

THE Anchor News

Ruby McCray offers music and Spanish lessons at affordable costs

On Monday, August 30, 1976, Ruby McCray began operating her music studio after hearing four words and seeing a vision, two weeks prior. They began moving furniture to convert the guest bedroom into a music studio. There was only one major problem. The piano wouldn't go through the door. They turned it in different position to no avail. Standing in the hallway behind the piano, hands still positioned to push, frustrated and exhausted, McCray, screamed, "JESUS!" and the piano went into the room.

During the two weeks prior to the grand opening, McCray began writing a list and calling everyone she remembered saying that if she ever started teaching, they'd become students. She had a list of over thirty people, but only four from the list had enrolled by August 30. However, they began publicizing the class; as a result, she had over twenty students by Monday, including her own son, Joel McCray, who



RUBY McCRAY

had just turned six, with more continuing to enroll. People began calling from everywhere until she had a waiting list.

She taught only piano at the time,. A few years later, she added the lead guitar, then the drum set. Currently, she teaches piano, drums, lead and bass guitars, saxophone and harmonica. She's produced music majors, with one graduat-

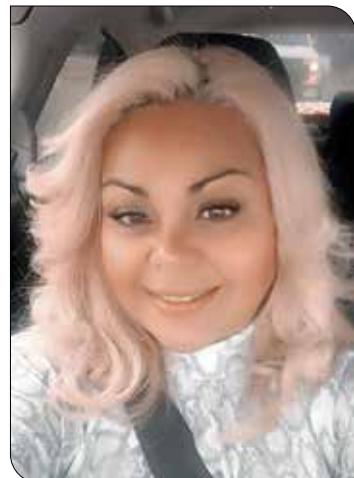
ing from Baylor University in August of this year, and many church musicians, including her own daughter, Joylet McCray. The majority of her students just like to make music for their own enjoyment. Her son, Joel McCray, owner of J & B Music, Arlington, Texas, has his own music studio, recording studio and is a producer. He's performed and produced throughout the USA and in England.

McCray has taught Spanish in high school, ninth through twelfth grades, and Conversational Spanish in the continuing education program at McLennan Community College. She still tutors and teaches Spanish privately. She teaches Spanish with music, and has published three bilingual Spanish books which include a CD. To help students remember Spanish vocabulary, McCray published two picture diction-

See McCRAY, pg. 4

Teeth whitening made available at Dream Gleam

Roxanne Zavala, owner of Dream Gleam, provides professional teeth whitening, and teeth bling (gems). Teeth bling is a gem, a tiny jewel usually a few millimeters in size, applied to the tooth with an adhesive. Spray tanning and gift cards are also a provided service. Zavala teaches classes in all three services that she provides. Dream Gleam is located at 3708 W. Waco Dr. Ste. 3 in Waco Texas. People seeking services may book appointments by calling or texting (662)205-0771. Contact her via Facebook or Instagram



ROXANNE ZAVALA

by searching @Dream Gleam by Roxxi. Customers can also book appointments on Facebook, and send messages on both. Office hours are Monday - Friday 5 p.m. - 7 p.m., Saturday - Sunday 10 a.m. - 7 p.m. By Appointment only. Website soon to come.

Zavala has always had a passion for beauty, making people comfortable with their own "SMILE." "I'm a big believer in having a beautiful smile. A nice smile makes people feel

See ZAVALA, pg. 2

Christmas in The Anchor Business Issue

Celebrating 18 Years!

DECEMBER 2020

Volume 18 • No. 5

Free



Wanda Gunter: Navigating the waves of change

2020 has been a year of innovation, creativity and self-discovery. Wanda Gunter, artist, author, and contributing writer of *Anchor News*, was in a constant state of creative evolution before the pandemic. For Gunter, the constant inconsistencies of a pandemic meant shifting in new directions. Challenges are a part of life that will make or break foundations. Gunter's personal and business plans made before March came to an abrupt halt. Now what?

With time to create, Gunter was busy revisiting previous works of art, writing materials that will be published next year, attending virtual classes, exploring artistic techniques, and embracing this time of rediscovery. As time continued to affect sales, the face to face conversations with customers, getting products to market was difficult. As a writer and oral historian, she knew that personal interviews were out of the question.

Thanks to social media, an outlet for honest conversations presented itself through blogging, conversations via messages, and texts. For artists, writers, sites became available to connect and stay connected in ways not too far removed from what was done before the pandemic.

For the graduating class of 2020, Gunter created a silent visual for the class and uploaded it to YouTube. For those who commented by who answering questions posted on social



WANDA GUNTER

media, Gunter matched their words with her art works. To view the works in YouTube, use the keywords, "Art in Isolation of a New Day," which is the title of the series she plans to one day exhibit.

In 2007, Gunter's second book, IMPULSIONS BETWEEN THE TEA GALLERY AND THE SWEET DREAMS CAFÉ was published. In October, the first installment of one of the short stories was read on YouTube. The book is available for purchase online. Once purchased, personalized inscriptions may be requested via Facebook messaging. Her first published book, A MOMENT Of SILENCE, written in 2005, is also available via Amazon and other bookstores.

At this time, Gunter is primarily creating sculptural. Original works on paper and canvas are underway, and she will continue to reproduce works and live shows after restrictions are lifted. Until then, visit Face-

See GUNTER, 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.

MESSAGE FROM THE EDITOR...

Happy People, The December *Anchor News* features a "Christmas in The Anchor Business Issue." It is all about your opportunity to learn new information about some of the area's small businesses.

From teeth whitening

ZAVALA

Continued from page one

positive. When people feel more positivity, they have better days of life."

Graduating from TSTC in 2003 as a dental assistant, Zavala now has over 17 years of dental experience. She has always been an entrepreneur at heart. She knew she wanted to do something to help people; she just never knew what. Over the two month COVID-19 shut down, Zavala had so much time on her hands and so much time to think. She started researching and spent lots of time with the Lord. "He led me to a website that I was sceptical about at first due to the price and all the scams. I sat on this idea for a few weeks and prayed about it over and over again. God revealed a peaceful confirmation to me. That was when I called the school and got to talk to the founder of the school, not just a representative. Right then, I knew that was God's timing."

Zavala took the weekend course, got certified, and on her way home, she decided that she wanted to help peo-

ple gain confidence with a beautiful white smile.

She says there's more to the business than money and clients. "Clients become family. All I ever wanted was to make people feel more positive, confident, sure, and secure. When my clients turn back with a big smile to say, "Thank You," no words can explain how I feel about being able to make a human being leave with confidence!"

According to Zavala, every client can expect a comfortable, enjoyable, peaceful atmosphere. She guarantees her work, by offering two week touch ups on the whitewashings and one month on teeth gems.

Zavala plans to expand the Waco office. She wants to build offices throughout Central Texas. She works a full-time job right now, but plans to open her full-time business within the next two years or sooner if the Lord says so.

GUNTER

Continued from page one

to clothes whitening, from voice lessons to music lessons, from teaching students to reading to them, and so much more, you will learn about new services and ideas available to you JUST in time for Christmas!! Enjoy!

book's page, 190/35 Art Community to see art, listen to music, review a play and trailers, meet writers, and delve into the virtual side of art.

To connect with Gunter, send a message via Facebook. If you are hosting virtual meetings and need a consult about your background, she is available for feedback until December 24th. She welcomes tips.

Zariyah Kids Fashions and Boutique, a hassle-free shopping experience

Do your Christmas shopping with Jeffie Sanders, owner and CEO of Zariyah Kids Fashions and Boutique. The business features fashions for girls and boys from Infants to size 14. Choices include but are not limited to dresses, suits and accessories such as socks, hairbows, ties, and jewelry. Sanders also caters to young teens and women, sizes 2-3XL. Other items include blouses, blue jeans, jean jackets, long tops, skirts and dresses. She can send pictures upon request.

Please contact Sanders at Zariyahkids_2017@yahoo.com or by visiting

**JEFFIE SANDERS**

the website: <http://www.zariyahkids.com>.

If you don't see what you are looking for, Sanders can do a "Special Order."

ADVERTISE here!
Call 715-8943 today!

**SILENT'S SPECTACULAR
Shoe Shine & Boot Repair**

Waco Hilton - 2:30 p.m. to 6:30 p.m. – Tues. thru Sat.

Roosevelt Towers - 8:30 a.m. to 2:00 p.m. – Tues. & Thurs.

The Marriott Courtyard – 7:30 a.m. to 1:00 p.m. – Wed. & Fri.

Extraco Events Center – Weekends

Silent - 254·216·4969

THE Anchor News

The Anchor News is a free, monthly publication of Crawford Publishing, E-T-C, located in Waco, Texas, (254) 715-8943. All rights reserved.

