

THE Anchor News

Serving the Central
Texas Community
Celebrating 19 Years!

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Free



Commissioner Patricia Chisolm-Miller announces her intent to run for re-election

“There is no greater calling than to serve your fellow man.”

Three years ago, County Commissioner Patricia “Pat” Chisolm-Miller stood on the steps of the McLennan County Courthouse and announced her candidacy for McLennan County Commissioner for Precinct 2. At that time, she was the Administrative Assistant to County Commissioner Lester Gibson, a position she held for the past 22 years. In asking for the opportunity to serve as the next county commissioner for McLennan County Precinct 2, Miller said that she would advocate for an increase in the minimum pay for jobs brought into McLennan County through the Waco-McLennan County Economic Development Grant Program, continue to educate the community on the TIF/Tax Increment Financing Program while urging collab-



**COMMISSIONER PATRICIA
CHISOLM-MILLER**

orations among the African American Cen-Tex Chamber of Commerce, the Hispanic Cen-Tex Chamber of Commerce, and the Greater Waco Chamber of Commerce. She added that as a voice for those uninsured and under-insured here in our county, she would pro-

mote county programs such as the Indigent Health Program, serve as an advocate for the vulnerable population kept in our county jail system, and bring back a community forum to provide a consistent venue for minority leadership to interact with all local area leaders.

In 2018, when Miller ran for office, the county had just received over 190 acres of park land at Tradinghouse Lake from the Luminant Electric Company and the City of Mart, through an USDA Rural Development Funding Grant, was looking toward economic expansion possibilities in Eastern Rural McLennan County via an upgrade to their water facility.

Today, as Commissioner Miller places her bid for re-election, she is proud to say

See **RE-ELECTION**, pg. 11

Hermann Pereira— gifted in many areas

Hermann Pereira is the Chief Program Officer at Prosper Waco and is passionate about finding collaborative approaches to serving people. He has spent the past 15 years in education in a variety of roles such as teacher, coach, director, assistant principal, and principal.

“Hermann is supremely gifted in being able to see a challenge or problem and then working with others to move toward improvement,” said Dr. Ferrell Foster, Senior Specialist for Care & Communication, Prosper Waco.

“He often helps our community deal with big and complex systemic issues, but he is effective in seeing ways to make progress on those entrenched issues. Some people have a knack for grasping big picture issues, and some have a gift for addressing details. Hermann is good at doing both, and that is rare,” continued Foster.

Pereira has a bachelor’s degree in business administration from Stephen F. Austin State University and a Masters in Educational Administration from Baylor University.

Pereira believes community partnerships are the vehicle to creating sustainable solutions. “He likes people,” explained Foster, “and he doesn’t see himself as a Lone Ranger; he is, rather, a person who brings people together for shared purposes. In other words, he is personally committed to collective impact.”

Pereira is active in the community serving on the boards of Centex Hispanic Chamber of Commerce, City of Waco Parks and Rec-



HERMANN PEREIRA

reation, Waco Mammoth Foundation, and the McLennan County Hunger Coalition. Pereira was recognized by the Waco Chamber of Commerce as one of the “2019 Top 40 under 40” individuals in the community and 2019 Educator of the Year by the Centex African American Chamber of Commerce. He was recently selected to be a part of the Education Policy Fellowship Program through Texas Tech University School of Education.

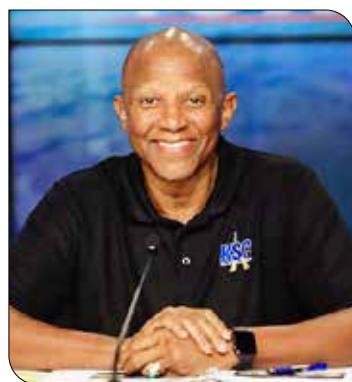
Pereira is married and has two children. His time away from campus is spent with his family, coaching his kids’ teams, enjoying the outdoors or rooting for all Houston sports.

Alfred Solano, CEO of the Cen-Tex Hispanic Chamber of Commerce, puts it this way. “Hermann is a great collaborator and has the vision to bring people together. His uncommon ability to think critically and make complicated issues simple is one of his greatest skills. Always wanting the best for all parties involved, Hermann puts in the work and then steps aside to let others succeed.”

Manning assumes Deputy reins at Kennedy Space Center

(Press Release) Kelvin Manning has been selected as deputy director of NASA’s Kennedy Space Center in Florida. In that role, Manning will share responsibility with Kennedy Director Janet Petro in managing the Kennedy team of civil service and contractor employees, determining and implementing center policy, and managing and executing Kennedy missions and agency program responsibilities.

Manning previously served as the center’s technical associate director. In that capacity, he was responsible for ensuring safe and effective execution of the center’s technical



**KENNEDY SPACE CENTER
DEPUTY DIRECTOR KELVIN
MANNING PARTICIPATES
IN A VIRTUAL TOWN HALL
MEETING AT THE FLORIDA
SPACEPORT ON JULY 9, 2021.**

Credits: NASA/Ben Smegelsky

capabilities, including establishing strategies and policies to ensure alignment of the Kennedy workforce, facilities, and operations to facilitate agency program and project goals. In doing so, he helped propel the world’s premiere multi-user spaceport to advance America’s leadership in space.

Manning began his career at Kennedy in 1992 and has served in a number of positions within the former Shuttle Processing Directorate, including flow director for space

See **MANNING**, pg. 5



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.

Voters will not let Texas Republicans “Gaslight” them

BY DR. PEACHES HENRY
WACO NAACP PRESIDENT

In the 1944 film, *Gaslight*, Gregory Anton, played by Charles Boyer, attempts to convince his wife, Paula, played by Ingrid Bergman, that she is an unbalanced, hysterical, kleptomaniac. Throughout the film, Gregory seeks to convince Paula that she does not see the gaslights dim and brighten in her home each night. He wants Paula to disbelieve her own eyes. He seeks to manipulate her to the point that she questions the reality before her own eyes allowing him to declare her insane and thus justify his control of her and free him to steal from her. He wants to “gaslight” her.

Like Gregory, the Republicans in the Texas Legislature have sought to gaslight the voters, particularly voters of color. They want to convince us that there was widespread voter fraud in the 2020 election so that they can claim they are implementing laws to eliminate fraud when, in fact, their real goal is to make it harder for voters of color to partici-

pate in our democracy. However, like Paula, African Americans and other voters of color will not allow the Republicans to gaslight us. I and others intend to call out the blatant, racist voter suppression perpetrated by the Republican members of the Texas Legislature before our own eyes and resist it with every means at our disposal.

Republicans believe that voters of color are stupid, gullible, and blind. Too stupid to understand that every aspect of this reprehensible law is designed to cut off the vote of African Americans (as well as of other people of color, senior citizens, voters with disabilities, and young voters). Gullible enough to accept the false claim that Republicans intend to protect the integrity of the election process. So blind that we cannot see every step they take to carry us back to the days of Jim Crow.

Let me be clear: We are none of these. We understand exactly what they are doing: working to keep power whether their ideas win elections or not. We do not believe their



DR. PEACHES HENRY

lies about ending voter fraud. We see exactly what they are working to do: to make voting by people of color so hard that we will not vote. We will bear witness to the awful provisions of the Texas voter suppression law.

