purpose for your life and draws needed resources to you. Goals empower you to pay the price because you have a purpose greater than yourself.

ELEMENTS OF A GOAL

Believable - know you are worthy of them

Written - put to paper so the intangible becomes tangible

Measurable - specific, no guessing or illusive thinking

Strategic - must have nuts and bolts plans for accomplishment

Personal - needs to resonate with your core being

Challenging - get you out of bed in the morning and re-motivates you when HALTED



MONA DUNKIN

Transforming - all goals include a personality change

Inclusive - benefits self and community

Exit plan - predetermine when it is time to move on

The reality of life interacting with the human condition lends itself to halting one's progress. The Twelve Step recovery programs states that one is prone to HALT recovery when Hungry, Angry, Lonely or Tired. You are especially vulnerable when these elements are prevented as a stack attack.

After the "speed bumps" of life, goals get you back on track. You do not have to go back to square one. Goals get you on track, keep you on track and encourage self-motivation

"Decide before you face the conditions that will cause you to stop and drop out. You don't want to be out there saying, 'Well, gee, my leg hurts. I'm a little dehydrated. I'm sleepy. I'm tired. It's cold and windy,' and talk yourself into quitting. If you are making a decision based on how you feel at that moment, you will probably make the wrong decision."

Ultra marathoner Dick Collins

Invite Mona to speak to your group. Whether business, organizational, civic or faith-based, you will be entertained with her humor, challenged by her gift of uncommon insights and motivated by her thought provoking poems. monadunkin@gmail.com www.monadunkin.com Call today 254-749-6594.



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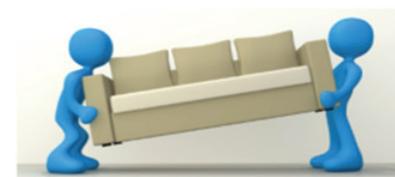
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We will pick it up!

Author Linda Mason Crawford shares excerpt from her book, *God, Destiny, and a Glass of Wine*

All chapters begin with one of her 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 for \$15.99. You can also go to lindacrawford.org to order there. *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 back yard 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 de-



LINDA MASON CRAWFORD

termination. 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 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>.

2020 Is a year for savings - 8 in 10 people plan to save more

(NewsUSA) - Most Americans don’t have \$400 saved to cover for an unexpected emergency, but a recent poll from Chase found that consumers may be ready to change that this year. 80 percent plan to save more and 51 percent say emergency savings is their goal. Savings is key to financial health and Chase Financial Education Ambassador Farnoosh Torabi has tips and advice on how to get started and make savings a habit. (watch video)

According to Torabi, increasing savings is key to stability and gives people the ability to quickly recover when there are ups and downs.

Chase is focused on helping encourage the habit of savings and support people by providing information and resources that can help customers on their savings journey.

Take a first step by understanding your expenses and building a budget. Budget Builder is a great tool from Chase to help you monitor your monthly spending and saving. Once you have this baseline, the key to reaching your goals is to just start saving, even if you’re starting small. “My advice is to automate,” says Torabi. “There is a great feature through the Chase App called Autosave which allows you to decide

on your own how much you want to save and how frequently you want to save, so you can feel in control of this. The good news is the technology does the savings for you.”

With this feature, you can save as little as \$1 a day. While consistency is key, savings is about what works for you. In a month when you have extra cash, you can always accelerate your savings, but in a tighter month, it’s all right to take a pause or draw from your savings to cover an unexpected expense.

Check out chase.com/autosave for more information and tips on how to make savings work for you.

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A better way to buy and own a home

(NewsUSA) - Whether it's your first house or your fourth, buying a home is exciting - but also stressful. Questions plague homebuyers: Can we afford it? How much do we have to put down? Do we have enough to avoid incurring the dreaded PMI (Private Mortgage Insurance)? For homeowners looking to refinance, it becomes a question of, should we or shouldn't we? What's the down side? Does refinancing make sense in the long term? In the past, consumers had only one option - taking on more debt. In addition to monthly payments with interest, this debt came with increased discomfort and the fear that "if we couldn't afford it, we could lose the roof over our head." Now, there may be another answer. Home co-investing offers a new alternative - a better way to buy and own a home.

Home co-investing is a new category that works in partnership with homebuyers and homeowners to invest in the long-term appreciation of a home's value. Whether you're a homebuyer seeking to finance a new purchase or a long-time homeowner looking to maximize equity, home co-investing involves no monthly payments, no interest, and no additional debt. Instead, home co-investing shares in the home's change in value - up or down. You can choose to return the investment any time after three years, or keep it until you sell, for up to 30 years. "In a nutshell, we're in business to partner with you in your new or current home," according to the website for Unison, the company that invented this idea. The growing, San Francisco-based home co-investing company is now helping homebuyers and owners in 30 states plus Washington, D.C. Unison's recently published 2019 Home Affordability Report states that individuals earning the current median income will need 14 years to save for a 20-percent down payment. Home co-investing benefits new buyers by helping them get over that first hurdle of the



LINDA McDONALD

down payment. For example, with home co-investing, prospective buyers can put down 10 percent, and the company puts down 10 percent.