PURPOSE

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

POLICY

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

no time publish information that is potentially libelous material or intentionally malicious, derogatory or irrelevant.

EDITORIAL POLICY

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

LETTERS AND ARTICLES POLICY

The comments and opinions of our readers are welcomed. Letters

and articles should be e-mailed. Letters should be no longer than 200 words and must include a name and phone number. Article submissions should be no longer than 450 words and should include an original head shot (in jpeg format) along with your name, address and phone number. We reserve the right to edit for grammar, space, potentially libelous material and copyright infringement. We also reserve the right to refuse derogatory, irrelevant and malicious submissions.



LINDA CRAWFORD
Editor / Owner

STASHA AUSTIN MALONE
Associate Editor

J.L. CRAWFORD
Director of Operations / Owner

RAY AUSTIN
Website Designer

GALE EDWARDS
Advisor

MIA THOMAS
Advisor

WANDA B. GUNTER
Contributing Writer

SCOTT KNAPEK NEFF
Design/Layout

STAFF

Killeen author, Nanetta Brooks, offers the perfect Christmas gift

Nanetta Brooks's newly released book makes an excellent Christmas stocking addition. *To God be the Glory* is an inspiring memoir of a brave women who survives unforgettable tragedies in her life. Christian Faith Publishing say the book " is a heartfelt account that motivates the readers to be strong, for they can always serve whatever battle they may face.

According to the summary, *To God be the Glory* is a compelling reminder that everyone should be brave in battling the tricks of the devil. The author, from Killeen, Texas, is a brave female survivor of a brutal killing.

Brooks writes, "This is the true story of how women of strength and courage can be survivors of attempted murder and suicide."

Dealing with death and rough roads to travel for survival, the author perseveres



NANETTA BROOKS

despite the struggle and stumbling blocks designed to deter her.

Women have been fighting to keep things together for years, explains Brooks. She continues that women have to put up with attitude changes and people with split personalities, but the author fi-

nally looked death in the eye in the midst of her storm. Brooks desires to use her tragedy to help other women discover their inner strength. She encourages them not to give up and to use their God given talents

Brooks admits that being abandoned can cause some to become selfish, bitter, resentful and angry. People pass on the same attitudes from generation to generation, she says. "But I am an overcomer. I am proud to be a survivor"

Purchase *To God be the Glory* at Amazon, Barnes and Noble, and Target's. For a signed copy, purchase from the author who will gladly autograph your book.

Christian Faith Publishing, the publisher, says *To God be the Glory* is a motivating narrative that urges the readers to see themselves as strong and brave people as they face tribulations in life.

Never do laundry again

Have you ever been so busy that you wish you could wave a magic wand and your laundry would be washed, folded and ready to wear? Lana Alexander and Stephanie are the proud owners of Fluff Wash & Fold, "Where your items will be white as snow and bright as the rainbow." The owners know that the only thing worse than washing laundry is having to fold it and put it away afterwards. Fluff Wash & Fold can do that for you! A mobile laundry service that will pick up and drop off your laundry, the company services corporations, restaurants and individuals such as busy moms, college students, nursing homes, and many more.

Fluff Wash & Fold carries top brand detergents, including hypoallergenic soaps for sensitive skin and sanitizing detergents, all at NO COST to you!!! To get started, all you need is a minimum of 10 pounds



LANA ALEXANDER AND STEPHANIE TOLBERT

of laundry at a rate of \$2.00 per pound. Call before 2 p.m. for same day service. After 2 p.m. it is next day delivery. Fluff Wash & Fold offers service within a 30-mile radius from downtown Waco. Give them a call today at 254-661-7611, Mon - Sat 9 a.m. - 7 p.m. or email fluffwashfold@gmail.com and check us out on the web www.fluffwashfold.com. Due to Covid-19 we are offering free pick up and delivery!!!

Brenda Lee shares her imagination for Christmas

Brenda Lee is releasing a new book soon. The author of *But, I Wanted My Hamburger*, and *Never Too Busy*, Lee is excited about her new release, *Wow! We Tricked the Tooth Fairy!* It is the story of a sweet young child with a strong belief in the Tooth Fairy. Every little girl or boy who still believes will enjoy reading or having this story read to them. Be on the lookout for this new and exciting tale of a child and the Tooth Fairy. It's coming to book stores everywhere soon!

But just how does a person come up with such an idea? Who would think of tricking the tooth fairy? That would be Brenda Lee. Lee is the third born of eight children to Robert and Luberta Lee. She started her early elementary days at Dripping Springs Elementary. From there, she was recruited by the band director of the G. W. Carver High School. During her stay at Carver, her imagination began to flourish. That's when she first realized that she had a talent for amazing storytelling. Her first short story was a tale of a mouse who ruled the house. Her friends liked her stories so much that they would always



BRENDA LEE

ask when the next story was coming. It would be a while.

Lee's college days included two years at McLennan Community College (MCC). It was then that she picked up writing again. Her children's stories began to blossom. In between classes, she would jot down notes that later became the beginnings of a children's book entitled "*Poor Kitten, Kitty, and Katt*." Still, life happens. Lee met and eventually married the love of her life. But after three years of marriage and two beautiful children, the marriage ended.

The years added up and she walked down many paths of disappointments.

After twenty years, Lee returned to her first love, her original children's book, *Poor Kitten, Kitty, and Katt*. She wrote and illustrated this book and was soon introduced to the publishing company, Carlye Books (www.carlyebooks.com). Lee is on the way to introducing her imagination to the world.

To purchase one of Lee's books as a Christmas gift, call 254-548-8536.

**ADVERTISE
HERE... IN
COLOR!**

Call The Anchor News at 715-8943!

Bebrick
Since 1962

COLLISION CENTER

Waco's Leading Collision Repair Experts!

1515 La Salle Ave. • Waco, TX 76706 • (254) 754-2301
www.BebbrickCollision.com

Think Learn Play's winter sensory box is coming to town!

Think Learn Play's creator, Charra Burns, began her education initiative back in 2016 when she introduced the Waco community to R.E.A.D. (Reaching Excellence Always Daily). If you fast forward to this past Spring, that is when the idea of implementing hands on learning with customized, mini lesson plans came to mind. Burns ran with it, and it was the start of Think Learn Play.

This holiday season, Burns has a Winter sensory box available for purchase. It makes the perfect Christmas gift or even a special surprise to keep the children busy while out during the Winter break. Not only does the box include learning concepts; it also includes eight hands-on activities that are sure to create a fun and engag-



CHARRA BURNS

ing memories for any child.

Burns' excitement continues as 5 STAR parent reviews continue to roll in, as they introduce Think Learn Play boxes to their children. Please see the website for the reviews.

To check out the reviews and purchase a Winter sensory box just in time for Christmas! Visit www.thinklearnplay.com.

McCRAY

Continued from page one

aries using mnemonics.

You may visit McCray's three Playlists on YouTube: Ruby McCray Conversational Spanish Videos; Ruby McCray Music Videos and Ruby McCray Kingdom of Heaven Citizens Videos. She's been a contributing

writer for *The Anchor News* for over 18 years. Her website is: www.rubyhamiltonmccray.com.

For those interested in taking music lessons or learning Spanish, they may contact McCray by email: rubiacorm@yahoo.com and landline: (254) 875-2251.

RASHAD "Chip" Davis

Barber on Duty at

The Golden Shear

HOURS:
Tuesday - Friday, 10-6
Saturday, 8-3
- By Appointment Only -

\$3.00 OFF FOR FIRST-TIME CUSTOMERS!

511 N. Hewitt Dr. • 254.300.4155

Let Pampered-Babies pamper your baby

Pampered Babies, an intimate nursery, is a registered home with Texas DHS, located at 2705 Windsor Ave in the historic neighborhood of Dean Highland in North Waco. It is conveniently located off 25th street, a block from St. Louis Catholic Church. Offering day, evening, and weekend care to meet the demands of most parents' flexible, and busy work or school schedule, the Pampered Babies is owned and operated by Linda Davis. Davis has well over 20 years of childcare experience received while providing care at several local childcare centers, to include Spirit of Love, Childtime, Lakewood Preschool, and EOAC.

Over the years she has received many awards and much recognition for her caring and dedicated services. She received an AS in human services with a minor in psychology from the University of Phoenix in April 2012.

Pampered Babies' program was designed to enhance the infants total being, to include their social, emotional, physical, and cognitive development. At Pampered Babies, Davis knows the importance



LINDA DAVIS

of providing a stimulating environment to allow infants to grow and develop while striving to reach their full potential. Infants consume more knowledge during the first three years of life. As a result, it is imperative that they are exposed to various experiences, in a loving, safe, clean, and stimulating environment. The program provides fun daily activities such as tummy time, story time and storytelling, sounds and lights, songs and music with instruments, sensory play, art, language and cognitive development, out-

door exploration, as well as some stem-based activities.