With the new voter suppression omnibus law, Republicans in the Texas State Legislature attacked every step taken that made voting more accessible and increased voter turnout among people of color and other constituencies whom the Republicans believe do not vote for them. Specifically, they outlawed drive-thru voting which made voting easier for workers and the disabled and safeguarded poll workers and voters from COVID-19. They forbade twenty-four-hour early voting which aided shift-workers. They targeted Texans who needed help to vote because of limited English proficiency, disabilities, or illiteracy by adding new requirements that hinder assistance at vote centers, curbside, and related to mail ballots. They made the use of mail-in ballot applications more difficult. Most egregious of all, the voter

suppression law expands partisan poll watchers’ authority to intimidate and harass voters and poll workers while limiting election administrators’ ability to ensure peaceful, orderly elections under penalty of criminal prosecution.

The passage of this retrogressive voter suppression law by Republican legislators, including our own Charles “Doc” Anderson, Kyle Kacal, and Brian Birdwell, could lead one to despair. Yet, I choose hope. I choose to stand and fight. They want us to give up, but we will not. In 2021, we have more political power, financial resources, control of our livelihoods and bodies, and protections than the freedom fighters of past generations ever had. And knowing that the freedom fighters of old fought anyway, we, today’s freedom fighters, must not despair and we must fight on.

The NAACP is already fighting the voter suppression law in the courts. Though the state threatens to criminalize community-based voter engagement activities, we will not be cowed. That’s why the Project VIER Coalition of local organizations will continue to inform voters of their rights, educate them on the issues, and register them to vote. We did that on National Voter Registration Day at multiple sites around the county and will continue to register voters as we have always done. We will inform people of their right to request a mail ballot. While the state of Texas hearkens back to the days of Jim Crow by unleashing partisan poll watchers to police

See **VOTERS**, pg. 4

From the Editor

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

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

enjoy the journey up.”

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

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

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.

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Anchored on the principles of scripture, *Anchor News* will at

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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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Daysi Barrera and Denice Trevino: Women making a difference

BY CHRIS GONZALES

This month we will be sharing the stories of business owners Daysi Barrera owner of 25th Street Furniture Store and Denice Trevino Master Trainer in Xco Latin by Jackie co-owner of M Power Fitness and DTB-Fit.

We will begin with Daysi Barrera. She has owned and operated her business located at 1108 N. 25th St. since 2014. She began her business selling piñatas and has expanded into selling furniture. What makes her different from other furniture stores? She focuses on people who have no credit or poor credit. She finances furniture for people with ITINs and Matricula Consular IDs. She provides high quality furniture at a fair price. Barrera is a remarkably busy person. She also serves on multiple boards as a director for organizations such as Grassroots, the City of Waco Transportation Board and the Cen-Tex Hispanic Chamber of Commerce. Barrera is a single parent and has two daughters named Daisy and Alejandra. Barrera looks forward to the revitalization of 25th street and advocates for it. She believes that the new fire station and the new Poco Loco projects will bring much needed activity to the area. Barrera explained that she was glad to provide feedback and ideas to Waco City Mayor Dillon Meek about the needs of 25th Street. I asked her how the pandemic impacted her business. She said it began at the beginning of a busy season for her, so she had an idea to sell furniture online and it was a success. In fact, it has become another segment of her regular business now. Barrera has grown in the last seven years from business owner to an advocate and voice for her neighborhood and local businesses.

Denice Trevino operates out of M Power Fitness at 1209 25th street located just

up the block from Barrera's store. Trevino begins her days early in the morning and goes well into the evening helping clients achieve their fitness goals. Trevino's approach to fitness is simple. She shows her clients the right way to train as she put it. Trevino emphasizes functional core training, the nucleus as she described it. Trevino is a Master Trainer in Xco By Jackie which is a mixture of Latin Rhythms with Athletic Movements in a group class workout. I asked Trevino what is so different about her classes and she responded by saying that her clients never judge each other but they try to encourage and lift each other up which makes for a good training environment. Xco By Jackie has quite a following, and Trevino teaches Xco By Jackie classes three times a week. Another segment of fitness that Trevino focuses on is her DTB-FIT. She offers personal one on one in person or online. Trevino began her fitness journey in 2013 with her own experience of not being happy with her fitness at the time. She dedicated herself to getting in shape and shared her stories online throughout the process. People began to ask her how she did it and she would share tips with them, the rest is history. Trevino did not realize the impact she had made until a client told her that her information had played a key role in getting off medication. Trevino dedicated eight years to mastering her craft and credits her mentor Jackie Rodriguez who is the founder and owner of Xco By Jackie for motivating her and molding her into the leader that she is today. Trevino was born and raised in Waco. She has been married for 13 years and has two boys and a cat.

Both Trevino and Barrera shared their excitement about having businesses in the heart of a Latino Neighborhood. They both mentioned that there is a lot of buzz about the



CHRIS GONZALES



DAYSI BARRERA



DENICE TREVINO

future of 25th street. McCIF is honored to share their stories.

TRANSLATED BY NAIDA DELEON DE GONZALES

Este mes compartiremos las historias de las dueñas de negocio Daysi Barrera, propietaria de 25th Street Furniture Store y Denice Trevino Master Trainer en Xco Latin By Jackie, copropietaria de M Power Fitness y DTB-Fit.

Empezamos con Daysi Barrera. Ella es dueña y operadora de su negocio ubicado en el 1108 de la calle 25 al Norte (1108 N. 25th St.) desde el año 2014. Barrera comenzó su negocio vendiendo piñatas y ha estado expandiéndose y también vende muebles de casa. Le pregunté "¿Qué te distingue de otras mueblerías?" Me dijo que ella se concentra en ofrecer compras a crédito a personas que les falta historia de crédito o tienen crédito desfavorable. Barrera puede financiar su compra de muebles si tiene su ITINs o una ID de Matricula Consular. Barrera proporciona muebles de buena calidad a un precio razonable. Barrera se mantiene extraordinariamente ocupada sirviendo en varias mesas directivas de organizaciones como Grassroots, la Mesa Directiva de Transportación de La Ciudad de Waco y la Cámara de Comercio Hispano del Centro de Tejas.

Barrera es madre soltera de sus dos hijas Daisy y Alejandra. Ella apoya ansiosamente la renovación de la Calle 25 y cree que la nueva estación de bomberos junto con los proyectos nuevos de la iniciativa llamada 'Poco Loco' pueden traer la actividad necesaria para que los negocios puedan tener éxito. Ella me explicó que fue un placer dar su opinión e ideas sobre las necesidades de la Calle 25 al Mayor de la ciudad de Waco Dillon Meek.

Le pregunté a Barrera si la pandemia le había afectado a su compañía y me informó que el comienzo de la pandemia fue durante la temporada más activa y se le ocurrió vender sus muebles por internet y fue todo un éxito. En realidad, ahora la tienda electrónica es un nuevo segmento de su compañía regular. En los últimos 7 años Barrera se ha desarrollado como una dueña de negocio y proponente, dándole voz a su comunidad y a los comercios locales.

Trevino Treviño maneja la empresa M Power Fitness ubicada en el 1209 de la Calle 25, en el mismo bloque

donde está el edificio de Barrera. Trevino empieza sus días temprano por la mañana. Su tarea de ayudar a sus clientes a obtener sus metas de buen estado físico comienza desde el amanecer hasta el atardecer. Su estrategia es simple. Trevino enseña la técnica y el proceso sobre la 'forma correcta' de entrenamiento físico, como dice ella. Trevino pone énfasis a el entrenamiento funcional de la zona media, el núcleo como dice ella. Trevino es una Maestra Entrenadora de Xco Latin By Jackie que utiliza una mezcla de Ritmos Latinos con movimientos atléticos ejercitados en un grupo.