The homebuyer can now reach a 20-percent down payment without taking on additional debt. "Among the biggest financial mistakes potential buyers can make during the home-buying process is not researching all possible financing options beforehand, including home co-investing," says Cari Jacobs, Chief Marketing Officer at Unison. "Think of it as the sharing economy for home buying. By partnering with a company like Unison, you can live the life you want, in the home of your dreams today, while sharing the risk," she explains. "It's always better to have more information so you can make a fully informed decision that helps you buy the home you want, and sets you up for long-term financial success."

Home co-investing works for current homeowners, too, with opportunities for home equity-based funding for a variety of needs, including home renovations, paying medical bills, or even sending kids to college. But unlike a traditional home equity loan, there is no additional debt and no monthly payment. Home co-investing represents a new way to think about home financing.

Visit unison.com for more information.

Call Linda McDonald, ABR, CRS, GRI, PMN, SRS, TRLP, "The Real Estate Lady," for all of your real estate needs: Coldwell Banker/Apex Realtors, 254-855-1717.

Woodgate intermediate teacher Named state finalist in H-E-B Education Awards

BY TRACI MARLIN
PUBLIC INFORMATION
OFFICER, MIDWAY ISD

In a rush to adjust her schedule for a surprise presentation, Woodgate Intermediate administrators asked Fifth Grade Science Teacher Morgan Castillo to move plans for her class trip to the Waco Mammoth National Monument. Although Castillo had all the details planned to a T, she graciously moved around her day to meet the made up needs of another teacher. That's the kind of teammate Morgan is, a true servant leader to her peers. So much so that she has been named one a state finalist in the H-E-B Excellence in Education Awards in the category of Leadership at the elementary level. The actual reason for the switch was to coordinate a surprise visit from H-E-B officials announcing Castillo as a finalist for a state award and to present her a \$1,000 check! In May, she will compete for a possible \$10,000 award for herself plus a \$10,000 grant for her school.

Castillo has been teaching for 15 years, with the last three as a fifth-grade science teacher at Woodgate Intermediate. Before joining Midway ISD, Castillo served as a Spanish teacher in several school districts and as an International Baccalaureate program coordinator in Waco ISD. During her early twenties, Castillo's eyes were opened to the impacts of systemic poverty and the lack of quality education through poverty exposure trips to developing countries and volunteering in under-resourced communities. Through connecting with people on a personal level and seeing the universality of struggle, Castillo chose to serve in public education, realizing the impact of quality education on a child's success. She began her teaching career in inner-city schools to better understand the challenges faced by students in

urban areas.

Castillo believes creating a desire for lifelong learning empowers others and gives them the confidence to pursue their dreams and make a difference in the world. Influencing students allowed her access to impacting families as well. Over the years, Castillo taught multiple subjects at the primary and secondary levels in urban, rural and suburban communities. Her teaching style involves facilitating hands-on lessons where students explore, discuss and initiate learning activities. She integrates technology into her classroom, using virtual and augmented reality and incorporates real-world experiences to help her students make lasting connections to the lessons.

"Mrs. Castillo is very deserving of the honor," said Midway ISD Superintendent Dr. George Kazanas. "She brings her passion for learning to the classroom and truly makes learning come alive for her students. Mrs. Castillo is a master at bringing the outside world into the classroom so her students see the relevance of science in everyday life."

Achievements:

- Education Service Cen-

- ter Region 12 Secondary Teacher of the Year (2019)

- Midway ISD Secondary Teacher of the Year (2019)

- Woodgate Intermediate Teacher of the Year (2019)

- Grade Level Team Leader (2018-2019)

- Baylor University/Environmental Protection Agency Grant Recipient (2018-19)

- H-E-B Excellence in Education Award Nominee (2018)

- American Geosciences Institute/ExxonMobil STEM Teacher Leadership Academy (2018)--One of 24 teachers selected from across the nation

Castillo holds a Bachelor of Arts in Spanish and Linguistics and a Masters in Education Administration. She holds certifications as a generalist for fourth-through eighth-grade, Spanish for PreK- through 12th-grade and a principal certification. Morgan is married to Dan Castillo, a technology professional, and they have two young children.

ESC Region 12 will recognize both honorees and the Region 12 School Board of the Year, the Copperas Cove Board of Trustees, at a luncheon later this summer.

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Taking a holistic approach to fit living

(NewsUSA) - Is the holistic approach the way to go when it comes to your own and your children's health?

That's certainly the advice of a variety of experts who say that a more big-picture view of "fit living" -- meaning, beyond the usual warnings to, say, exercise more -- can actually help improve your overall quality of life.

Among the latest to weigh in: WebMD and Sanford Health, which recently unveiled their "Raising Fit Kids" informational guide that's replete with ideas

on how "families can work together" to make positive behavioral changes in all aspects of their lives. "Being fit is about being healthy," says Dr. Chris Tiongson, a pediatrician with Sanford Health whose focus is childhood obesity. "It's a balance between mind, body and spirit, and having everything be in sync."

