

# THE Anchor News

Serving the Central Texas Community  
*Celebrating 17 Years!*

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Free



## Keith Guillory runs for WISD Board

Keith Guillory believes a change is needed in Waco ISD's leadership, and he believes the time for change is now. Guillory's involvement in WISD began nearly a decade ago. Over the years, he has worked with many different teachers, principals, students and upper administrative staff to improve the district. He has developed and nourished many relationships with the families of Waco ISD to insure that the students have a successful transition into a productive life with long lasting self-sufficiency. Guillory has accomplished these feats through giving support, hope and the confidence students need, helping them set goals and encouraging them to work hard to achieve those goals. Now he is ready to take his leadership to the next level. He is a candidate for the Waco Independent School District Board of Trustees.

"Just what makes Keith Guillory qualified?" you might ask. To be specific, he has a number of concrete actions under

his belt. Guillory has worked at every level of education within Waco ISD, starting with the elementary schools from JH Hines and Bells Hill, to Carver Middle School, Waco High School and University High School. He has assisted in coordinating various programs to help students thrive to reach their goals from reading and comprehension, to career planning and development and athletics. Guillory has worked as a



**KEITH GUILLORY**

in leadership, education and development mentor and is a LEAD mentor with the Waco Chamber of Commerce. He is also a member of the Waco

ISD Career and Technical Education board and is an Adopt-A-School partner. Consequently, he has mentored at Giddings State School, McLennan County State Juvenile Correctional Facility and is a volunteer with the Waco Center for Youth, and he has a supportive spouse, Tracy, who has served on the Parent Teacher Student Association at Lake Air Montessori and at Waco High School, as well as the Campus Decision-Making Committee at Waco High. In addition, Guillory and his wife founded LITWaco, (Literacy

See **GUILLORY**, pg. 6

## Niyah Gonzalez joins 25 News as weeknight anchor

Waco, TX- Beginning her journey some two months ago, journalist Niyah Gonzalez joined Todd Unger as news anchor of the weeknight 5, 6 and 10 P.M. 25 News newscasts.

Gonzalez joins KXXV from Omaha, Nebraska where she worked as a reporter. She's covered big stories from historic flooding that took many lives and destroyed dozens of towns throughout the state in 2018 to investigating breast implant illness and the FDA's decision to keep them on the market.

"Niyah Gonzalez is a great addition to our team of amazing anchors and journalists," said Adam Chase, KXXV's Vice President and General Manager. "Her passion for local community storytelling and sports will mix well in a market where we have strong high school and collegiate sports programs. During these uncertain times, I know Niyah's passion for the supporting the community is something I am proud to be a part of."

In 2017, Gonzalez attended Northeastern University School of Creative Arts, Media and Design, in Boston, Massachusetts. There, she reported for the Husky News Network and was awarded a New England Student Emmy. Her documentary, "Extraordinary Support", about an ex-convict who spent 10 years in prison but then became the head



**NIYAH GONZALEZ**

of Public Safety in Boston, caught eyes of journalists at a local TV station. Gonzalez began working for WHDH-7News until she graduated in 2018.

She has a passion for telling stories about people or events often left in the shadows. As a former athlete, she also loves sports and telling stories that go beyond highlights and scores.

Evening anchor, Lindsay Liepman, moved to mornings with Joe Gumm from 4:30 to 7 am and to anchor the 11 am midday newscast. She is excited for the move because it allows for more time with her family.

Gonzalez, a 2016 graduate of Denison University in Granville, Ohio, earned a BA in communication and was a basketball athlete.

Her first evening on the desk was Monday, April 6th. Liepman's first morning on the desk was Monday, April 6th.

## The Equity Fund to provide grants and microloans

The Center of Business Excellence (CBE) under the leadership of the Cen-Tex African American Chamber of Commerce has launched the Cen-Tex Minority Business Equity Fund, the first locally funded financial lending program designed exclusively for minority owned small businesses located in McLennan County.

The Equity Fund will provide grants and microloans up to \$2500 to assist mi-



**PICTURED ARE RACHEL PATE (LEFT), VICE PRESIDENT OF ECONOMIC DEVELOPMENT, AND JOHN BIBLE, CEO/EXECUTIVE DIRECTOR OF THE CHAMBER.**

See **FUND**, pg. 12





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...****Grudges hurt: How to forgive and forget**

(NewsUSA) - The pace of daily life can be hectic, and when certain personalities collide, sometimes people disagree.