Designed for parents who desire the best care for their child, the program helps parents put their child's developmental needs, health, and safety first. Davis desires to go over, and above meeting the parents' expectations by providing a warm, nurturing, loving, trusting, safe, learning, and stimulating environment. Parents can take comfort knowing their little bundle of joy is in good hands while in Davis's care!

"I like to think of myself as a co-parent," said Davis. "I'm here to ensure all your child's needs are being met, and that they receive the best quality care available. At Pampered Babies, we go over and above the Texas Minimum Standards to provide quality childcare because minimum standards are never enough!"

To learn more about the program please visit www.pampered-babies.com, and be sure to like the Facebook page. Remember spaces are limited, so don't delay registering beginning next month! To speak with Davis personally, please call 254-392-2588!

The Real Estate Lady can find and (or) sell your home

After working for AT&T for over 28 years, Linda McDonald embarked upon her long time aspiration of becoming a realtor. She has been a realtor in Waco since 2002, and is blessed to have the opportunity to do what she is passionate about...serving her clients real estate needs.

During her career as a full-time realtor, McDonald has established many lasting relationships near and far. Known as "The Real Estate Lady," she has built these relationships on service and trust. These are reflected by her continued success as clients return to her and also refer other friends and family. Her clients often praise her patience, thoughtfulness and ability to listen. Though McDonald serves Waco and surrounding areas, she is also able to connect globally with real estate professionals who have the same passion and professionalism.

With her commitment and passion for stellar customer service, McDonald searches



LINDA MCDONALD

for the best properties for her buyers and guides the buyers step by step through the entire process of purchasing a home. For sellers she offers comprehensive market data, and recommendations to get the best return for their investment. She has often been trusted to handle not only selling a property for out of town sellers, but also of taking care of all the preparation to

make sure the home is ready to market.

McDonald continuously educates herself with certifications and utilizes cutting edge technology to best serve her clients. She prides herself not only on being honest and trustworthy with her clients, but also among her peers. In 2016 she was recognized as Realtor of the Year. She has served as President of the Waco Association and since 2009, has been a Certified Residential Specialist (CRS). Only 3 percent of realtors in the U.S. hold this designation. A Certified Residential Specialist has more experience and training than the average realtor.

McDonald is dedicated to improving the real estate industry for homebuyers and sellers. She gives back to her community by volunteering with Meals on Wheels and teaching home buyer education classes at Neighborworks. Contact her by calling 254-855-1717.

Protect yourself, especially through the Holidays

From the time that you call 911 until the time that they arrive, what are your options of protecting yourself? Heather Person is a Damsel in Defense independent pro, whose job is to help you answer that question. She is available to educate you on the different products available to stage your home for protection. Person will then help equip you with what products you need based on your concerns. Finally, she will help you feel empowered once you have learned how to use your products.

Those three words are the motto of Damsel in Defense. Not all pepper sprays are created equally. Person sells products like pepper spray from the normal everyday kind to one that hooks up to blue tooth to alert emergency contacts of your location. Most in-store versions are more of a mist, whereas, with Person's pepper spray, it is a steady stream that has a distance of 16 feet. It is important to know that pepper spray should be replaced af-



HEATHER PERSON

ter a year. Another product that Person offers is stun devices. She has hand-held devices that are small and one that is longer to be able to have more space for attackers that are a further distance.

All stun devices and some of the pepper sprays have a pin in them that will deactivate them so they cannot be used on you and so that children cannot harm themselves. There are many oth-

er products that help in car emergencies, such as products that make people alert to you in public places like parking lots.

Person started with this company because of Safe Heart, a program about things like kid version books on potential sexual assault situations, gun safety and diversity. Person says she did not properly handle the situation with one of her own children because she was at a loss at what to do with her own assault. When it happened to my boys I pressed charges but was still at a loss to help my children heal. This program helps to open the conversation with children about what sexual assault is, and there is even a toddler book.

"I now know that it is never too early to address these situations of what "bad touching" is. Personally, I want these books in every household so that no one ends up facing the same situation."

I look forward to hearing from you soon to help with your needs.

Let statement earrings speak for you

Who said you can't command attention without saying a word? It took an extreme amount of faith for Jaslynn Martin to launch her business, Faye's Statement, but she says God blessed her for trusting in Him. Within the first month of selling statement earrings, she reached 100 orders and over 1,000 orders within the first three months.

As a young black college student, Martin had to create a space that was authentic for herself. When she transferred from McLennan Community College to The University of North Texas to get her bachelor's degree, she had to leave her position as a social media manager and find a new job in her field. After countless interviews and having to "tame" her afro to be more presentable, she realized that if she could not wear her hair the way she preferred, it was merely not an atmosphere where she wanted to work.

To her surprise, the pandemic hit two months into the semester, which changed everything. While she was home, she began to ask God for guidance.

"He showed me a path so clear I couldn't deny it. The veil was lifted, and my vision was unclouded to see I could build my own business rather than putting myself through school just to build someone else's business."

Martin said God gave her peace within her spirit that it would work out, as long as she was willing to put in the work. Statement earrings



JASLYNN MARTIN

became a big part of her life. When Martin was in middle school, she did her first big chop when "going natural" was just starting to become popular. Plus, there certainly was no one else her age cutting their hair off for a teeny weenie afro.

"The incident led to a decrease in my confidence, which I decided to fill the void by wearing big and dramatic earrings. Ever since, I have always loved statement earrings, even once my hair grew out."

Martin is enjoying great success and hopes to do business with you. People can find her products on Instagram or Facebook @fayesstatement or through the website <https://fayesstatement.com>

"I promised God that if he showed me the way, I would use my testimony to inspire others to take that same leap of faith that he called me to."

Taushey's Vocal Lab offers Christmas special

An award-winning recording artist, songwriter, actress and vocal coach, Taushey Sias is the founder and CEO of Taushey's Vocal Lab. The lab provides vocal lessons to aspiring and established singers of any caliber. While preparing to perform in an open platform format, clients can expect virtual and in person lessons to work on music theory, vocal tone, stage presence, confidence, and overall strength of their singing abilities.

After losing her house to a fire, a deep tragedy became a blessing to Sias and her family. The misfortune led her and her children to Waco, Texas where she eventually became a student at McLennan Community College (MCC). Auditioning for the music program at the College, Sias received the program's top scholarship and became a very successful leader.

"I never thought that I



TAUSHEY SIAS

would make such an impact on my peers and my professors. From 2018-2020, I was the recipient of the Outstanding Student Award and Outstanding Student Achievement Award."

Sias's honors at the College include writing a song for the Jazz Ensemble and being selected as the 1st winner of the Songwriting Contest. Sias is very proud to be an honor graduate of McLennan Community College. Being able to work hand and hand with her ensembles as the section leader gave her more passion and activated the idea of being a vocal coach.

During the Pandemic, she finally took the leap of faith to start her own vocal coaching business. Taushey's Vocal Lab is having a special for just \$97.00. The special includes three sessions, once weekly, and a free consultation.

"Let me be your Coach so I can help you 'Find the perfect solution for your vocal growth.' Website: www.BookTaushey.com; email: vocallabcoach@gmail.com; IG: [@vocallabcoach](https://www.instagram.com/vocallabcoach); FB: [vocallabcoach](https://www.facebook.com/vocallabcoach).

**You can "speak out" for Life on January 22, 2021
48 years after the Roe v Wade decision**

Your household can be named in a full-page ad on Roe Day, January 22, 2021. The ad is organized by Pro-Life Waco and will be printed in the *Waco Tribune-Herald*.

To be included, send your name (e.g. Jim and Jan Smith) and a donation of \$5 to \$50 to help pay for the full-page ad to the address below.

Or, go to prolifewaco.com. Click the Support Us button and go from there.

See the ad and additional information at: prolifewaco.com/roe-day-ad.html

**ProLifeWaco@gmail.com 254-644-0407
Pro-Life Waco, 4200 Grim Ave., Waco, TX 76710**



Herbal elderberry supplements support sleep and immunity

(NewsUSA) - A healthy immune system has always been important, but even more so today in the wake of the COVID-19 pandemic. Seeking products enhanced with naturally occurring antioxidants is an easy way to promote good health.

Elderberries have a long history of use as an herbal way to support good health because of their high level of flavonoids. Elderberries, notably the Sambucus elderberry, are featured in a new line of products from Nature's Way,

a leading provider of health and dietary supplements since 1969.