That same "balance," in fact, has long been advocated by doctors of chiropractic -- the nation's third largest primary health care profession -- who, along with provid-

ing non-invasive relief from things like back and neck pain, are trained in a wide range of conservative treatment and preventive services centered around lifestyle and nutrition.

"A holistic approach to fit living presents a great opportunity to improve overall health and well-being for a lifetime," says Gerard Clum, DC, of the not-for-profit Foundation for Chiropractic Progress.

High on every chiropractor's tip list:

- Take steps to manage



DR. SHAMONICA TRUNELL-MORGAN

stress.

- Make time for daily physical activity.
- Emphasize whole grains, fruits and vegetables in your diet.

• Maintain a healthy weight. Need more convincing? Adopting a holistic strategy that includes chiropractic care, says Dr. Clum, "can help to successfully address consequential conditions such as diabetes, hypertension and heart disease, which are commonly associated with obesity and poor health."



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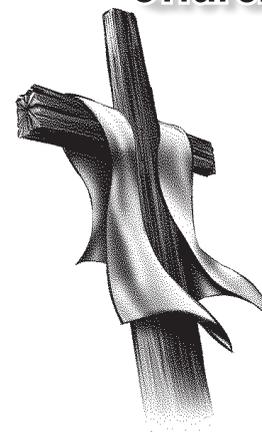
The Anchor publishes on the 15th of each month. Submission deadline is the 6th.

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Spotting the signs of Alzheimer's Disease

(NewsUSA) - According to the Alzheimer's Association, nearly 5.8 million Americans are currently living with Alzheimer's disease. By 2050, that number is expected to rise to 14 million. Detecting symptoms of Alzheimer's disease as early as possible can be critical to provide appropriate care and avoid potentially dangerous situations. And family and friends can play a vital role in recognizing and calling attention to these changes in behavior, especially for older adults who live alone.

While celebrating with loved ones this holiday season, Home Instead Senior Care encourages everyone to become more familiar with the symptoms of Alzheimer's, to be more aware so that critical warning signs are not overlooked. Although many are aware that Alzheimer's disease affects a person's memory, there are several other lesser-known indicators that commonly go unnoticed such as notable changes in mood or personality, difficulty completing familiar tasks, trouble pronouncing words or writing, and increased anxiety.

Lakelyn Hogan, Home Instead Senior Care gerontologist and caregiver advocate, says, "People get wrapped up in the holidays and can miss important signs that a family member needs help - and doesn't even know it." She asks families to be mindful of the following signs that a loved one is struggling:

* Disruption of daily life. Is your loved one easily confused by changes to his or her routine? Are they beginning to forget everyday

tasks, such as taking medication, feeding a pet or paying bills?

* Unusual behaviors. Have you noticed they seem unusually agitated or upset? Does it seem like his or her personality has shifted? Do they seem depressed or down?

* Disengaged with family. Is your loved one having a hard time remembering names of familiar family members? Does it look as if his or her mind is going blank during conversations? Are they having trouble keeping up with topics of discussion? * Impairments in mobility and judgement. Do they seem afraid or unsure when using stairs? Do they hesitate before taking steps or going down ramps? A decline in cognitive ability can also affect the senses, impairing depth per-

ception and hearing.

* Loss of words. Does it seem they are forgetting words for everyday objects, such as toothbrushes, spoons or cups? Are they slow to form sentences or respond to questions?

"It's important that we walk

alongside our love ones in the aging process to ensure they are living safe and healthy lives," explains Hogan. "This holiday season, consider the signs that may indicate early-onset or developed Alzheimer's disease and talk to your senior relative or their care-

giver about ways to accommodate their symptoms." For additional tips and resources on spotting the signs of Alzheimer's, go to www.HelpforAlzheimers-Families.com or, contact your local Home Instead Senior Care office or www.homeinstead.com.

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Baylor University to extend spring break one week, shift to online classes

Baylor University President Linda A. Livingstone, Ph.D., sent the following message today to the Baylor campus community regarding a change in academic operations for the next three weeks. Any additional updates will be posted on Baylor's dedicated website at www.baylor.edu/coronavirus.

March 11, 2020

From: Baylor President Linda A. Livingstone, Ph.D.

Dear Students, Faculty, Staff and Parents:

As we all monitor the headlines regarding the spread of the coronavirus (COVID-19) and the actions of other institutions of higher education across the country, please be assured that Baylor University takes this rapidly evolving situation very seriously. We place a high priority on the safety and wellbeing of not only our students, but Baylor's entire campus community.

Baylor's university-wide COVID-19 Task Force was formed in late January and continues to work diligently on this unprecedented situation by closely monitoring guidance from the Centers for Disease Control and

Prevention specifically related to higher education, state and local public health authorities, and our own health care experts, as well as responses from other universities nationwide. The task force makes recommendations to University leadership to assist us in making well-informed decisions to ensure the continued health and safety of our community.