Sound familiar? It's impossible to navigate the world without ever running into conflict with another person. But carrying grudges can be destructive to your emotion-

See **GRUDGES** pg. 12

# Statement of the murder of George Floyd

**BY DR. PEACHES HENRY  
PRESIDENT OF  
NAACP, WACO**

Before George Floyd was killed by police in Minneapolis two weeks, African Americans were already reeling at the shooting of Breonna Taylor in her own bed by police in Kentucky, the shooting of Ahmaud Arbery by a white former police officer and his son in Georgia, and the attempt by a white woman to weaponize the New York Police Department against Christian Cooper. Simultaneously, African Americans were dealing with these events in the midst of a Pandemic that is disproportionately killing them.

The murder of Floyd was not an isolated incident; it was the latest in a string of horrible anti-Black violence. It is directly related to the systemic racism that plagues our country at an even more alarming rate than the coronavirus. The African American community—which is defined by people not by geographical borders—has been in a state of emergency long before the first COVID-19 case was brought to light. While we are heart-broken by the violence that we are witnessing and by no means condone looting and destruction of property, we must focus on the precipitating cause. Americans have taken to the streets across this country out of rage at long-standing police brutality and despair that nothing is being done to end it.

The victims in these cases

of anti-Black violence represent an African American Everyman in that every African American knows that he or she could easily be caught up in identical circumstances on any given day. Texas has recently dealt with its own case of an African American man, Botham Jean, being shot and killed in his own home, while eating ice cream on his sofa. The Arbery case especially hit home with me, because every day my own 25-year-old son jogs in a predominantly white neighborhood—his own neighborhood. Each morning I hold my breath as he walks out our front door and exhale only when the door opens to reveal that he has survived his daily jog. Until he returned home because of the pandemic, my son could have encountered the white woman in Central Park, because he is a law student in New York.

When Amy Cooper attempted to weaponize the New York Police Department against Christian Cooper (no relation), she knew exactly what she was doing. When Christian Cooper insisted that Amy Cooper leash her dog according to the ordinances of Central Park, she refused and deployed her white privilege to subjugate him. Outraged by his refusal to submit (to the point of forgetting that she was being videotaped), she married her racism to the systemic racism that she depended on to suppress this African American man who refused to bow to her privilege. Her threat—"I'm going to tell them there's an Afri-

**DR. PEACHES HENRY**

can-American man threatening my life"—encapsulates the state of race in America. She reveled in the racial power that she leveraged against that Black man. She had every expectation that her racist call identifying her "attacker" as an African American would receive a corresponding response from law enforcement. This situation could have ended in the death of Christian Cooper, and Amy Cooper knew that. Thus, Floyd's murder was salt poured on an already open and festering wound for African Americans.

Let me be clear. Protestors have not claimed George Floyd as a hero or a martyr. When he left home on May 25, Floyd did not intend to be slain by a police officer and become a figure in the latest episode of the never-ending saga of police brutality. It was the police who forced African Americans to add yet another name to that list of notable Black deaths. No, Floyd

is neither a hero nor a martyr to African Americans. He is a symbol of the precariousness of Black life in America. He is a reminder of how easily many pivot from the hideous taking of a man's life to handwringing over property damage.

Thus, Floyd's murder was the latest piece in the patchwork quilt of African Americans brutalized or killed by law enforcement officers who rarely face consequences for their actions. The brutality displayed by Derek Chauvin as Floyd pleaded for relief for eight minutes and forty-seven seconds is heart-wrenching to watch. To hear that man wail for his mother was so deeply disturbing. Whether or not you are an African American mother, you can respond to the call of a child for his mother in all desperation. That call should have touched every mother's heart. The disregard for Floyd's life present in the demeanor of not only Chauvin but all the officers present should enrage every American. What is more maddening, however, is that Chauvin had received 18 complaints and was still on the job. This is the injustice that drives African Americans to despair, rage, and the streets. Chauvin and the other officers should be charged, convicted, and sentenced for the wanton killing of Floyd. However, these officers are only a part of the greater problem we must acknowledge and rectify. We must