The Nature's Way product line uses only select cultivars of black elderberries, including the Haschberg cultivar, which contain high levels of naturally-occurring anthocyanins. Anthocyanins are plant pigments that have supporting optimal immune system function.

"While many other elderberry manufacturers use juice powders or concentrates, our elderberry is an extract that's

standardized to a precise percentage of flavonoids with every gram of the Sambucus' elderberry extract," according to the Nature's Way website.

The Sambucus berries in Nature's Way products are carefully cultivated and harvested as part of the company's commitment to quality. Company representatives make a point of traveling to areas of the world where berries, herbs, and other elements thrive in optimal conditions, cultivated by skilled growers and harvesters, in order to deliver an

unadulterated product that undergoes further rigorous testing to ensure authenticity.

New ways to enjoy the health benefits of elderberries include the Sambucus Sleep + Immune Gummies and Sambucus HoneyBerry Cough Syrup. Both products are available in formulations for children and adults.

The gummies feature a combination of melatonin and the enzyme L-theanine to encourage restful sleep, lemon balm and passionflower botanical extracts to promote relaxation, and Sambucus elderberries with their immune supporting benefits.

If this winter brings colds and coughs, Sambucus HoneyBerry Cough Syrup may help by providing a multi-pronged

defense recipe that includes not only organic elderberry extract, but also organic honey, organic apple cider, and English ivy leaf extract.

In addition, the cough syrup contains vitamin C and zinc in a combination formulated to potentially soothe coughs and help promote a healthy immune system. The cough syrup is available in daytime and nighttime versions to avoid disruptions to busy routines.

Sambucus elderberry products are available online and through several major retailers, including Walgreens, Target, Walmart, Amazon, and CVS.

For more information about the potential of elderberries to promote health, visit naturesway.com.



You only
live once.
That's worth
protecting.

Richard Kruger, Agent
7213 New Sanger Ave.
Waco, TX 76712
Bus: 254-776-4593
www.rkruger.com

A conversation about life insurance now can make a big impact on your family (and even your retirement) later.
LET'S TALK TODAY.



State Farm Life Insurance Company (Not licensed in MA, NY or WI)
State Farm Life and Accident Assurance Company (Licensed in NY and WI)
1708142 Bloomington, IL

Advertise In THE ANCHOR!

Call 715-8943 today!

*Temple of
Christ Church*

Matthew Reed Ministries Inc.

609 N. 5th St., Waco, TX. 76701 • (254) 753-0772

Church Services

Sunday School
10:00 AM

Morning Worship
11:15 AM

Sunday Evening
6:00 PM

Monday Bible Study
7:00 PM – 8:30 PM

Wednesday Prayer Worship
7:00 PM

Pastor Matthew Reed and Wife Helen

It is what it is

BY MONA DUNKIN

A plethora of current issues have prompted the lament of "wanting things to return to normal". What is normal? What if things do not change? How can expanding one's perception serve to bring personal peace? And can that peace be contagious?

Life is a series of infinite possibilities balanced by calculated risks. Life is more both/and rather than either/or. Regardless of the reasonings or explanations or arguing one might assign, the facts are... it is what it is. With God's grace, my response is, "So what? Now what?"

Not, so what? as in arguing against, but, so what? as in how to access attitude and resources to handle effectively and kindly. All conditions were met for whatever happened to happen.

God speaks to us, "My grace is sufficient for you..." (II Cor 12:9) The word IS, is a perfect-present tense verb, meaning it never changes. Just as now is always this second, so too grace is an ever-present presence.

There is an infinite amount of unseen grace floating in the invisible atmosphere to be tapped into by anyone. Grace was there yesterday, even though I may have ignored it and did my own thing. Grace is just as amply there for each tomorrow whether I recognize and utilize or go lightly on. Grace always is.

A contronym (pronounced konteimn), is a noun that has two opposite meanings.



MONA DUNKIN

Such as yield, to surrender, concede, resign – or yield to harvest, increase, produce.

No matter the situation - pandemic, trying relationships, burned toast – through the plasticity of grace, let us yield to the circumstances while simultaneously harvesting peace that passes all understanding. Through grace, I have an opportunity to be a viable part of Infinite possibilities.

Slow growth is sustainable. When it dawns on you that you are calm amid chaos, and you do not understand this strange conundrum, realize you have touched the hem of Christ's garment.

Contact Mona for personal instruction in helping you access peace and fulfillment. MonaDunkin, Faculty, Glasser Institute for Choice Theory, Speaker and Life Coach. Solution Principles, P O Box 774, Elm Mott, TX. 254-749-6594. www.monadunkin.com monadunkin@blogspot.com.

Vets, here's how to maximize your 2021 health benefits from home

(NewsUSA) - Veterans eligible for Medicare can maximize healthcare coverage in 2021 by choosing a Medicare Advantage plan that can complement Veterans Affairs (VA) benefits. When you start researching plan options between now and the December 7 Medicare Advantage and Prescription Drug Plan Annual Enrollment deadline, be sure to use the variety of resources available, including credible websites, virtual education events and one-on-one virtual meetings with licensed sales agents. Here are two key factors to keep in mind during your search:

* Medicare Advantage and VA benefits: A Medicare Advantage plan may complement your existing VA benefits and help reduce gaps in your healthcare coverage. Enrolling in a Medicare Advantage plan may provide access to additional services and benefits, like urgent care and dental coverage which may not be covered by VA health care. For example, Humana Honor Medicare Advantage plans are available to anyone eligible for Medicare, may complement VA benefits and provide beneficiaries with additional benefits, like robust dental care and \$0 plan premiums. In addition, Humana Medicare Advantage plans are recommended by USAA.

* Prescription drug coverage: When you add a Medicare plan, your VA prescription drug coverage would continue to cover prescriptions written or approved by a VA doctor. However, a Medicare Advantage plan would cover cer-

tain Part B medications, like injectable drugs and infusions, which may be beneficial based on your health needs. If you sign up for a plan with Medicare prescription drug coverage, it would cover certain medicines from non-VA doctors and allow you to fill your prescriptions at local network pharmacies instead of through the VA.

As you research health plans safely from the comfort of your home, it's important to visit credible websites, such as Medicare.gov, which will allow you to easily compare plans and estimate costs based on an average member. You can also enroll in an online workshop hosted by an insur-

ance company to review 2021 Medicare Advantage plan options.

For more information, veterans can visit www.Medicare.gov or call 1-800-MEDICARE (800-633-4227), 24 hours a day, 7 days a week. Veterans can also visit www.Humana.com/Medicare to learn more about Humana plans or call toll-free 1-800-213-5286 (TTY: 711). Licensed sales agents are available 8 a.m. to 8 p.m. local time, seven days a week.

Humana is a Medicare Advantage HMO, PPO, and PFSS organization and stand-alone prescription drug plan with a Medicare contract. Enrollment in any Humana Medicare plan depends on contract renewal.



**REALITY THERAPY SEMINAR
WACO, TEXAS**

During Covid, Classes are Conducted through Zoom

You will learn:

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

Who will benefit:

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



Mona Dunkin
254-749-6594
monadunkin@gmail.com

Conducted under the auspices of
Glasser Institute for Choice Theory

HIGH POINT CHURCH

Located at...

HIGHWAY 84
WOODWAY
TEXAS
HIGHPOINTCHURCHWACO.COM
SUNDAYS @ 10:30 A.M.

HOLLYWOOD THEATER!

MASKS & SOCIAL DISTANCING
REQUIRED AT ALL TIMES!

God, Destiny and a Glass of Wine, an easy read and perfect gift

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 away. He



LINDA MASON CRAWFORD

knew, so he had unlocked the hatch back, ahead of time! He was in the back so fast; all I could do was bite my lip and jerk forward. "Stop the car, Lynn, and give me the money!" he yelled, as he swiftly crawled into the back seat. He lurched through the bucket seats so fast that my head literally seemed to spin, like the girl in the Exorcist. Grabbing the steering wheel, he yelled again, "Gimme the money, Lynn!" The Exorcist...I was sure that his voice changed. But tonight...no, not tonight. I kept driving, the car swerving across into the other 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->

5.0 OUT OF 5 STARS | INSPIRING & ENCOURAGING | KINDLE CUSTOMER

(Reviewed in the United States on August 20, 2019)

"I absolutely love this book! I could not put it down and read it in two days. There is so much good stuff in this book that I am reading it again. It is inspiring, encouraging and will bless you."

5.0 OUT OF 5 STARS FIVE STARS | AMAZON CUSTOMER

(Reviewed in the United States on May 21, 2018)

"This is an amazing book. It is entertaining, compelling and convicting. A definite must-read for everyone!"