Please note there are currently no reported cases of the coronavirus on the Baylor campus, in the city of Waco, within McLennan County or the surrounding area. However, as reports of COVID-19 continue to spread across the state and country, our University leadership has made the following immediate decisions:

CLASSES

- Spring Break for students has been extended through next week. The spring semester will resume on Monday, March 23; however, classes will be provided strictly in an online environment for a two-week period from March 23 through April 3.

- We will continue to monitor the conditions around CO-

VID-19 during this time period, and a future decision will be made as to when face-to-face instruction can resume.

- Faculty should use next week (March 16-20) to prepare for online course delivery beginning Monday, March 23. The University has launched baylor.edu/keepsteaching to provide faculty with the resources necessary to transition courses to online delivery. Additionally, the Baylor Libraries are providing a series of in-person and online Canvas 101 training sessions. Faculty can register for these sessions at libcal.baylor.edu. Provost Brickhouse will send a separate communication to faculty shortly.

- All Baylor University-related campuses and locations are included.

- Given that the Law School operates on a different academic calendar, the Dean's Office will provide specific instructions related to how these decisions impact that specific unit.

ON-CAMPUS HOUSING, DINING AND ACTIVITIES

- Residence halls and designated dining facilities, based on demand, will be open during the next three weeks; however, we ask students to determine whether their campus or permanent residence is safest.

- As students think about and make decisions on returning to campus, please consider the CDC's criteria for people considered to be at higher risk, including older adults and people with serious chronic medical conditions: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>.

- All student meetings and activities have been suspended for the next three weeks.

- The University Libraries, McLane Student Life Center – including Baylor Health Services and Baylor Counseling Services – and the Bill Daniel Student Center will remain open.

- Campus Tours for prospective students and families will continue as scheduled.

- Baylor's housekeeping services have increased the frequency and depth of cleaning and disinfection in residence

halls, dining halls, the University Libraries, McLane Student Life Center, Bill Daniel Student Center, common spaces and common contact points, such as doorknobs, elevator buttons, light switches and bathrooms. In addition, the University is working to add more hand-sanitizing stations in high-traffic buildings and dining halls.

- Students who return to campus should exercise social distancing and cough etiquette. As recommended by the CDC – wash your hands thoroughly and often; cover coughs and sneezes with your sleeve/elbow; avoid touching your eyes, nose and mouth; clean and disinfect frequently touched surfaces; and stay away from campus if you are sick.

FACULTY AND STAFF

Outside of course instruction, all University operations will continue as normal, and faculty and staff are expected to resume their normal work schedules and activities.

See **BAYLOR**, pg. 9

Mother's Day Special

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BAYLOR | Continued from page eight

• If you or a member of your household falls into one of the high-risk groups as identified by the CDC, such that you may be advised by a health authority not to come to work, please let Human Resources know.

Faculty and staff are encouraged to practice social distancing and cough etiquette, as well as follow CDC recommendations for handwashing and the use of disinfectant on frequently touched surfaces.

Human Resources will communicate with all employees (faculty, staff and student employees) by the end of today regarding needs for temporary alternative work arrangements and additional employment resources.

Baylor also provides full-time faculty and staff with helpful benefits, such as access through Blue Cross Blue Shield to be seen by an MDLIVE Doctor for non-emergency medical care, and an Employee Assistance Program (EAP), which provides access to other resources.

TRAVEL

If you traveled over spring break either domestically or internationally to areas with

widespread, ongoing community spread of COVID-19, you should follow CDC guidance to self-isolate for 14 days and monitor for symptoms, including fever, cough and shortness of breath. If you experience any of these symptoms, please consult with your supervisor, stay away from campus and call your doctor or health care provider.

All international travel for students, faculty and staff has been suspended through March 31. We are in process of returning groups studying abroad or on extended mission trips to the United States and their permanent residences.

All domestic travel has been restricted to essential business purposes only through March 31. This restriction includes academic conferences. Any mission-critical exceptions must be approved in advance by the appropriate senior administrator.

A EVENTS AND ATHLETICS COMPETITION

• Events, conferences and other large gatherings scheduled through the end of the spring semester are currently under review by the COVID-19 Task Force. We will have a follow-up communication regard-

ing these activities in the near future.

• Home athletics competitions will continue pending the receipt of additional guidance from the NCAA and Big 12 Conference. Enhanced cleaning and communication procedures for these events have been implemented.

We encourage you to visit Baylor's COVID-19 website at www.baylor.edu/coronavirus periodically for additional information and updates for the campus community. If you have specific questions or concerns, please email coronavirus@baylor.edu.

This is a challenging time, but the health and safety of our campus community remains our central focus at Baylor University. As members of the Baylor Family, we ask that you continue to pray for all those across the globe whose lives have been impacted by COVID-19 and for the public health officials, doctors and scientists who are working around the clock to end the outbreak. May they be the hands and feet of Jesus, our great physician.