Le pregunté a Trevino "¿Porqué son diferente tus clases a otras clases de gimnasio?" Me dijo que sus clientes no se juzgan uno al otro pero si se dan apoyo y ánimo y eso fomenta un mejor ambiente para entrenar. Xco by Jackie tiene un montón de seguidores y Trevino enseña las clases de Xco by Jackie tres veces por semana. Otro segmento de estado físico al que Trevino da énfasis es su DTB-FIT. Trevino ofrece entrenamiento de uno a uno o individualmente en persona o por internet. Su paso al buen estar físico empezó en el 2013 cuando ella misma se encontraba descontenta con su estado físico. Se dedicó a mejorar su estado físico y compartía su progreso y historias con otras personas por la internet. Muchas personas querían saber como pudo ella mejorar su estado físico. Les daba consejos y lo resto es historia dijo Trevino. Ella no se había dado cuenta del impacto que estaba haciendo hasta que uno de sus clientes le informó que el había logrado dejar su medicamento debido a la información que ella le daba. Trevino dedicó 8 años para hacerse una maestra en su arte y ella atribuye a su mentor Jackie Rodriguez quien es la fundadora y dueña de Xco by Jackie, por haberla motivado y moldeado a ser la líder que es hoy. Trevino fue nacida y criada en Waco. Ella tiene 13 años de casada y tiene dos hijos y un gato.

Trevino y Barrera comparten su entusiasmo de tener sus negocios situados en el corazón de un Barrio Latino. Las dos mencionaron que hay bastante ruido alborotado sobre el futuro de la Calle 25.

Para McCIF es un honor compartir sus historias.

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Between science and politics is education

BY W.B. GUNTER

Between science and politics, there is also public education, and what happens between the two will determine what is taught and how. Our democracy depends on a system of education. Scientific data and research is driven by education. When the two are in opposition, what happens to education and students who may be interested in science or political science? What happens to the curriculum in primary and secondary schools, and how will it affect institutions of higher learning? Standing in the gap between the two, are educators and administrators. If I suffered a serious injury, had a high temperature or was in distress, without question, I'd be rushed to an emergency room where scientists will perform an examination, reach a determi-

nation, offer a diagnosis, and provide an effective protocol for treatment. Science has made it possible for life to be extended.

During the 1950's and beyond, the entertainment industry lost some of its greatest talents due to fears surrounding actions perceived as communism. Performing artists, writers, linguists, and visual artists were relegated to the status of outsiders. And within 20 years, foreign language, the arts, and music were removed as core classes, and became, electives, worthy of ½ credits rather than whole. Will science or history be next? Will students continue wanting to pursue an education based in science and research?

To answer the question, author, public speaker, researcher, and former college professor, Sheila McCoy from Vanderbilt Universi-



W.B. GUNTER

ty and UCLA Berkely, shared her insight. According to McCoy, she sees students who are, "more dedicated to their work. It does make them think differently about how truth, fact, and political lies affect the uninformed and those who deliberately choose to not to be informed."

Because politics have been a driving force between science, societal norms, and public health, people have opinions about the educational ramifications over time. What examples or evidence of patterns have been noticed as they relate specifically to public health or interest? McCoy stated, "There has always been the undercurrent based on race and class, which is why drapetomania, eugenics, and other pseudo-sciences exist in the first place."

STEM Broker, public servant, and college professor, April Noronha stated, "As a college professor, I am not deterred in the least bit, most likely due to my staunch belief in science and a personal reliance on it, much in the way previously described." Noronha continued. "In all

actuality, the current climate on civil and political unrest has further fueled my sense of urgency and a duty to increase my dependence and 'allegiance' to the purpose of (aggregated) data that is assessed for such a time as this...a pandemic."

Retired Human Resource director, Linda Smith, who has a background in science, is a staunch community advocate who hears from all perspectives. According to Smith, "Science and politics have always been strange bedfellows as demonstrated by polio trials. Social media and misnomers help create confusion by spreading variations of lies and truths."

Whether you lean towards science or politics, education has been and will hopefully remain a valuable foundation as we move into the future.

VOTERS

Continued from page two

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and terrorize poll workers and voters, we will not be intimidated. We will serve as poll watchers and workers ourselves and protect the right of people to vote without being harassed.

Ultimately, Republicans are engaging in voter suppression, because they are afraid. They watched us go to the polls in record numbers in 2020 and change the face of this nation. In Georgia, African Americans spearheaded the election of an African American preacher and a young Jewish man to the United States Senate. African American voters helped elect an African American Asian woman as vice president. We voted in record numbers all over this



country.

Republicans should be afraid. Very afraid. Because in 2022 and 2024 African Americans are going back to the ballot box no matter the obstacles that are put in our path. That's how we fight. We

are going to vote. We are going to vote by mail and carry our ballots to the Elections Office. We are going to vote early when the lines are short. We are going to resist voter intimidation by traveling to vote centers two-by-two and in groups. We are going to vote on every Election Day in local school board, city council, county commissioner, state, and federal elections. We. Are. Going. To. Vote.

As much as Republicans want to return us to the days of Jim Crow, we will not turn back. We will fight them every step of the way until we are triumphant. Evil wins battles but never wars. We are fighting a righteous war; we will win.

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*Wanda B.
Gunter*

Author, Artist &
Contributing writer
for *The Anchor News*

Community Doulas of Waco celebrates McLennan County's first African-American Certified Birth Doula

Community Doulas of Waco is a non-profit organization that provides birth and postpartum doula support services to low-income families. We interviewed Cassie Johnson, the first African-American birth doula in McLennan County to complete the DONA International requirements for a Certified Birth Doula, (CD). Here is what Cassie had to say about becoming a certified birth doula.

WHAT IS A BIRTH DOULA?

The ancient Greek word "Doula" means woman's servant. A birth doula serves a pregnant mom by giving emotional and physical support during labor, in addition to teaching mom what she needs to know to make informed decisions regarding her birth experience.

WHY DID YOU WANT TO BECOME A BIRTH DOULA?

At first, I wanted to become a birth doula because I have always been so fascinated about the process and gift of childbirth. I mean for nine months the baby grows inside you.

Then at the exact date and time that God sees fit, you're born! This is still my reason. Additionally, I wanted to empower the mom to envision, take control and enjoy the intimacy of birthing her baby.

WHAT ORGANIZATION ARE YOU CERTIFYING WITH AND HOW HAS THE PROCESS BEEN FOR YOU?

The organization that I'm certifying with is DONA International, the oldest and largest doula certifying organization internationally. It's been a learning and rewarding experience because of the plethora of knowledge that I have gained through the required readings, on-going training and learning I obtain through working with my clients and their families.

HOW LONG DID IT TAKE YOU TO COMPLETE YOUR CERTIFICATION?

I started with my training a month before COVID 19 entered into our lives in February of 2020. In March the clinical side of my requirements took a stand still due to all the shut



CASSIE JOHNSON

downs. 18 months later I completed all the requirements.

HOW MUCH DOES IT COST TO BECOME A CERTIFIED BIRTH DOULA?

The cost is about \$2,500. This includes the cost of the birth doula training, books, required classes and other fees.