See **FLOYD**, pg. 3

# THE Anchor News



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**PURPOSE**

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

**POLICY**

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

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

**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.

**SUBSCRIPTIONS**

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# George Floyd's life mattered: two view-points, one beating heart

## RAY'S PROSPECTIVE: BLACK LIVES MATTER

Let me first start by saying, I do NOT support violence and rioting. I think it takes the focus off of what matters. That being said, Jodie and I were part of a peaceful protest last week in Colorado Springs protesting the murder of George Floyd. At one point, hundreds of protesters lay down on the ground on their stomachs with their hands behind their back. They then began to chant "I can't breathe" for nine minutes. Nine whole minutes because that's how George Floyd died. I watched my wife without hesitation get down on the ground and put her hands behind her back, laying there for 9 minutes. She cried through the whole thing. It was extremely powerful and moving. I was amazed at all of the white people that were part of this march. It truly touched my heart. I'm pretty sure there were more white people than black and brown. It was pretty amazing.

So let me be clear. I support the good cops in this country. I appreciate all of them and I would fight for every single one of them as well. Blue

lives matter! But I also believe reform is not only important but necessary. Our lives literally depend on it. I also truly believe that where there is injustice, we as the church should rise up! Together! But we as the church are too opinionated and divided to be effective at anything. We call ourselves the body of Christ but lately I've witnessed a body in chaos and division.

I heard it said like this: If a person comes into the ER and his leg has been shot up and he's bleeding out, but the doctor focuses on the whole body and runs lab work, eye exams and dermatology tests on the premise that all body parts are important, the patient is going to bleed out and die. The doctor is correct in saying that all body parts are important; however, only one body part is threatening the patient's life, and therefore it needs immediate and focused attention. Black Lives Matter is not saying that they are the only lives that matter. No, it's saying we are bleeding out so help us.

We are the body of Christ, and we need the whole body to be healthy but if the body is fighting itself, the whole



RAY AND JODIE AUSTIN

body dies. I speak life to the body. I declare that no weapon formed against us shall prosper. I stand with you my white, black, brown, brothers and sisters. I don't care if you are Republican or Democrat or Independent. I love you all. I pray that we as the Church will come back together. I believe we can. I believe we can set aside our opinions and stand together. There is power that is released when we unite. Could it be... we are divided so that we remain weak? If I were the enemy (satan), I'd make sure you believed in your opinion.

"For we were all baptized by one Spirit so as to form one body—whether Jews or Gentiles, slave or free—and we were all given the one Spirit to drink."

## 1 Corinthians 12:13 NIV JODIE'S PERSPECTIVE: MY HUSBAND'S LIFE MATTERS

For all of you who say you wish I would just stop posting about racial issues because you're tired of hearing it, you simply just don't get it. I can't stop.

My husband and I have been married for almost 23 years, so I know the drill. He calls me with his voice literally trembling in absolute fear to tell me he's being pulled over by the cops. That trembling voice breaks me every time. That voice is coming from a man who always tries to hold himself together at all times for me so that I'm not afraid. But in this certain scenario, he can't hide his fear. A simple traffic stop makes him so afraid that he wants a witness in case something happens. He wants me to know where he is, what's happening and where to find him in case things go south. You have no idea of the fear that this brings me as his

wife. A 15-minute traffic stop can seem like hours while as I sit and cry and pray for God's protection over my husband until it's over. This time.

So, until my husband is no longer afraid for his life for being pulled over for a simple traffic infraction, I can't stop. Until my husband's worst fear when he gets pulled over is simply getting a ticket, I can't stop. Until my husband no longer feels the need to call me as a witness, I can't stop. Until I no longer have to hear that trembling voice on the other end of the phone, I can't stop.

Neither one of us thinks that all cops are bad. We honor and respect them. But from his own personal experiences with cops, the experiences of his friends and family, coupled with what we see and hear in the news and on TV, we know there needs to be reform. And until there is, I can't stop. I won't stop. Because my husband's life matters.