Sincerely,
Linda A. Livingstone, Ph.D.
President

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SUBMITTED BY J.L. CRAWFORD, SR. MANAGER

Co-signing on a loan involves a lot more than just your signature. When you co-sign a loan you put your credit history and personal assets on the line. Though it may be difficult to say no to a friend or family member it is important to make sure you fully understand the risk you are taking before you co-sign a loan. Your LegalShield provider law firm can review the terms of the loan before you sign.

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paying back the loan. Consider that any number of emergency situations could cause the borrower to miss or stop making payments altogether. If the primary borrower cannot pay the loan, you will be responsible. Make sure you are prepared to pay off the loan before you co-sign.

- Know the laws where you live. Some laws allow the lender to collect from the co-signer if the primary borrower misses a single payment. In some instances the lender may be able to go after you even if the primary borrower dies. Before you sign make sure you know



J.L. CRAWFORD

the law where you live. If you have LegalShield, call your LegalShield provider law firm to learn more.

- Review the terms of the loan carefully before you sign. Read the loan documents. Make sure you know the interest rate, duration and terms of the loan. Retain copies of all of the loan documents and copies of checks used to make payment on the loan. Have your LegalShield provider law firm review any loan terms before you sign.

- Do not be afraid to negotiate with the lender. As a co-borrower you may be able to negotiate the terms of the loan including the interest rate, potential late fees and payment dates. Require the lender to notify you if a single payment is missed so you can address problems quickly.

- Failure to pay the loan will damage your credit. In many cases co-borrowers are required because the primary borrower has poor credit. While timely payments on the loan will improve the pri-

mary borrower's credit score, consider how late payments will hurt your rating. A drop in your credit score could prevent you from getting other types of credit or increase the interest rates you receive from lenders

- If the primary borrower defaults on the loan be proactive. If you receive a notice to make payment on a loan you co-signed do not wait to contact the lender. You may be able to negotiate a settlement directly with the lender. If the lender is forced to take legal action you may end up on the hook for court costs, late charges and attorney fees. Call me for assistance. LegalShield may be able to help.

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Linda McDonald, ABR

Health and Wellness Q & A

As the owner of All In Health and Wellness, I'm excited to offer a Health Q&A column for the readers of The Anchor News.

Hi Jerry,

Hi Jerry, I've been working out at the gym pretty regularly since the beginning of the year. I do this every year but then the habit starts to fade around spring break. I think it's because I do the same thing every time I'm at the gym. I get tired of it and just give up because I can spend more time outdoors in the warmer weather. I was thinking about looking up some exercise routines on YouTube or maybe asking the personal trainer at the gym, but I can't afford to hire one. What do you suggest to help me stay on track?

Damien

Hi Damien,

I'm so proud of you for sticking with it at the gym. First and foremost, don't give up. Write down the reason why you started working out



JERRY SNIDER

and keep it somewhere that you'll see it daily. That will help keep the motivation going.

To answer your question about mixing up the exercise routine, you first need to define your goal. What do you want to achieve through exercising? Is it to lose weight, build strength, increase endurance, etc. The reason gyms are so big and offer so many different options is that each option or piece of exer-

cise equipment is going to be used for a different purpose.

If your goal is strength for instance and you've been doing the same 5-8 lifts to build arm and leg muscles, it's probably a good idea to start changing that routine after almost two months. If you are using machine weights you can switch to dumbbells and free weights. Or you could incorporate a Total Gym machine. You can still gain strength in the same muscles by using different pieces of exercise equipment. But be cautious to make sure you are using all equipment correctly with correct form.

Helping gym members learn how to use the machines/equipment is one of the reasons gym staff are there. They should be very helpful in giving you options. You may find it beneficial to pay for one or two sessions with a trainer so they can watch your form and give some basic guidance as you try new equipment.

You can find a lot of free exercise routine information online but make sure you align your goals with the goals of the routine. You also want to make sure the person sharing the information has a proper background in fitness training. Just like with everything online there's good stuff and bad stuff.

This same strategy goes for goals of endurance, weight

loss, etc. Asking the gym staff is the first step and it's what your membership pays for. Keep up the great work!

Have a question for Jerry? Send it to jerry@allinhealthandwellness.com. Visit www.allinhealthandwellness.com to learn more about Jerry Snider. You can also purchase his book *Confidence Through Health* on Amazon.

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Get professionally fit in 2020 with expert online leadership training

(NewsUSA) - As 2020 approaches, make the new year and new decade the time to turn heads in your profession by boosting your leadership skills. Making a commitment to your professional fitness doesn't have to take a bite out of your bottom line, either.

The Professional Development Academy, an online leadership training company with top-notch faculty from

business, industry, and government, offers programs in areas including high performance leadership, front-line information technology leadership, and maximizing your personal brand, all for a fraction of the cost of a traditional MBA program and easily accessible at your convenience.