WHAT KIND OF FINANCIAL ASSISTANCE WERE YOU ABLE TO RECEIVE, IF ANY?

A portion of my birth doula training fee was paid by Community Doulas of Waco. They help with training costs as well as provide doula services. To offset the cost of my required books, I joined The Doula Book Project, a Facebook group that helps African-American Doulas

acquire their books.

HOW HAS WORKING WITH COMMUNITY DOULAS OF WACO HELPED YOU IN YOUR DOULA WORK?

Working with Community Doulas of Waco has been a God-send, honestly. Mrs. Tonja Carpenter, the C.E.O. of Community Doulas of Waco, has been so willing to give advice, encouragement and help guide me along this journey. I'm very blessed to work with an organization that shares my values and love for being there for others.

WHAT WOULD YOU SAY TO SOMEONE INTERESTED IN BECOMING A BIRTH DOULA?

KNOW YOUR WHY! Understanding why you want to become a doula will help you stay focused along this journey. Also, be relatable, passionate and compassionate when serving your families. Everyone wants to be heard, understood and valued especially when it comes to one of the most unforgettable momentous events of their lives. Giving birth is a gift and you want to help moms treasure it.

WHAT KIND OF OBSTACLES HAVE YOU HAD TO OVERCOME?

COVID 19 made the certifica-

tion process a little more difficult than usual. For a time Birth Workers weren't allowed into the hospital and one of the certification requirements was for me to serve moms during their labor. Training was done on Zoom rather than the traditional face to face instruction. Ultimately, what helped me with the obstacle of not being able to serve moms in the hospital in order to fulfill my clinical requirements, was being able to support clients that were birthing at The Waco Birth Center.

WHAT WOULD YOU SAY ABOUT THE INCOME EARNING POTENTIAL OF A CERTIFIED BIRTH DOULA?

The income earning potential is limitless. Doula work is highly flexible and entrepreneurial in nature. Birth doulas are popular because more and more mothers are desiring a quality and intimate birthing experience that a birth doula can provide.

IS THERE ANYTHING ELSE YOU WOULD LIKE US TO KNOW ABOUT YOU?

I am very passionate, caring and I like to also think of myself as someone who is relatable and being a birth doula allows me to be myself and do what I love.

MANNING

Continued from page one

shuttle Atlantis, acting chief engineer for shuttle upgrades, vehicle manager for space shuttle Columbia, and NASA test director. Later in the Kennedy Constellation Project Office, Manning became the first division chief for NASA's Orion spacecraft. More recently, he served on the last two NASA Astronaut Candidate Selection Boards.

Born in Fort Meade, Maryland, as an "Army brat," Manning traveled throughout the United States and has resided in Texas, New Jersey, Indiana, Hawaii, Illinois, and Maryland. After graduating from Aberdeen High School in Aberdeen, Maryland, Manning went on to obtain a bachelor's degree from the U.S. Air Force Academy in Colorado Springs, Colorado. In addition, Manning has a master's degree in industrial engineering from the University of Central Florida in Orlando and has completed the Senior Executive Fellows

Program at the John F. Kennedy School of Government at Harvard University.

As an Air Force officer, Manning served six years as a space operations analyst, stationed at Eglin Air Force Base in Florida and NORAD Cheyenne Mountain in Colorado Springs. Following his military service and prior to joining NASA, Manning was an engineer with General Electric Aerospace, Military and Data Systems Operations, in Springfield, Virginia, and McDonnell Douglas Space Systems Company in Washington.

Petro, who was named Kennedy's director in June 2021, previously held the center's deputy director position. Petro assumed the role of center director after former Kennedy director Bob Cabana was named NASA's associate administrator in May.

For information about Kennedy, visit: <https://www.nasa.gov/kennedy>

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The best Christmas 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 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 determination. Thank God my boy was spending the night with a friend. It was pitch-black dark outside, as I had no time to flip on the outside lights. I just needed to get out. Once inside my car, I let out a sigh, unaware that I had been holding my breath. Quickly locking the car doors, I knew I was on my way. The car was run down and bent up, but it was my path to freedom tonight and my only means of transportation. I'll never forget it. It was a gray and black Toyota, well...a fading gray and a fading black, a hatchback, about 8 years old at the time, and a stick. Ha! A stick. That could be a holdup since I was still in the learning stage, but I could handle it. I tried to crank the old trap, but it just clicked. I tried again, combining my efforts with a plea. "Please God, I need my car!" Just as the motor turned over, I heard that dreadful sound, a swatch-type sound, like an old screen door dragging. My God! He knew I was going to try to get



LINDA MASON CRAWFORD

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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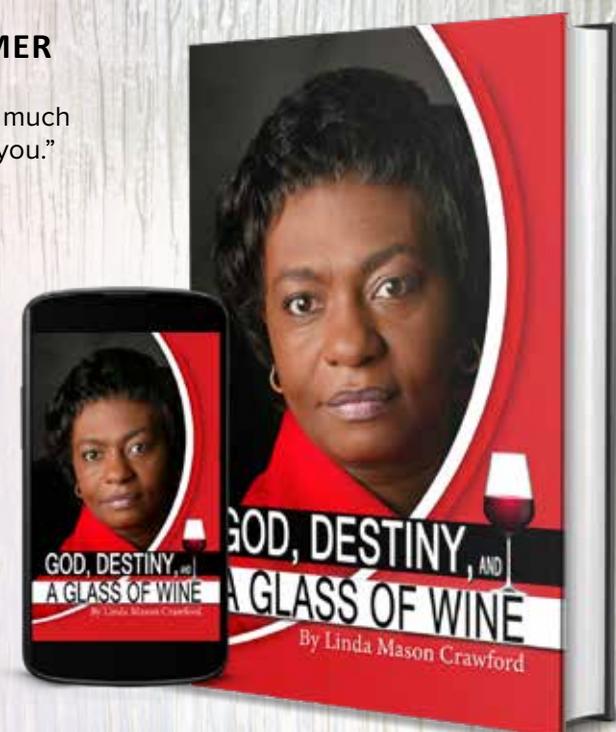
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SUBMITTED BY
LINDA MCDONALD

You may already know what foods are best for a healthy body, but your brain deserves the best too! Try incorporating these 'superfoods' into your diet for the best brain-boosting benefits. Fatty fish such as salmon, tuna, and sardines are rich with omega-3 fatty acids. Omega-3s can increase blood flow to the brain, enhance memory and thinking ability, and alleviate depression.

Nuts and seeds are another great source for omega-3s. They're also high in vitamin E, which helps you maintain cognitive function as you age. Eating an ounce of nuts or seeds a day can help your brain in the long run.

Coffee and tea are full of antioxidants and known to promote alertness, so it's no surprise most people drink it to wake up in the morning. One study published by the U.S. National Institutes of Health's National Library of Medicine (NIH/NLM) suggests that caffeine may also increase the



LINDA McDONALD

brain's ability to process information.