5.0 OUT OF 5 STARS | EASY READ AND APPLICABLE TO MY LIFE

(Reviewed in the United States on March 27, 2019)

"After God, Destiny, and a Glass of Wine, I felt like I could take the author's response to certain circumstances and apply to my own life. Each chapter is a life learning lesson of praising God through hard times, and walking into God's plan for my life. It may appear as an easy read, because I read it in one day my first time reading it. Then I had the opportunity to re-read and breakdown each chapter week by week."

Rey

5.0 OUT OF 5 STARS | EXCELLENT BOOK

(Reviewed in the United States on June 13, 2020)

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

Dr. Mia Moody-Ramirez



**GOD, DESTINY, AND A GLASS OF WINE
AVAILABLE ON AMAZON**

Steps to take to get out of debt

(NewsUSA) - Sponsored Content - Debt can be a crushing burden in the best of times. And right now, with more uncertainty in the world than we have ever experienced, it can be more terrifying than normal.

Perhaps you've lost your job, you've gotten sick, or you had to stay home to take care of your kids and now you are

in debt (or more in debt than you were before.) What do you do now? Many people are dealing with the same issues, but you can take steps to fix it.

First, write down your budget. Having a clear idea of what money is coming in and what money is going out is a huge step in getting out of debt. Be thorough. It is easy to overlook small expenses that

add up over time or underestimate what you are spending on groceries or entertainment activities.

Second, look at your spending and think about expenses you can reduce. If you are spending more than you're making, you may need to cut costs to make your rent or mortgage payment. Look at such things as coffee shops when considering your wants versus needs. That said, it's also paramount to build small "treats" into your budget so you're not constantly feeling as if you're depriving yourself.

Third, give priority to your secured debt. Secured debt is something such as a mortgage or car loan where there is property used as collateral. After secured debt comes interest-bearing unsecured debt such as a store credit card and finally, debt without interest, such as medical bills. All of your debt is important to pay, but prioritizing will help you come up with a plan, such as the debt snowball method.

The debt snowball method is a popular method of paying down debt. If, for instance, you have three credit cards with payments of \$50, \$100, and \$150, stop using the cards altogether so you aren't building up the balances. Keep making the same payments even as the minimum goes down. If the \$50 payment card is paid off first, take that \$50 and add it to the payment for the account with the highest interest rate to get it paid off faster. Instead of paying \$100, you are now paying \$150. Once

that account is paid off, apply that \$150 extra towards the final card payment and you will be out of debt far sooner than you would be normally.

For tips on budgeting, saving, talking to kids about money, and even a basic course in personal finance, visit <https://www.familycredit.org>.

org/resources. Family Credit Management is a non-profit credit counseling agency that has 25 years of experience in helping people get out of debt. So if you would like to talk to someone about your debt, feel free to reach out to one of their experts for a free, no-obligation consultation.



Linda McDonald
REALTOR®,
CRS, GRI, PMN, SRS



Integrity, Trust,
Experience



COLDWELL BANKER
APEX, REALTORS®
18 OFFICES SERVING TEXAS

CELL: (254) 855-1717
EMAIL: LINDAMCDONALDREALTOR@GMAIL.COM
EMAIL: LMCDONALD@CBWACO.COM

Home Purchase or Refinancing.

- Competitive Rates
- Fast and Easy Approval Process
- Excellent Service with Local Decision Making

You Have Our Word.



**INCOMMONS
BANK**

5400 Crosslake Pkwy • Waco (in Legends Crossing)



254-420-1007
www.incommonsbank.com

DeAndrea S. Petty
Attorney at Law

Law Office of DeAndrea Petty
Phone: (254) 640-5829

Criminal, Family and Juvenile Law
1701 Columbus Ave. | Waco, Texas 76701
attorneydpetty@yahoo.com

THE WORD OF LIFE CHRISTIAN CHURCH

www.thewordoflifewaco.com

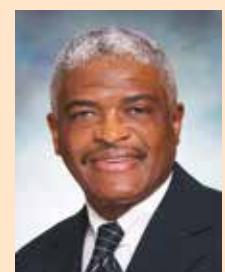
LOCATION
824 Longfellow Dr., Waco, TX 76710

WORSHIP SERVICE
Sunday at 10 a.m.



BIBLE STUDY

Wednesday at 7 p.m.



CONTACT INFO.
Church - (254) 772-1371
E-Mail - twolcc@grandecom.net

Nelson R. Henley, Sr.
Pastor & Founder



Seven ways seniors should prepare for the future

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

Growing older comes with many challenges but estate planning does not need to be one of them. It is important to prepare for medical emergencies and the distribution of your estate. Take advantage of your LegalShield membership to begin the estate planning process. Your LegalShield provider law firm is ready to draft your will and help answer your questions.

1. Prepare a will and estate plan so that upon your death your assets will pass exactly as you intend. Do you want a

state law, rather than you, to decide who inherits your estate? Completing a will questionnaire is the first step to creating your will. You may now access the LegalShield will questionnaire directly through the LegalShield app. You may download the LegalShield App for your iPhone or Android device. You may also call LegalShield Member Services or your provider firm to have a questionnaire mailed to you.

2. Prepare a durable power of attorney so that someone you trust can make decisions on your behalf in the event you are unable to do so. Who do you want to handle your affairs if you are unable to?



J.L. CRAWFORD

3. Prepare an advanced medical directive (living will)

so that someone is empowered to make medical decisions on your behalf and in accordance with your wishes if you cannot. Do you want life support if you become totally and permanently incapacitated?

4. Prepare retirement and disability plans so that your care upon retirement or disability is not left to chance. Is Social Security (Old Age Security in Canada) enough to sustain you?

5. Review all private and governmental benefits to which you may be entitled, including life and health insurance, government assistance programs, private pension and benefit plans, to insure that you receive the maximum benefits to which you are entitled. Do you know all of the military, retirement and other benefits you are entitled to?

6. Prepare a comprehensive summary of assets and benefits, including all bank accounts, savings accounts, CDs and other assets together with all benefits for which you are or may be eligible. Can

your attorney in fact readily identify all of your assets and benefits?

7. Prepare an Important Papers Packet containing vital documents and your comprehensive summary of assets and benefits. The packet should include copies of your Social Security card, life insurance policies, will, military discharge papers, medical alerts, names and addresses of your physicians, immunization records, other important medical information, including allergies, deeds, and titles or bills of sale of particularly valuable property, such as fine jewelry. How will your attorney in fact or executor find your important papers?

This Christmas, give yourself peace of mind with LegalShield. LegalShield can help you with your legal issues. Pre-existing problems are covered, so give me a call at 254-717-4927. Hurry. With LegalShield, "...we can help you worry less and live more." Please see the ad in this issue of The Anchor News. J.L. Crawford, Senior Manager.

Broken Silence BOOKS & PUBLICATIONS

P.O. Box 2873 • Harker Heights, TX 76548

www.brokensilencebooks.com

Phone: 254.458.9254

Facebook: Wanda Gunter

E-mail: wbgunter@hot.rr.com



Wanda B.
Gunter

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

Business Directory

RASHAD "Chip" Davis

THE GOLDEN SHEAR

HOURS:
Tuesday - Friday, 10-6
Saturday, 8-3
By appointment only



SPECIAL!
\$3.00 OFF FOR
FIRST-TIME
CUSTOMERS!

511 N. Hewitt Dr. • 254.300.4155



500 N. Valley Mills Dr.
Waco, TX 76710
Business: (254) 776-0000
Fax: (254) 776-4417
Cell: (254) 855-1717
lindamcdonaldrealtor@gmail.com
www.lindamcdonaldrealtor.com



Linda McDonald, ABR

Bahá'ís believe that ONE God is the Sole Author of ALL Major Religions
—Revealed Progressively by His Divine Messengers, as in the Chapters of a Book

Each Messenger in turn establishes a covenant and founds a religion based on the previous Manifestations' foundations

GOD

- Adam, Noah, Saleh, Húd, others
- Krishna (Hindu, 2,300 BC)
- Moses (3,100 BC)
- Buddha (500 BC)
- Jesus (5-7 BC)
- Muhammad (622 AD)
- The Báb (1844)
- Bahá'u'lláh (1863 BE)

Adamic (from Adam) Prophetic Cycle Bahá'í Era (Fulfilment Cycle)

All Manifestations of God in the Adamic Cycle, in addition to bringing their own teachings to build on those that came before, foretold of the Cycle of Fulfilment.

www.bahai.us/

To learn more about the Bahá'í Faith, please visit the Waco area Bahá'í website at www.wacobahaicenter.org or call (254) 300-4949.