The Professional Development Academy Faculty includes individuals who are

proven outstanding leaders in a range of fields, including Colin Powell, former Secretary of State and retired 4-star general; Cheryl Smith, IT expert and former CIO of McKesson Corp.; and Peter H. Thomas, one of the most savvy and successful entrepreneurs of the modern era, whose six-decade career highlights include founding Century 21 Real Estate Canada, and the Four Seasons

Resort in Scottsdale, Arizona, along with developing emerging companies such as Dogtopia.

Some top tips from the Professional Development Academy experts: "Perpetual optimism is a force multiplier," says General Powell. When you bring an optimistic attitude to the office every day, others will follow your lead.

The Professional Development

Academy curriculum includes practical insights from Powell and other world-known thought leaders highlighting the power of a positive mindset. Smith notes that the best leaders don't just dictate, they listen. "Ask for feedback," she emphasizes. "Then listen and learn." Constructive and critical feedback can feel harsh, but it can provide tremendous insight for future growth.

Finally, be true to your values, says Peter Thomas. "To be truly successful, ensure your decisions at work align with your core values. When your values are clear, your decisions will be easier," he says, and "be open to opportunities and be ready to move on them."

Starting in 2020, the Professional Development Academy is partnering with Peter H. Thomas to launch the Peter Thomas High Performance Leadership Academy, a 12-week course divided into "learning bursts" that can be completed in 4-5 hours per week at any time to suit busy schedules. The course is designed to share Thomas's secrets for success at nurturing an entrepreneurial spirit in conjunction with a values-based life. For more can't-miss ways to boost your leadership skills in 2020, visit the Professional Development Academy at pdleadership.com.

Healthy habits help your heart and brain

(NewsUSA) - A healthy heart has many benefits, but did you know that a healthy brain is one of them? Brain health and heart health are closely connected, and forging healthy lifestyle habits at any age will help keep both your brain and your heart at peak performance. According to a recent survey from the American Heart Association, the greatest challenges adults in the United States face to maintain heart and brain health are stress and poor diet.

The American Heart Association conducted a market research survey of 2,000 adults across three age groups, including Generation X (aged 40-54 years), Millennials (ages 23-39 years), and Generation Z (18-22 years). The survey found that, overall, fewer than half of the adults surveyed rated their brain health as "very good or excellent." The same survey also found that 1 in 4 respondents said they were unaware of the connection between heart health and brain

health.

In addition, the youngest adults (Generation Z) reported significantly lower levels of emotional well-being and brain health compared to older generations. But it is never too early or too late to try these tips to improve your health.

* Eat smart. Research suggests that a cup of greens each day may slow brain aging and eating fish such as tuna and salmon can help maintain emotional balance and reduce inflammation from heart disease. * Sleep well. Sleep lets the brain learn and grow; aim for seven to nine hours a night for optimal health and to allow your brain to process all of the thinking and learning from a day.

* Get moving. Physical activity is as good for the brain

as it is for the whole body. Data shows that exercise increases a protein in the brain that impacts learning and memory. Aim to be active for 150 minutes per week to reap the benefits of a stronger body and mind. In essence, the more you move, the healthier your brain.

* Stay connected. Making social connections strengthens the brain, so make time for your friends and family. Make it a priority to connect with someone at least once a week, whether in person or by phone.

The American Heart Association is the world's leading voluntary organization focused on heart and brain health. Visit heart.org for more information and tips from the American Heart Association on living a longer and healthier life.

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"It completely held my interest from beginning to end. There are so many stories I did not know!!!! GOOD stories! I really did not want to put it down once I got started."

-Mrs. Sue Connor

Text 254-715-8943 for signings and information.

Hydrotherapy helps soothe ailments of seniors

(NewsUSA) - Hot baths have been used for centuries to soothe ailments such as rheumatism, insomnia, diabetes, many forms of arthritis and even lower back pain. So, it's not surprising that many studies have shown the benefits of hydrotherapy in seniors.

A study of elderly patients with chronic heart failure showed that hydrotherapy seems to improve these individuals exercise capacity. Research has also shown that regular, gentle exercise can improve an arthritic joint by nourishing the cartilage and easing stiffness in which

hydrotherapy is particularly helpful.

Here are a few tips to help you benefit from your own hydrotherapy experience:

- Take time to relax. Don't put a time limit on your bath. Instead, take a moment to sit back and let your stress melt away. You can even try some deep-breathing techniques.
- Invigorate your senses. Try adding essential oils to your bath water. Chamomile or lavender are ideal for relaxation while jasmine rejuvenates the mind and basil helps restore one's muscles.
- Watch your water temper-

ature. You don't always need a hot bath to get the benefits of hydrotherapy. Let the ailment you are treating and your personal health conditions determine your bath water temperature.

- Create a safe environment. There is a risk that seniors -; especially the frail elderly -; can fall getting into and out of the bathtub. That's why Premier Bathrooms has created a variety of bathing solutions, such as tubs individuals can walk into, and sit in at a chair level or be mechanically lifted into and out of. Premier's baths have hydrotherapy jets that are fitted at the base of the bath, allowing tiny bubbles to massage and increase the blood flow to extremities in a safe environment.