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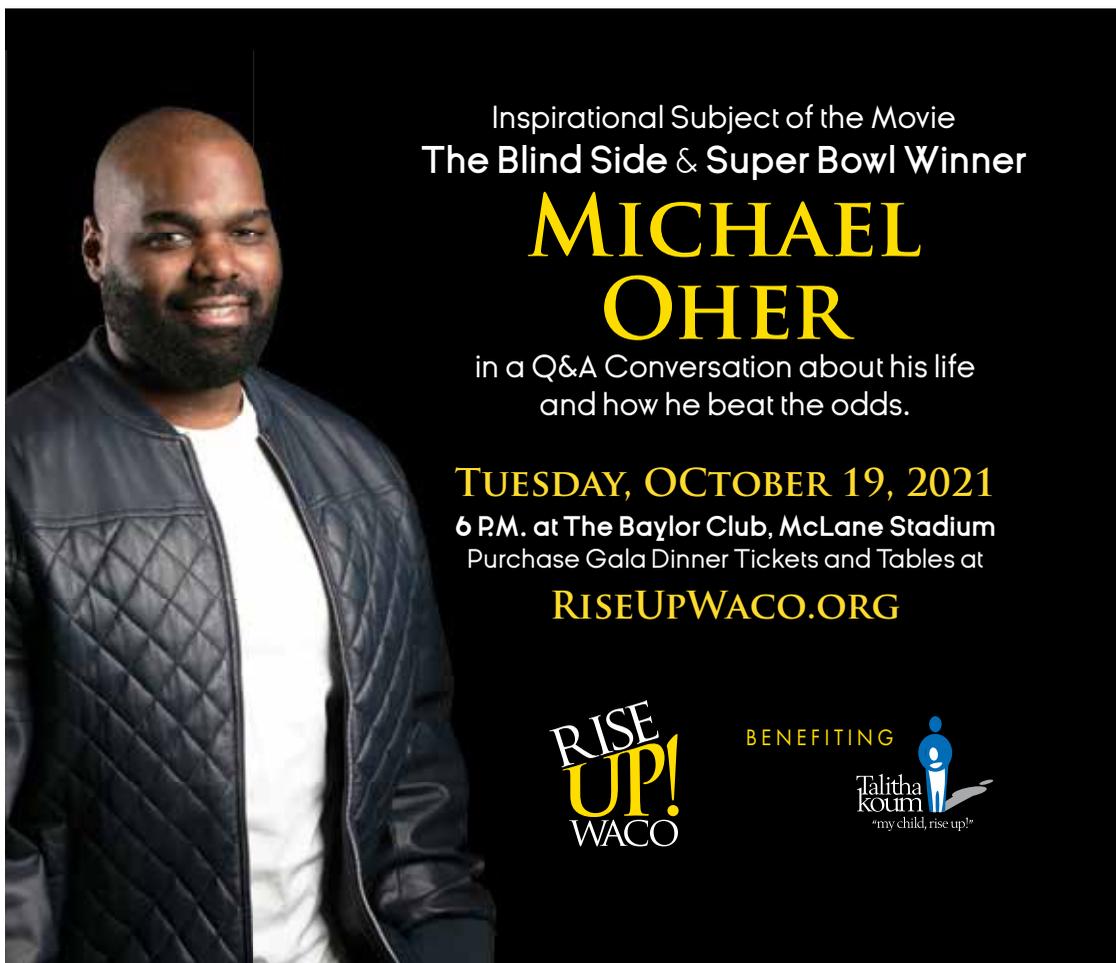
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THE *Anchor* NEWS

57 million Americans have legal issues

SUBMITTED BY J.L. CRAWFORD, LEGALSHIELD, SENIOR MANAGER

The Legal Needs Of American Families Study (Legal Needs Study) shows that working Americans and their families face a myriad of legal issues on almost a daily basis. The study shows that 57 million full-time working Americans experienced at least one significant legal event

in the past 12 months, but only 60% of those who experienced such an event actually sought out the services of a lawyer to help them.

The areas of greatest need identified in the survey include auto and traffic issues such as traffic tickets and accidents, family issues such as adoption and divorce, and estate planning concerns such as wills, trusts, and estate or inheritance management.

The Legal Needs Study



J.L. CRAWFORD

also shows that legal problems know no economic boundaries. All income levels experience legal issues or events at about the same rate - 66%.

Look at the list below (from <http://www.legalshield.com/top25legalissues/>). If you are experiencing or have experienced or could experience one of the issues on the list, you need to give me a call, so I can help you "live more and worry less."

- Automobile accident
- Identity theft
- Execution of a contract
- Inherited property
- Secured a home mortgage/refinanced home
- Filed bankruptcy
- Divorce
- Friend who owes you money files for bankruptcy
- Speeding ticket or traffic violation
- Injured someone accidentally

- Prepared a will
- Leased a vehicle
- Marriage
- Challenged a will
- Leased an apartment or home or bought a time share
- Creditor taking legal action
- Set up a trust
- Adoption of a child/Child Support
- Became executor of parents' estate
- Property was damaged while in storage
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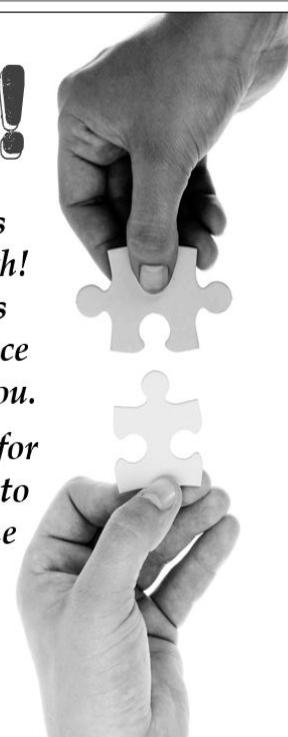
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— Bahá'u'lláh —
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"Ye are the fruits of one tree, and the leaves of one branch."

bahai.org/beliefs/



Jerry's health column: Eating healthier meals

BY JERRY SNIDER

HI JERRY,

I've been trying to eat healthier for the past few months. I do well for breakfast and lunch but when it comes time for dinner I find myself making two separate meals, one for me and one for my husband and kids. Do you have any suggestions because they simply won't eat the healthy meals I make?

THANKS, AMANDA

Well, Amanda, this is a common issue. In my opinion it's the biggest reason why married women have difficulty trying to change to a healthier lifestyle. For one person in the household to have success making healthy changes, ev-

eryone must be supportive.

I'm sure your husband supports your efforts verbally, but there is a difference between telling you supportive things and showing support through actions.

I don't blame you for getting tired of making two dinners every night. Or for feeling left out when they stop for fast food and you eat a healthy meal you prepared at home. While you know you are making the better decision for your long term health, fighting your taste buds or the smells from their food doesn't help reduce cravings.

There are a few things you can try that may help.

You may have already tried this, but sharing how it makes you feel with your family will



JERRY SNIDER

help them understand how big an issue it is for you. Coming from a man's perspective, we often don't understand how a little extra weight makes a woman feel about herself. It may take more than one conversation to get the point

across correctly. Make sure you not only share the reasons why you want to be healthier but also why you want your whole family to be healthier.

Another thing to try may take a little effort but is often successful. Find healthier recipes of the meals they like and invite them to help you make them. Granted this usually works better with kids than grown men. It may mean you eat something slightly less healthy than you want, but it starts them on the path gently. With them helping, it makes it easier for them to eat it because it's their work. They should be proud to eat something they created.

If they still won't budge, make sure you have some supportive friends that you can go

to a healthy dinner with once a week. We all need support when we are making positive changes in our lives, and showing support is more effective than verbal support. I do hope they start moving in the healthy direction with you.

Have a 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.