Steps to improving your health in 2021

BY JERRY SNIDER

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

As we near the end of another year, people start thinking about things they want to change in their lives for the coming year. Many of these resolutions will involve improving one's health. For the last article of 2020, I thought I would offer a few simple, but maybe not easy, steps that you can take towards improving your health in 2021.

1. Sleep more. It's estimated that the average 40-year old American has a sleep deprivation of 20,000 hours. That's over 2 years of lost sleep time. This is massively important to your health as your body's main recovery/repair time occurs during your sleep. Instead of trying to snooze until the last possible second, make an effort to go to bed at least 8 hours before you need to wake up the next morning. Maybe you won't have to hit the snooze button at all.

2. Drink more water. Many medical researchers believe that as much as 50% of the chronic



JERRY SNIDER

diseases in America today would disappear if people simply drank more water. Make it a part of your daily practice to drink water as soon as you wake up but then also every hour during the day.

3. Participate in deep breathing/meditation/prayer time more. If you are not currently spending any quiet time to start your day, this is something to start slowly but then build up to about 15 minutes. You can always do more as time allows, but I've found 15 minutes is a good amount of time for most people to receive the daily health benefits of concentrated deep breath-

ing/meditation/prayer time.

4. Acknowledge gratitude more. Spend a few moments every evening, just before going to bed, to jot down one to three items for which you are grateful for from that day. At first, this is a fairly simple task for most people, but with a goal of not repeating any items from day-to-day this can become difficult for some. What it will teach you though is to find those moments during the day where you are grateful for a

certain interaction, person, or outcome.

This may not be the typical list you come up with when you think of ways to improve your health. I didn't tell you to eat less of something or do a specific number of exercises a day. While nutrition and exercise are definitely important pieces of the health puzzle, for many they aren't enough without the four steps outlined above. The great thing about sleep, water, quiet

time, and noting gratitude is that they are simple habits to keep once you get started. And they don't take a lot of extra effort to figure out how to do them like some diets or exercise plans.

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

Say yes to CRS

SUBMITTED BY
LINDA McDONALD

Buying or selling a home can seem like an overwhelming task. But the right REALTOR® can make the process easier — and more profitable.

A Certified Residential Specialist (CRS), with years of experience and success, will help you make smart decisions in a fast-paced, complex and competitive marketplace.

To earn the CRS Designation, REALTORS® must demonstrate outstanding professional



LINDA McDONALD

achievements — including high-volume sales — and pursue advanced training in areas such as finance, marketing and technology. They must also maintain membership in the NATIONAL ASSOCIATION OF REALTORS® and abide by its Code of Ethics.

Work with a REALTOR® who belongs in the top 3 percent in the nation. Contact a CRS today.

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.

Hillcrest Chiropractic Clinic

"BY THEIR WORKS THEY SHALL BE KNOWN"

Find relief for the following & more:

- Arthritis
- Carpal Tunnel
- Back & Neck Pain
- Pinched Nerves
- Migraines
- Sinus / Allergies
- Muscle Spasms
- Sleep Disorders
- High Blood Pressure
- Ear Infections
- Numbness
- Neuropathy
- Vertigo
- Diabetes
- Infertility

6701 SANGER AVENUE, STE. 104 • WACO, TX

www.drtrunell.com • drtrunell@gmail.com

254-754-4000



DR. SHAMONICA
TRUNELL

Doctor of Chiropractic

Walking in divine health and blessings, Part 16

BY RUBY MCCRAY

Continued from the November "Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers" 3 John 2.

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

God wants you walking in divine health and blessings more than anything or anybody. It's as though His reputation is at stake. He's a Good Father and is sadden when He sees the contrary. Which good father enjoys seeing his children defeated? He said that He is not too weak that He can't save us, and He's not deaf that He can't hear when we call. He said that our sins have separated us from Him; therefore, He refuses to listen to us. Isaiah 59:1, 2

He further said, "Keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you. For everyone who asks, receives. Everyone who seeks, finds. And to everyone who knocks, the door will be opened."

"You parents—if your children ask for a loaf of bread, do you give them a stone instead? Or if they ask for a fish, do you give them a snake? Of course not! So if you sinful people know how to give good gifts to your children, how much more will your heavenly Father give good gifts to those who ask him." Matthew 7:7-11

"...Look! I have given you every seed-bearing plant throughout the earth and all the fruit trees for your food. And I have given every green plant as food for all the wild animals, the birds in the sky, and the small animals that scurry along the ground—everything that has life." Genesis 1:29, 30

Our bodies were not designed for drugs, alcohol, nicotine, junk food, and such like. As a matter of fact, food should be our medicine, and medicine should be our food. We should also eat to live, and not live to eat; that makes us gluttons, and that too, is sin.

"Do not carouse with drunkards or feast with gluttons, for they are on their way to poverty and too much sleep clothes them in rags. Proverbs 24:20, 21

If we want to walk in divine



EVANGELIST
RUBY MCCRAY

health and blessings, we have to do it God's way. We must live a holy and sanctified life; we are commanded to be holy because He is holy. 1 Peter 1:16

We have to study His Word, (the Bible), daily so that we can know how to please Him—thus, making ourselves healthy and prosperous. God's Word is just like medicine which brings healing to all of our flesh. When we read and study it, it's like taking scripture-pills, tablets, capsules, liquid medicine, injections, and such like. Proverbs 4:20-22

One of my mentors says constantly, that if we would

live FREE from SIN, we'd never get sick. Throughout the Bible, it shows that our staying well is connected to obeying ALL of God's laws, decrees, commandments, statutes, rules, regulations, and such like.

"This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success." Joshua 1:8

There's no use in thinking that we can't live free from sin, because the Bible makes it very plain that we can. It's all about making the correct choices.

"My little children, these things I write to you, so that you may not sin. And if anyone sins, we have an Advocate with the Father, Jesus Christ the righteous." 1 John 2:1 See, precious people, we have to feast on the Word of God all during the day and night. If you are filled to the brim with the Word of God, there will be no space for sin. There will always be two doors opened before you: the door of sin, and the door of escape. 1 Corinthians 13:10

Should you commit a sin,

you should confess and repent immediately. Repent simply means you won't do it again. Of course, it's possible to sin unknowingly; however, whenever it comes to your knowledge that it's sin, repent quickly. God is faithful and just not only to forgive you, but to cleanse you from all unrighteousness. 1 John 1:9.

Let the Word of God be your standard, not people! When we were young, living at home, and wanting to do a certain thing or go to a certain place, we'd say, "Everybody else is doing it, or going." Our mom would say, "That ought to tell you that it's wrong, because the majority of the people will never do what's right!"

This concludes this series which gives many Scripture references indicating that SIN gives the devil LEGAL RIGHTS to our bodies and our assets. You may not believe me, but...just what if I'm right? *r issue of The Anchor News.*

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.

For that
Elegant Touch
in fashions, visit...



Marilyn's Gift Gallery & Sound World

New Fashions Arriving!

Jewelry • Hats • Perfume Oils

Suits and Fashions • Christian Apparel

Dwayne & Marilyn Banks, Owners

818 Elm Avenue
Waco, TX 76704

(254) 755-8218

Prepare for flu season during Covid-19: Tips for older adults

(NewsUSA) - With COVID-19 still looming this fall, the upcoming flu season will be more challenging and complicated than in years past. Flu vaccine manufacturers recently projected they will provide as many as 198 million doses this year, surpassing the record set by last winter's flu season (175 million doses).

"While questions remain about exactly what this year's flu season will look like, one thing is very clear: Older adults are particularly vulnerable and more at risk for related complications that could lead to hospitalization," says LaNita Knoke, a registered nurse and health care strategist at Home Instead Senior Care. "Whether you are a member of the aging population or you care for someone who falls into that category, it is critical to take every necessary precaution this year to protect yourself from flu."

Similar to COVID-19, influenza presents serious health con-

cerns for individuals 65 years and older, especially those with preexisting conditions such as asthma, diabetes, COPD and heart disease. It is important for older adults to take preventive measures and understand key symptoms of the flu, as well as how they differ from COVID-19.

Knoke encourages older adults and their families to prepare for flu season with the following suggestions:

1. Get the flu shot. A simple precaution can be a great act of love for not only yourself, but your community. Get the flu shot as early as possible this year to help reduce the strain on health care systems grappling with COVID-19. Not only can it protect you and others from a preventable disease and its potentially serious complications -- it can lessen the severity of symptoms, should you contract the flu. Contact your health care provider, local urgent care clinic or pharmacy to see if they are

administering the vaccine and consider making an appointment to avoid long wait times.