For more information about Premier's hydrotherapy system, visit www.premier-bathrooms.com or call 1-800-578-2899.

TFNB | Continued from page one

meet community needs, TFNB is establishing committees. "People might have great ideas that we haven't talked about, so we have three categories of committees: community leaders, pastors or faith-based leaders, and business leaders," Love explained. The bank's temporary location is 700 Elm Avenue while its permanent location will be 713 Elm Avenue. Jeff Wall, now with TFNB, will be part of the team as well.

For years East Waco residents have invited local businesses to come into the neighborhood. President of the local NAACP, Dr. Peaches Henry commends "TFNB for being the first bank to open in East Waco" in many, many years. She continued that the bank's "arrival in the area fills a longstanding economic void. As a community bank, TFNB has the opportunity to partner with East Wacoans in a significant way. Entrepreneurs of color are looking forward to hav-

ing access to capital while individuals are excited about having a bank located in the neighborhood. TFNB is making an investment that will pay off for it and for East Waco."

Love's excitement, however, goes beyond the concept of establishing a new bank location. One of her biggest desires is to help people. "It's not just about loans and checking accounts," she explained. "It's about trust and building relationships, about keeping my word and letting the community know I can be trusted. It's about helping people, even with everyday things in general. For me, it's about being able to one day retire, knowing the things I have done do matter; they changed lives. Having a hand in the establishment of an East Waco location will be a great way for me, years down to road, to happily end my career. The reality of it all has put a new fire in me!"

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Every Sunday
10:30 a.m.

Children's Church
Nursery

Hollywood Theater | Highway 84 | Woodway, Texas
John Rambeau, Senior Pastor

Temple of Christ Church

Matthew Reed Ministries, Inc.

Sunday School: 10 a.m.

Worship: 11:15 a.m.

Evening: 6:00 p.m.

Monday Bible Study: 7:00 p.m.

Wednesday Prayer Worship: 7:00 p.m.

609 N. 5th Street • Waco, Texas 76701
(254) 753-0772



Temple of Deliverance Ministries



Apostle
Sadie L. Henderson
Overseer

Sunday Worship
10:00 a.m.
Tuesday Bible Study
7:00 p.m.



1121 N. 18th St.
Waco, TX 76707

Church: (254) 754-2102
Mobile: (254) 498-1707

Doris Miller Memorial Park

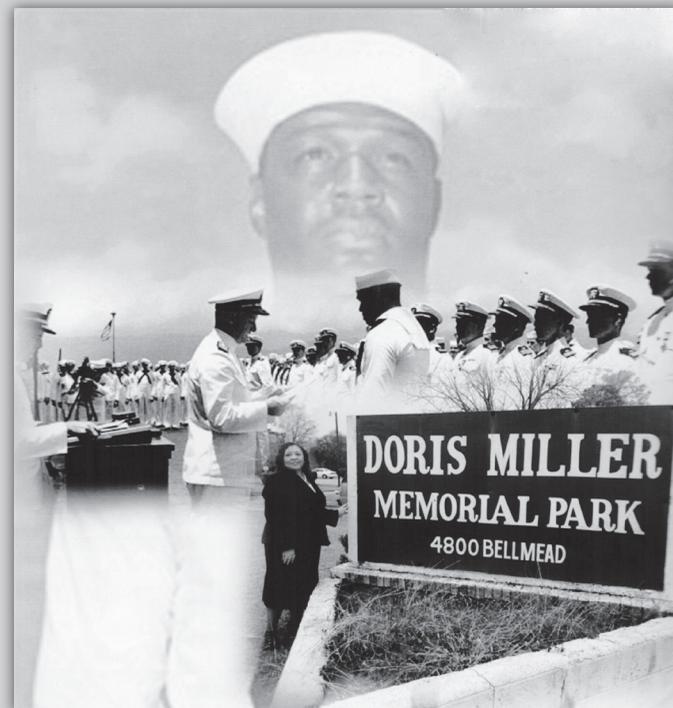
DORIS MILLER MEMORIAL PARK, INC. is located at 4800 Bellmead Drive, Waco, Texas 76705. The cemetery is owned and operated by Janice Matthews.

The Cemetery was established in 1949. The first burial was that of Doris Miller's father, Connery Miller. The Cemetery is named in honor of Doris Miller, the WWII hero. It has been under the present ownership since 2001.

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Walking in divine health and blessings, Part 10

BY RUBY MCCRAY

Continued from the February issue of The Anchor News.

"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers" (3 John 2). I've had my share of sicknesses in my lifetime. During my early adult life, I had two major surgeries, and one minor surgery that turned major. After the minor surgery, I ended up in two different hospitals in two different cities.

I can't begin to tell you how many colds and sore throat per year that I'd have. Even if a cold tried to pass me by, it seems as though I'd grab it and demand that it would not pass me by. I'd had many bouts with the flu, but I must praise the Living God that I've not been sick since 1976. I don't have colds, I don't have the flu, and I don't take flu shots. I don't have headaches or any such like.