RE-ELECTION

Continued from page one

that the minimum pay offered by jobs provided by companies who have received a Waco-McLennan County Economic Development Grant is \$15.00 per hour plus health benefits. As the Elm Street development, a beneficiary of a TIF Zone designation, concludes, Miller, as the newly appointed McLennan County representative to the City Center Board of Directors, is able to give the voice of her constituents a place in the room where decisions for expansion and growth are discussed. Given that the state of Texas ranks 50th in the nation in health-care coverage for its citizens; and continues to be one of the states in the country that refuses to expand its Medicaid Program, Commissioner Miller is proud of the voice she gives on the McLennan County Commissioners Court in regard to programs such as the Indigent Healthcare Program, Waco Family Medicine, and the Waco-McLennan County Public Health District.

When Commissioner Miller announced her intent to run for office in 2018, the Jack Harwell Jail Facility was under operation by LaSalle Corrections. In 2019, the McLennan County Commissioners Court did not renew that contract which allowed the county an opportunity to provide better programming in our county jail – such as GED classes with

a specific focus on veteran issues, as well as mental health issues, and mentoring classes.

Regarding a community forum, on January 1, 2020, the Lester L. Gibson Leadership Luncheon was formed. The forum is held every second Monday at 12:00 noon. At this time, due to COVID-19 the meeting is held via Zoom. This is a forum organized by Commissioner Patricia Miller along with Constable John Johnson, Judge James E. Lee, Jr., Councilwoman Andrea Barefield, Waco ISD Trustee Keith Guillory, and Waco ISD Trustee Jeremy Davis. During each meeting, our elected representatives are present to give you an update from their respective bodies. Keynote speakers on topics and issues of relevance are also scheduled for this forum group.

At Tradinghouse Lake, the park upgrades have been completed. Envisioning the county's goals for tourism and park development, Miller assigned the Precinct 2 Road & Bridge Department, an exceptionally talented group of men, who built the roads located within the renovated areas.

One of Commissioner Miller's first major accomplishments on the court was to have approved \$422,000 in funding to assist the city of Mart in repairing its roads after the new water lines were put in place during the city's

water infrastructure upgrades.

Miller says, "Only God could have ordained the term I'm seeing end. And, let me say, it has been a pleasure to work on behalf of the constituents of McLennan County Precinct 2."

As she seeks a second term, she asks to be allowed to continue in this work. Commissioner Miller would like to expand her focus on not just the pay level for Waco McLennan County Economic Development Corporation jobs – but to advocate that the constituents in Precinct 2 also, along with all others, be given a fair opportunity to obtain mid and upper level positions in those companies as well as entry level positions, continue to be a voice in the development of the new proposed TIF Zone as well as see the completion of the Elm Street Corridor development. As Waco Family Medicine embarks on its \$50 million plus new facility, she would like to continue to be a voice of support and assist in collaborations with the Indigent Health Program and Public Health District to ensure McLennan County is providing and maximizing all of its resources to provide health coverage to our most vulnerable populations.

She would like to continue to be a voice of advice and support for our jail as they endeavor to diversify the staff, at all levels, and she pledges to continue the road mainte-

nance and construction work at our park and road/bridges, as well as, provide future support to the city of Mart as it progresses with its water project.

Much has been done in Miller's 3 ½ years so far. In addition to the pledges made and kept, she is also seeing the completion of a newly constructed office building at the Road & Bridge Precinct Yard in Mart and she is extremely proud that McLennan County has added Juneteenth to its list of

paid county holidays.

The constituents of Precinct 2 deserve a knowledgeable and focused voice on the McLennan County Commissioners Court. Miller says that she has been blessed to have accomplished the goals set in 2018. She is asking that you allow her, with a proven record of leadership, 26 years of experience, and a verifiable track record of achievements, to continue serving as your County Commissioner for McLennan County Precinct 2.

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God, the Father + God, the Son + God the Holy Spirit = One, Part 4

BY EVANGELIST
RUBY MCCRAY

Continued from the September edition of The Anchor News. To review the previous article, please go to www.theanchornews.com, click "Archives," then the year and finally, the month.

"Hear, O Israel: The LORD our God, the LORD is one! You shall love the LORD your God with all your heart, with all your soul, and with all your strength." Deuteronomy 6:4, 5

After Jesus' crucifixion and bodily resurrection with the nail prints in his hands and feet, along with the hole in His side, He was seen by many in that form. John 20:24-31

"For I delivered to you first of all that which I also received; that Christ died for our sins according to the Scriptures, and that He was buried, and that He rose again the third day according to the Scriptures, and that He was seen by Cephas, then by the twelve. After that He was seen by over five hundred brethren at once, of whom the greater part remain to the present, but some have fallen asleep. After that He was seen by James, then by all the apos-

ties. Then last of all He was seen by me also, as by one born out of due time." 1 Corinthians 15:3-8

The following account also proves that Jesus and God are the exact same person, ONE.

"Now behold, two of them were traveling that same day to a village called Emmaus, which was seven miles from Jerusalem. And they talked together of all these things which had happened. So it was, while they conversed and reasoned, that Jesus Himself drew near and went with them. But their eyes were restrained, so that they did not know him.

"And he said to them, 'What kind of conversation is this that you have with one another as you walk and are sad?'"

"Then the one whose name was Cleopas answered and said to Him, 'Are You the only stranger in Jerusalem and have You not known the things which happened there in these days?'"

"And He said to them, 'What things?' "So they said to Him, 'The things concerning Jesus of Nazareth, who was a Prophet mighty in deed and word before God and all the people, and how the chief priests and our rulers delivered Him to be con-



EVANGELIST
RUBY MCCRAY

demned to death, and crucified Him. But we were hoping that it was He who was going to redeem Israel. Indeed, besides all this, today is the third day since these things happened. Yes, and certain women of our company who arrived at the tomb early astonished us. When they did not find His body, they came saying that they had also seen a vision of angels who said He was alive. And certain of those who were with us went to the tomb and found it just as the women had said; but Him they did not see.'

"Then He said to them, 'O foolish ones and slow of heart

to believe in all that the prophets have spoken! Ought not the Christ to have suffered these things and to enter into His glory?' And beginning at Moses and all the Prophets, He expounded to them in all the Scriptures the things concerning Himself." Luke 24:11-27

"Then He said to them, 'These are the words which I spoke to you while I was still with you, that all things must be fulfilled which were written in the Law of Moses and the Prophets and the Psalms concerning Me.'" Luke 24:44

When God was sending Moses to Pharaoh in Egypt to release His people from slavery, Moses asked His name, "And God said to Moses, 'I AM WHO I AM.' And He said, 'Thus you shall say to the children of Israel, 'I AM has sent me to you.'" Exodus 3:14

When Judas' entourage of soldiers of the high priests and Pharisees came to arrest Jesus, He asked them for whom were they seeking; however, Jesus knew exactly what was happening. They told Him that they were seeking Jesus. Jesus said, "I AM HE," and all of those 300 to 600 soldiers, (according to Rick Renner), fell to the ground.

That same JESUS was also the same GOD who sent Moses to Pharaoh. John 18:1-6

"For there are three that bear witness in heaven; the Father, the Word [Jesus], and the Holy Spirit; and these three are ONE." 1 John 5:7

"Therefore, the Lord Himself will give you a sign: Behold, the virgin shall conceive and bear a Son, and shall call His name Immanuel." Isaiah 7:14

"So all this was done that it might be fulfilled which was spoken by the Lord through the prophet, saying; 'Behold, the virgin shall be with child, and bear a Son, and they shall call His name Immanuel, which is translated, 'God with us.'" Matthew 1: 23, 24

Please join me in November as I continue this study. All Scripture is taken from the New King James Version of the Bible unless otherwise stated. You may not believe me...just what if I'm right!