2. Prepare your immune system. It's no surprise that our immune defense systems become weaker as we age. However, there are simple, proactive ways to strengthen our immune systems today in order to give ourselves the best chance at staying healthy tomorrow. Staying active with daily walks or yoga can help our bodies ward off illnesses such as COVID-19 and influenza.

3. Get a good night's sleep. Lack of sleep decreases one's ability to fight off viruses. Consider adding a humidifier to your indoor environment during the winter months and peak flu season. By increasing water vapor in the air, you can reduce the potential for flu symptoms, speed up recovery and ward off future illnesses. Give your body proper time to rest in the right environment, and you'll see positive returns for your overall health.

4. Maintain a healthy diet. Eating nutrient-rich meals is another way to protect your immune system against common illnesses. Fuel your body with nutritious foods that contain a high number of vitamins and antioxidants, such as broccoli, tomatoes and strawberries. Consider speaking with your general practitioner or meeting with a dietitian to help build a meal plan that's right for you.

5. Know the difference. While both influenza and COVID-19 are contagious respiratory illnesses that share many of the same symptoms (such as a fever,

cough, body aches or fatigue), there are a few key differences to keep in mind. Symptoms for the coronavirus appear two to 14 days after exposure, whereas flu symptoms come on suddenly. Many people who have been diagnosed with COVID-19 report a change or loss of taste and smell. Shortness of breath, difficulty breathing and chest pain are warning signs for both illnesses that require immediate medical attention.

For more information on staying healthy this flu season, visit www.preventseniorhospitalizations.com.

Church Directory

High Point Church



www.highpointchurchwaco.com

HOLLYWOOD THEATER

Highway 84 | Woodway, Texas
John Rambeau, Senior Pastor

CDC guidelines required - WEAR A MASK!

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



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.

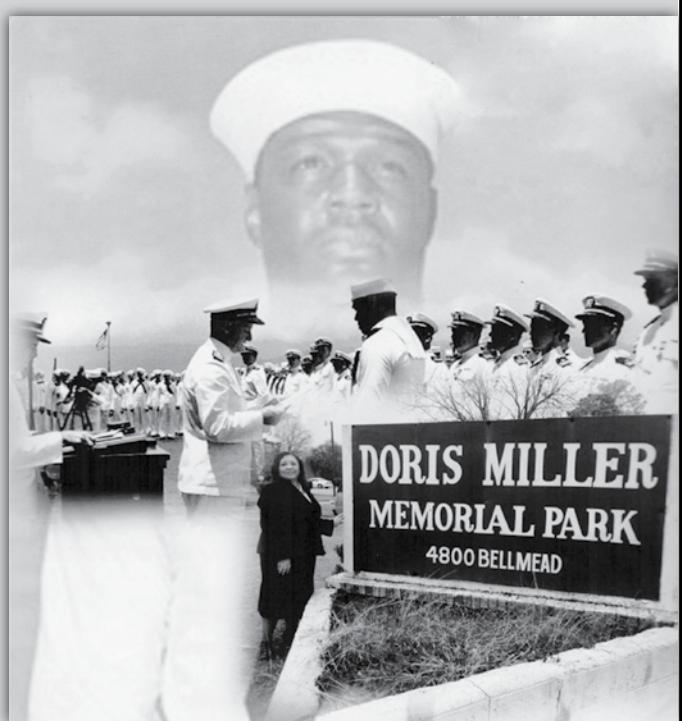
The Cemetery was established in 1949. The first burial was that of Doris Miller's father, Connery Miller. The Cemetery is names in honor of Doris Miller, the WWII hero. It has been under the present ownership since 2001.

The Cemetery is located on 16 acres with 12 garden to serve your needs. Family plots and monuments are available on terms. When you make your selection here, you have paid to the deceased your highest tribute.

We have a full staff to serve your needs. Advantages of making pre-need burial arrangements include knowing that your loved ones will not have to deal with the burdensome details at a time of emotional crisis, and that your survivors will not be faced with a possible emergency cash shortage. The trained staff at DORIS MILLER MEMORIAL PARK, INC. will be glad to discuss your needs at your convenience. Isn't it worth it to you that you have planned for what the future will hold? Please call today to arrange for your peace of mind. Our office hours are Monday-Friday, 9:00 am until 5:00 pm.

DORIS MILLER MEMORIAL PARK, INC.

P.O. Box 154276 | Waco, Texas 76715
Phone 254 799-5800 | (Fax) 254 799-0355
E-Mail: dorismiller27@hotmail.com





Surviving COVID-19 and the Holidays

BY DR. PEACHES HENRY

As predicted by infectious disease experts in the summer, coronavirus infections are now surging across the nation during the winter and holiday period. COVID-19 hospitalizations in McLennan County hit a record on Monday, November 24, and local health officials said that warnings about Thanksgiving gatherings must be taken seriously. If not, the McLennan County's medical capacity could be strained in the weeks afterwards. The scientists of the Centers for Disease Control and Prevention are pleading with Americans to avoid traveling for Thanksgiving and to celebrate only with members of our immediate households. Put starkly, spend Thanksgiving with family; spend Christmas in the ICU.

Facing these dire consequences, many of us have decided to forego our traditional holiday celebrations to try to stem the spread of the coronavirus. My own family, stretched across several Texas cities and involved in various conditions of employment including completely working from home, working hybridly, and working face-to-face all dealing with students, has decided to forego a face-to-face Thanksgiving this year.

Though I am disappointed not to be with my family, I wanted to reach out to others to offer some ways that we are trying

to get through this time. Let's face it. We might have to spend Christmas separated as well. We might as well prepare for the entire holiday season—Christmas, Hanukkah, Kwanzaa, all of them. These are safe activities that are good for our emotional and mental health that abide by the recommendations of the CDC and local doctors.

BE GRATEFUL.

1. If you are reading this blog, be thankful. Though 2020 has been unprecedented in so many ways, we still have much to be thankful for. Count your blessings. Since it is 2020, count up to twenty blessings. Go ahead and count twenty more, because it's 2020.

REACH OUT TO OTHERS.

Though apart, we are in this season together. Some people suffer from depression during this season even when we are not in a worldwide pandemic, so you can imagine how down they are feeling now. We know that giving to others helps build resilience and diminishes some of the isolation many are suffering. Therefore, it is important to be purposeful about reaching out to people and making them feel part of the community.

3. How about that new neighbor who just moved in? Write a note of welcome with your phone number for emergencies. Or that family whose children have been learning remotely for weeks? Leave a puzzle or a card



DR. PEACHES HENRY

game on the front porch.

4. Give poinsettias to several of your neighbors.

5. Deliver a meal to someone you know will be alone for the holidays. Bake cookies and let your children deliver them to neighbors (remember, contact free!). This is one of the CDC recommended substitute activities.

FIND NEW WAYS TO OBSERVE YOUR FAMILY'S TRADITIONS.

6. One of the activities I miss most is cooking and chatting with family the night before the big day, especially with my mom (now gone to heaven) "suggesting" that I add more of this or that ingredient. This year I'm

cooking and chatting with my sister via Zoom.

7. Among my family's time-honored traditions is playing board games. From Connect Four to Monopoly to Bible Trivial Pursuit to Trouble to Uno to Jenga to Sorry to Scrabble, we play them all. To say that we play games is a milquetoast description of what my family has done over the years. We play ferocious, competitive, winner-take-all games. We game out which games we are going to play weeks ahead. We pick our teams with winning in mind—my late mom, the Sunday School superintendent, for Bible Trivial Pursuit; my son, the strategizing law student, for Monopoly; my brother, the sports fanatic and movie enthusiast, for Trivial Pursuit; and me, the English professor, for Scrabble. Good sportsmanship is a must: winners and losers must shake hands and smile at the end of the game. My sister and I still crack up remembering the grimaces that passed for smiles when we were children. Then we gloat all year till the next holiday (really for years). The family still gives me grief for not remembering Robert Ludlum as the author of the Bourne Identity which would have won the game for the girls in 2006! Argh! So how will my family replace this tradition when we will not be together? We are still going to play games. We are going to harness the power of technology—Zoom, Facetime, Google Hangouts, etc. One game we are going to play is the #Hashtag. This will advantage millennials and GenXers, but I plan to get one on my team. Whatever your family's tradition is, find a new way to celebrate it.

8. Enjoy watching the Macy's Thanksgiving Day Parade while you prepare dinner? The full 2019 Macy's Thanksgiving Day Parade is on YouTube.

9. Watch your favorite holiday specials together on Zoom. "A Charlie Brown Christmas" will air free on PBS on December 13. One, two, three, click!

10. Put "the game" on at everyone's house and watch it "together."

11. Sing Christmas carols together via Zoom.

BRING BACK OLD TRADITIONS.