I was born in 1943; therefore, this year, if the Lord delay His coming, I will be 77-years-young. I have more energy than the law allows, and I'm still operating in my music studio since August 30, 1976. I now teach bass and lead gui-

tars, harmonica, saxophone, drums and piano. I teach voice as well as harmonious singing to church groups and families.

If you go to YouTube and type: Ruby McCray Music Videos, you'll find my PLAYLIST of 6 musical pieces. When you type: Ruby McCray Kingdom of Heaven Citizens Videos, you'll find my PLAYLIST of 25 videos where I teach Biblical concepts. When you type: Ruby McCray Conversational Spanish Videos, and you will find a PLAYLIST of 35 lessons. However, I still tutor Spanish in my home.

People ask me often, to what do I attribute my healthy lifestyle? I don't have one thing to which I claim, but many. First and foremost, I study the Bible daily so that I can learn to obey what's written. Joshua 1:8

I've always heard that being ignorant of the law will not free me from the penalty of the law. I can break a law ignorantly, and still suffer the consequences. "And a servant who knows what the master wants, but isn't prepared and doesn't carry out those instructions, will be severely punished. But someone who does not know, and then does something



EVANGELIST
RUBY MCCRAY

wrong, will be punished only lightly. When someone has been given much, much will be required in return; and when someone has been entrusted with much, even more will be required." Luke 12:47, 48

Another thing that I try to do is watch my confessions. I constantly remind people to watch their confession. Please don't say, "My headache, my cancer, my this that or the other." "Wise words satisfy like a good meal; the right words bring satisfaction. The tongue can bring death or life; those who love to talk will reap the consequences. Proverbs 18:20, 21

I knew nothing about Kobe Bryant until I saw statements on Facebook. I went to my source, YouTube, to see who he was. I found out so much about him and even shared several of his videos on Facebook. I found out that he went into Pro-Basketball right after high school, thus, bypassing college. He speaks fluent Italian and Spanish, but when I saw him playing Beethoven's Moonlight Sonata with my own eyes that he had taught himself so that he could play it for his wife, I was too through! I went right into my studio, dug out that music and began to play it to remind myself how difficult it still is. Yes, I've had students to play it, but not many.

Why am I talking about Kobe Bryant? Because I would like for you to go to YouTube and type "Tracy McGrady: Kobe Bryant Used to say, 'I Want to Die Young.'" It's only a 37-second video; there is one longer, but this will suffice to make my point. Perhaps Kobe probably never thought about it after he was grown, successful, married and had children; he probably never repented of his words, but a curse can't

land on a person without a cause. Proverbs 26:2

What are you telling yourself about the CORONAVIRUS? Whose report are you going to believe? Didn't God tell you that Jesus already healed you by the wounds He received when they beat Him without mercy? Isaiah 53:1-5; 1 Peter 2:24

I memorized Psalm 91 many years ago, and I say it often. We must live continually under the wing of the Almighty, for it is there we will be protected. You shouldn't hold grudges; you must walk in forgiveness. You shouldn't go around murmuring, grumbling and complaining. Philippians 2:14, 15

Please join me in April as we continue. You may not believe me, but...just what if I'm right!

To review the precious articles, please go to: www.theanchornews.com, click Archives, then the year and finally the months.

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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Seeking to be a partaker of God's divine nature

BY MATTHEW REED

Our goal as Christians should be to become partakers of God's divine nature. This is feasible according to scripture 2nd Peter 1:4, which says, "Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust."

When one thinks of great opportunities, this one ranks up there with the opportunity to be saved, the opportunity to have one's sins forgiven to be a son or daughter of God. In our Christian walk, this should be a thing that we aspire to. For in this we will experience the power of God. This aspiration calls for forsaking all others and align-

ing one's self with the will of God; as a matter of fact any of the opportunities that God has made available to us calls for this kind of dedication.

I am writing this article hoping that it might inspire someone to desire to reach this attainable goal. It is time we in the church challenge ourselves to reach these spiritual goals. Just as we set goals in the natural, we should set spiritual goals. The early New Testament church disciples were partakers of God's divine nature; they achieved this status by living holy, sanctified lives.

After all, if we are going to exemplify God and the truth of God's word we will have to reach these mild stones of spiritual life. There is no need to wonder how we, being mere men, can attain unto

this, for God has given us the ability by his promises. Live for the promises of God through Jesus and you will get there. Because of the crisis that the world is in today, it is our duty to strive to be more than a statuesque Christian. It's time that our Christian walk become more than about us and our needs. It's time that our Christian walk be about the glory of God, the Father and God the Son and God the Holy Ghost. It's time for the church of today to grow up. We must challenge ourselves to be a partaker of God's divine nature! To become more God like each individual will have to bare his or her cross. You can't wait on politicians to bring about the will of God. It is encumbering upon you and me, the Christians to do so.



PASTOR MATTHEW AND LADY HELEN REED

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