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

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Miscommunication

BY MONA DUNKIN

"I know you believe you understand what you think I said, but I am not sure you realize that what you heard is not what I meant." Bonnie Libhart

What?

Communication is sharing information with another person in such a way that they understand not only what you say but also what you mean. We speak in words but think in pictures. When what we say

does not match the picture of the one with whom we are speaking, we have a miscommunication.

My grandchildren and I returned from swimming and I asked them to hang their wet suits on the swing. The picture in my mind was the porch swing that we had just passed while entering the house. Later as I was gathering laundry, there were no swim suits on the swing.

I inquired about the swimsuits; they insisted



MONA DUNKIN

they were on the swing. And they were. They were on the swing they pictured in their minds - the swing set in the yard, the one they swing on and play with daily. I chuckled as I thought of my friend Bonnie's amusing transfix of words about how what we say is not always what is heard.

If we do not give and

or get corresponding pictures, then we have not understood one another. Sometimes those mismatched-pictures of miscommunications are humorous, sometimes they are irritating and sometimes they are dangerous.

Perhaps the three most common communications errors are 1) talking too much, 2) listening too little and 3) failure to understand. The failure-to-understand-coin is two-sided; incorrectly assuming we have spoken accurately and thus, equally incorrectly assuming the one to whom we have spoken has heard what we meant to say.

When instructions are given, there is always a speaker and a receiver. Know that things are not always as they seem. Consider the context. Consider

your audience (i.e. age, life experiences). Be gracious. Rather than insisting your communication was 100% right on, be willing to see it from the other person's point of view.

What I say, plus what you hear. What does it equal? What I have said? What you have heard? Neither? Where is the breakdown? Was it with the receiver? Was it with the sender? Both? If your message is not getting across, spend time thinking and learning how better to express yourself. If you are not receiving information well, spend time thinking and learning how to seek understanding. In both instances be patient, gracious and develop empathy. It's worth the effort.

A good place to start is with St. Francis of Assisi's prayer: "Lord, make me an instrument of your peace. Grant that I may not so much seek to be consoled as to console, To be understood as to understand, To be loved as to love..."

Mona Dunkin is a Motivational Speaker, Corporate Trainer and Personal Success Coach. Read past articles at www.monadunkin.blogspot.com. monadunkin@gmail.com.

Church Directory

High Point Church

www.highpointchurchwaco.com

HOLLYWOOD THEATER
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John Rambeau, Senior Pastor

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Matthew Reed Ministries, Inc.

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Worship: 11:15 a.m.

Evening: 6:00 p.m.

Monday Bible Study: 7:00 p.m.

Wednesday Prayer Worship: 7:00 p.m.

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Why you may need more than just original Medicare

BY MARGARET IVORY

In 2005, I had Medicare booths at three Wal-Mart locations: on Franklin Avenue, in Hewitt and in Temple. People used to call me "Miss Wal-Mart" because they would see me at the various locations where I knew the staff and the customers of all of the locations.

I was always confused about which location I was supposed to be and was continuously whipping up and down Interstate 35 to meet my clients who were already at the correct location.

One day, an older lady sat down in a chair at my Franklin booth and wept. I got up and put my arm around her, gave her tissues and let her cry it out. When she composed herself, she told me that she had just declared bankruptcy earlier that day.

She had Original Medicare Parts A and B. She had a pension from her retirement. She had a monthly Social Security check. She had about \$50,000 in the bank. In 2004, she was in the hospital four times.

Here she was at my booth



MARGARET IVORY

physically healthy but financially sick. Since she only had Medicare Parts A and B, she was subject to a Part A deductible and Part B 20% coinsurance. In 2004, the Part A deductible was \$876. The Part A deductible has to be paid each time a person is out of the hospital more than 60 days between admissions if all that they have is Original Medicare (Part A + Part B). Worse of all, is that there isn't any stop loss or maximum out of pocket. You can keep paying until the cows come home.

In her case, she was in the hospital each season with

more than 60 days elapsing between admissions. Paying the \$876 four times was bad enough but what destroyed her funds in the bank was the 20% Part B coinsurance. Her worse bill was \$65,000 so she had to pay \$13,000 + \$876 (\$13,876) for that one bill but remember she had four bills, \$13,876 x 4 equals more than \$52,000.

All of her precious hard earned savings was sucked up in one swoop and there she was at my booth financially bankrupt. I taught her about Part C Medicare Advantage Plans plus Part D Prescription Drug Plans. I was able to sign her up that day for a great

plan that had a maximum out of pocket which was about \$3000.

If she had a Part C plan in 2004, she would not have had to file for bankruptcy. She could have paid the maximum out of pocket and perhaps did a little part time job to reimburse her savings account or save that amount up from her pension and social security check.

When she left my booth, she was very calm and composed. She knew that she would never have to be in that position ever again, the horrible possibility of losing all of her savings due to medical bills.

I recommend that you re-

ceive a Medicare Analysis to see if a Part C plan with a Part D plan attached would be good for you.

Are you turning 65 years old soon? Are you retiring soon from your job?

My goal is for all Medicare recipients to understand Medicare options and how to make Medicare work best for them. I represent all plans in McLennan County but am totally concerned only for what is best for my clients. Call today to learn more. All appointments are remotely done.

Praying this is a great day for you. Stay Safe! God Bless!

Margaret Ivory 254-523-8978

The way of God

BY PASTOR MATTHEW REED

It is major that the church conducts itself in God's ways. The power of God in and on our lives will manifest as we adhere to the ways of God Jehovah in the name of Jesus our Lord and Savior. In Matthew 5, Jesus teaches us not to do evil for evil (38 Ye have heard that it hath been said, An eye for an eye, and a tooth for a tooth: 39 But I say unto you, That ye resist not evil: but whosoever shall smite thee on thy right cheek, turn to him the other also).

Jesus teaches us to be meek. God rewards us for doing so (Matthew 5:5 Blessed are the meek: for they shall inherit the earth). We are taught when we help others do all we can (Matthew 5: And whosoever shall compel thee to go a mile, go with him twain). That is the way of



PASTOR MATTHEW AND LADY HELEN REED

God Jehovah. He went all the way to the cross. Matthew 6: 12 And forgive us our debts, as we forgive our debtors. Our Lord teaches us to forgive others, forgiveness is the way of God Jehovah.

In 1 Thessalonians 4:11-

12, scripture says The Lord Jesus teaches us the way of prosperity (And that ye study to be quiet, and to do your own business, and to work with your own hands, as we commanded you;

12 That ye may walk honestly toward them that are without, and that ye may have lack of nothing.

John 16:33 says Our Lord Jesus teaches us the way(or power to have peace)These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world. Obedience to Jesus will bring about the promises and invoke the powers of God. In obeying Jesus just as he overcame the world so shall ye. Amen! In the scriptures are the ways of God, study to find out the ways of God that you might show thyself approved by your obedience.

Temple of Christ Church

Matthew Reed Ministries Inc.

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Pastor Matthew Reed and Wife Helen

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Better immunity is just a spray away

(NewsUSA) - Now more than ever, we worry about maintaining our good health, and we are especially concerned about having a strong immune system that can take on all types of infections.