12. A Christmas card arriving via the USPS in a mailbox would lift the spirits of someone who is spending the holiday alone and away from family. Writing the cards together as a family over

cookies and milk or tea could create some great family moments. The benefits of a paper card is that it can be hung up in a barracks, stuck to a refrigerator, or placed on a desk.

CREATE NEW TRADITIONS.

13. Plug your charger into your phones and have a conversation with a group of friends or family members. This can easily be done via Zoom, but if folks are tired of Zoom, everyone can kick back on couches and chat. We play a conversation game called "Favorite" at dinner parties that is easily transferable to a phone conversation. It works for all ages and leads to great conversations and reveals surprising tidbits about players. Sample topics: What is your favorite childhood television show? Dark Shadows, anyone? What is your favorite book? Favorite mystery? Favorite car? Favorite animal?

14. Have a drive-by parade for sick-n-shut-ins at your church.

PUT ON YOUR FAVORITE SOUNDTRACK.

15. A good soundtrack can make any situation bearable. Put yours on and dance the night away. Take your pick of music streaming platforms: Pandora, Spotify, Apple Music.

16. Go a step further and dance. Use YouTube videos to learn the steps to line dances. The Electric Slide (old school favorite), the Wobble, the Cupid Shuffle, the Cotton Eyed Joe. Dancing is a much more enjoyable way of getting those endorphins going than running.

BREATHE, RELAX, RELEASE.

17. Embrace the fact that you don't have to cook a twelve-course meal for twenty family members plus that family of six who will show up without notice.

18. Be happy that Uncle Blank won't be at the table to ask uncomfortable questions. Do give him a call though.

19. Go to bed early the night before Thanksgiving Day. Better, get up late on Thanksgiving Day.

20. Put your holiday decorations up early. My neighbors seem to already have decided to do this. Lights lift the spirits. My family usually waits till Christmas Eve to go see the lights. This year, I'm going early.

BONUS: HAVE HOPE AND FAITH!

21. Know that we will get through this time. History is our witness. The world got through the 1918 flu pandemic. We will get through the 2020 COVID-19 pandemic.

WHERE CAN I PICK UP AN ANCHOR?



—WACO—

Many Area Churches
Bebrick Collision
Cen-Tex African American Chamber of Commerce
Cen-Tex Hispanic Chamber of Commerce (LaSalle)
Centex Spine & Rehab - 7111 Bosque
City of Waco
Doris Miller Y
Dorsey-Keatts Funeral Home
Hillcrest Chiropractic and Wellness Center
Kelly-Napier Justice Ctr. (Elm)
Lula Jane's
Luna's Juice Bar - 1516 Austin
Marilyn's Gift Gallery
Mitch's Corner Stop
NeighborWorks
Public Library (Elm)

Public Library -

South 18th Street
Public Library - Austin Street
Public Library in the Target Shopping Center
Records Building
RocMyStyle
Sassee's
Texas Star Properties (Pro-Life Office on Waco Drive)

—HEWITT—

IGA

The Golden Shear

—KILLEEN/HARKER HEIGHTS—

Fay's Gift City

Geechies

George's Auto
Glendora's
Harker Heights Driving School
The Jewelry Lady
Village Co-op
7-11 Convenient Stores on Clear Creek Rd and Fort Hood St.
So Fresh So Clean Barbershop
Mais Souffle Bistro
Ruth's Chicken and Waffles
Divine Radiance Healthy Hair Care Services
Butler's BBQ
Bobby B's Soulfood Restaurant

—WOODWAY—

Allstate - 7213 New Sanger Ave.

Today's church lacks wisdom

BY MATTHEW REED

Proverbs 4:7, says wisdom is the principal thing; therefore get wisdom: and with all thy getting get understanding, yet many in the church are void of wisdom. It is written, "The Lord had founded the earth by wisdom (Proverbs 3:19), yet many in the church lack it. I can qualify the preceding statement by observation. Godly wisdom will not allow anyone that is of the church to be involved in fornication, lying, thievery, adultery or any transgression without repentance.

It is written that if you exalt wisdom it will promote you and will bring you to honor when you embrace her. Exalt her, and she shall promote thee: she shall bring thee to



PASTOR MATTHEW AND LADY HELEN REED

honor, when thou dost embrace her (Proverbs 4:8).

Godly wisdom is available to all the saints and easy to attain. James 1:5 says If any of you lack wisdom, let him

ask of God, that giveth to all men liberally, and upbraided not; and it shall be given him. There is no reason to be without wisdom. Without Godly wisdom, you cannot have life.

Wisdom is a spirit. Ephesians 1:17 says "the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of him. We in the Church have a need for this spirit. It will give us the power to obey God. In obedience is the life of the word of God. Armed with this knowledge, we should make sure our prayer life includes requests for Godly wisdom. Godly wisdom is simply the power (will) to obey God's word. Get Godly wisdom. Amen!

Santa goes virtual with Zoom visits

(NewsUSA) - Santa Claus is coming to town -- via Zoom.

In-person visits with Santa Claus at shopping malls, or Santa breakfasts hosted by community groups, are likely to be casualties of the ongoing Covid19 pandemic in many parts of the United States.

Fortunately, Santa has gone virtual. The website VisitWithSantaClaus.com brings the magic of Christmas directly to families in their homes.

VisitWithSantaClaus.com offers parents an opportunity to schedule an online virtual visit with Santa for their children. Kids can have the thrill of seeing Santa safely and conveniently.

"Your holiday visit has never been easier," according to the company website.

During the visit, Santa will meet a child or children from his Zoom studio at the North Pole. Children can talk to Santa, tell him what they would like for Christmas, sing their favorite Christmas songs, and even enjoy a reading of the classic poem, "A Visit from St. Nicholas," also known as "Twas the Night Before Christmas." Parents can add to the fun by purchasing a custom message from Santa to encourage good behavior or just share holiday cheer.

Santa Sessions start at 10 minutes in length and more time can be added based on the number of children talking to Santa. Parents have the option to record the Zoom call for posterity, to share with the grandparents, or

to embarrass the kids when they get older.

Santa also meets virtually with groups; he can join a Zoom call with a scout troop, school class, or other organizations.

A virtual Visit With Santa Claus is safe and easy, and can be conducted on a computer, tablet, or video-enabled smartphone. Booking a session is quick and easy for parents -- just click on the online calendar to select an available date and time slot for up to four children. Payment is securely

conducted through PayPal.

The Visit With Santa Claus website allows the purchase of gift cards for Santa sessions that can be given to friends, family members, or families in need, and anyone purchasing an online Visit With Santa is automatically helping other children. Part of the proceeds from virtual Santa Sessions will go to support the company's annual toy drive.

For more details and to schedule a visit, go to VisitWithSantaClaus.com.



DR. SHAMONICA TRUNELL

and therapeutic procedures.

* Research methodology.

The importance of quality education for chiropractors was recognized as early as 1935, when the National Chiropractic Association created a Committee on Educational Standards. That ultimately led to the formation of the Council on Chiropractic Education, which is recognized by the U.S. Department of Education as the accrediting agency for schools' educational and clinical programs leading to the award of a doctor of chiropractic degree.

"They must also serve a rigorous clinical internship," explains Dr. McAllister.

Learn more at F4CP.com. To make an appointment with your local chiropractor, please call Dr. Trunell at 254-754-4000.

HELP PEOPLE. GET HEALTHY.

Luna
Juice Bar

1516 Austin Ave., Ste.3

Waco, TX 76701

254-498-5122

www.lunajuicebar.com

\$1.00 off Smoothies
with this ad

Monday - Friday
8am - 5pm
Saturday
9am-4pm
Closed Sunday

Dine-in
Pick-up
Delivery
Catering

A photograph of a woman smiling while a young girl gets her hair braided, illustrating the theme of family and protection. To the right of the photo, the text reads:

You deserve
affordable legal and identity theft protection.

Unexpected legal questions and identity theft issues arise every day, and with LegalShield on your side, you will have access to experienced law firms and attorneys as well as licensed investigators skilled in identity theft monitoring and restoration. No matter how traumatic or trivial the issue, you'll have the power to get legal and identity theft advice and services when you need them, all so you can worry less and live more.

Join over 1.4 million members and protect yourself today with LegalShield.

J L Crawford
Senior Manager
254-717-4927
jlcford500@aol.com
www.legalshieldassociate.com/jlcrawford

LegalShield™
Worry Less. Live More.

This is a general overview of our legal plan and/or identity theft plan coverage for illustration purposes only. See a plan contract for your state of residence for complete terms, coverage, amounts, conditions and exclusions.