TheraBreath, the world's leading dentist-founded oral health care brand, feels the same way. With their brand-new product, TheraBreath Immunity Support Oral Spray, they are doing their part to provide a quick and easy way for everyone-young and old -- to keep their immune systems working at their best.

TheraBreath Immunity Support Oral Spray is especially powerful because it helps boost your immunity in several ways. It contains extracts from acerola (a form of cherry) and also elderberry. Both of these fruits have strong antioxidant properties and are often used in immunity-boosting products. Elderberry in particular has a long history of use in health and healing going back to ancient Greek times.

"Our TheraBreath Immunity Support Oral Spray Supplement is an easy and tasty way to get the benefits of a multi-vitamin supplement and boost your immune system against the cold, the flu, and other airborne infections," says CEO and founder, Dr. Harold Katz, a dentist with an additional degree in bacteriology.

The spray also contains vitamin C, vitamin E, zinc, and copper. This combination of infection-fighters lines up to help muster your body's best natural defenses against illness. The spray contains no artificial colors or dyes, and it is certified vegan and gluten-free, as well as NSF certified, with a cherry lemonade flavor that appeals to all ages.

Use TheraBreath Immunity Support Oral Spray as needed throughout the day. The small bottle is easy to tuck into a purse,

pocket, or backpack, so it is easy to stay healthy on the go as you resume activities.

Everyone has come to appreciate just how important it is to have a healthy immune system, not only in the winter months, but all year round, whether you are going to work, going to school, or just going to the grocery store. Airborne infections are always with us, but keeping a science-based,

immune-strengthening product in your personal health toolkit can help keep you and your family safe and well.

Visit TheraBreath.com for more information about TheraBreath Immunity Support Oral Spray and other products in the TheraBreath family of oral health care. All TheraBreath products come with a money-back guarantee.

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African-Americans at higher risk for stroke

(NewsUSA) - Each year, more than 780,000 Americans suffer a stroke. It is the third leading cause of death and a leading cause of long-term disability in the United States. African-Americans suffer more severe strokes than white Americans, and tend to have a higher rate of risk factors such as high blood pressure and smoking.

Many people do not know the symptoms or what to do when they witness someone having a stroke. The following information is provided to you by the National Institute of Neurological Disorders and Stroke (NINDS).

“For African-Americans, stroke is more common and more deadly -- even in young and middle-aged adults -- than for any other ethnic or racial group in the country. It is critical to recognize the symptoms of a stroke, call 9-1-1, and get to a hospital quickly,” said Salina Waddy, M.D., program director, Office of Minority Health and Research, NINDS. “The good news is that treatments are available that can save people’s lives and improve their chances for successful recovery.”

A stroke occurs when blood flow to the brain is interrupted or if bleeding oc-

curs in or around the brain. Brain cells die when deprived of oxygen and nutrients provided by blood. Because a stroke injures the brain, if you are having a stroke, you may not realize what is happening. But to a bystander the signs of a stroke are distinct:

- * Sudden numbness or weakness of the face, arm or leg (especially on one side of the body)
- * Sudden confusion, trouble speaking or understanding speech
- * Sudden trouble seeing in one or both eyes
- * Sudden trouble walking, dizziness or loss of balance or coordination
- * Sudden severe headache with no known cause

In treating a stroke, every minute counts. Treatments are available that greatly reduce the damage caused by a stroke. But you need to arrive at the hospital within 60 minutes after symptoms start in order to receive some treatments. Knowing the symptoms of a stroke, making note of the time of the first stroke symptom, and getting to the hospital quickly can help you act in time to save yourself -- or someone you know -- from serious long-term disability.

Making changes in your lifestyle can help prevent stroke. The NINDS, part of the National Institutes of Health, is dedicated to research and education on the causes, treatments and prevention of stroke. Risk factors include high blood pressure, diabetes, heart disease, family history of stroke, high cholesterol, and being overweight. Talk to your doctor and let him or her know about the concerns you may have about the risk factors of stroke. Find out your risks and take action.

More information on stroke, including how to reduce risk factors, is available in the NINDS materials. Order free materials by calling 1-800-352-9424 or by visiting www.stroke.nih.gov.

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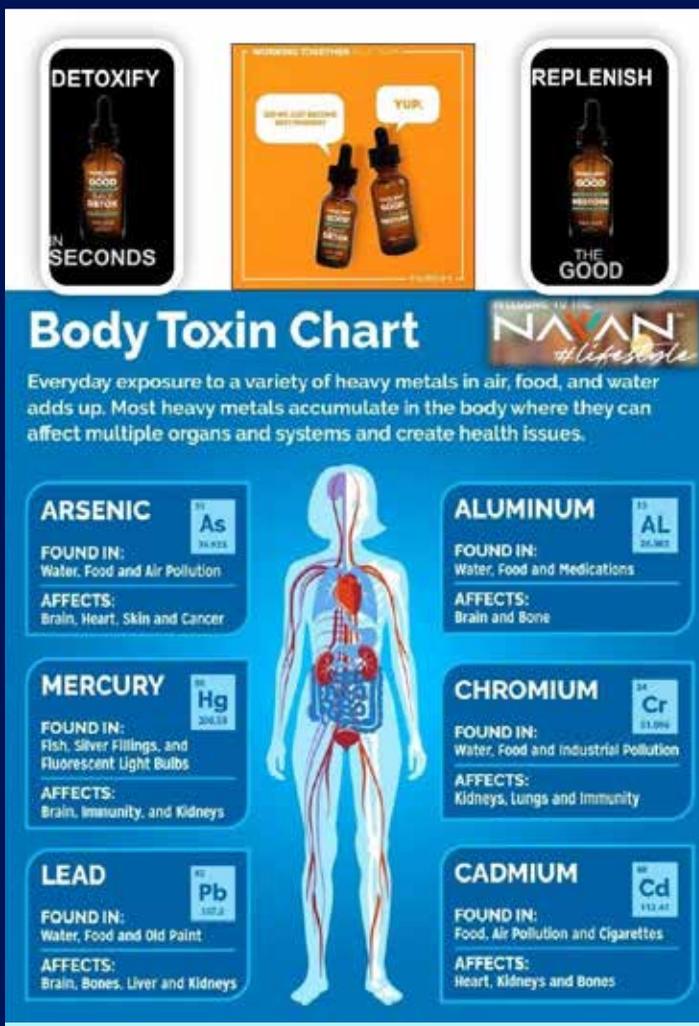


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Body Toxin Chart

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ARSENIC (As) FOUND IN: Water, Food and Air Pollution. AFFECTS: Brain, Heart, Skin and Cancer.

MERCURY (Hg) FOUND IN: Fish, Silver Fillings, and Fluorescent Light Bulbs. AFFECTS: Brain, Immunity, and Kidneys.

LEAD (Pb) FOUND IN: Water, Food and Old Paint. AFFECTS: Brain, Bones, Liver and Kidneys.

ALUMINUM (Al) FOUND IN: Water, Food and Medications. AFFECTS: Brain and Bone.

CHROMIUM (Cr) FOUND IN: Water, Food and Industrial Pollution. AFFECTS: Kidneys, Lungs and Immunity.

CADIUM (Cd) FOUND IN: Food, Air Pollution and Cigarettes. AFFECTS: Heart, Kidneys and Bones.

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