*Ray Austin is the son of Anchors News owners, J.L. and Linda Crawford. Jodie Austin is the daughter of Larry and Carolyn Seljos. Formerly from Waco, they now reside and minister in Colorado Springs.*

## FLOYD

Continued from page two

redress the systemic racism that led to this tragedy.

I was pleased to see the multi-generational, multi-racial group that peacefully protested at the two rallies held in Waco. As Common says, "No one can win the war individually / It takes the wisdom of the elders and young people's energy." De'Viar Woodson consulted with the Waco NAACP and then organized and led a powerful event. I am proud of him and the other young Wacoans who helped him. They are continuing the work begun by activists of past generations. It is worth remembering that Martin Luther King was just twenty-six when he led the Montgomery Bus Boycott. College students began the lunch counter sit-ins sometimes against their parents' and professors' wishes. John Lewis was nineteen when he and twelve Black and Caucasian students became the first Freedom Riders. The young people in Waco

and across this country are sacrificing their health in light of the coronavirus pandemic and in the face of the violent tactics of some law enforcement officers to demand that this country live up to its ideals. Yet they are marching with hope. They are protesting so fervently, because they believe that change can happen. We should not squander their sacrifice.

Protests are a necessary starting point for change, but they cannot be the only action that individuals take. This latest grave injustice must result in more than protests, rallies, and vigils.

We must support the enactment of laws and policies that address police brutality, hold law enforcement officers accountable for their actions, establish citizen review boards, discourage contracts that make it difficult to discipline officers with documented histories of bad behavior, and develop appropriate and

transparent use-of-force policies.

Waco is about to hire a new police chief. The City has the opportunity to hire a person of color to head the Waco Police Department. Hiring an African American chief of police would send a powerful message about racial equity. A properly vetted African American chief would change the long history of the Waco Police Department's lack of diverse leadership in the top ranks. An African American chief would have the potential of attracting minority candidates to the force who could progress through the ranks creating a critical pool of possible future leaders. An African American chief would help develop sound, trusting relationships with Wacoans of color. We must advocate for the hiring of a African American police chief of color via social media, letters-to-the editor, phone calls, and attendance at city council meetings.

Because the NAACP is always fighting for justice, we have policies ready to implement and laws to enact right now. The NAACP was ready to immediately pivot from working on the COVID-19 pandemic to the George Floyd murder and uprisings to place policies and laws before city councils, state legislatures, and the US Congress. The Waco NAACP has been meeting on a quarterly basis with the Waco Police Department for nearly five years. The Minneapolis NAACP was at ground zero protesting in the streets and meeting in the council room. The NAACP is working all over the country. We invite you to join the Waco NAACP in its fight against police brutality and for racial equity.

Above all, we must all vote in local, state, and national elections. Our vote is the single most powerful weapon we have to combat police brutality and systemic racism. It is our vote that causes politicians to

act. The measure of the value of our vote is how desperately our opponents fight to keep us from exercising it. If you do not think that a vote matters, consider what has been going on in this country for the last three and half years. That is the result of voting. It is crucial that every Wacoan who participated in the rallies also vote in upcoming elections. If they do not, the rallies will have been an empty gesture.

The chaos that we are currently experiencing might lead some to believe that we will not come through this moment. I wholeheartedly disagree with that premise. If we can begin to see each other as collaborators in this vast struggle for the soul of America that has been going on since its founding, we can transform this country. Rather than allow this moment in our country's life to drive us to hopelessness, let it be the catalyst for a renewed commitment to justice.



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

All chapters begin with one of her own "true-story" personal narratives that she later connects to a point that is relevant to this journey called destiny. The book is an easy read. Several readers have told her that they couldn't put it down once they started. It is available on Amazon.com for \$15.99. You can also go to [lindacrawford.org](http://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 knew, so he had unlocked the hatch back, ahead of



LINDA MASON CRAWFORD

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>.

# Now Available!

The Anchor News owner invites you to purchase her book,  
*God, Destiny, and a Glass of Wine.*

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"I love how you weave in your story with scripture and psychology, advice, and real world steps and prayer. This book is really good."

-Dr. Arvis Scott

"I couldn't put it down...I was validated, reminded of things, ministered to and encouraged."

-Miss Sabrina Calhoun

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

-Mrs. Sue Connor

Text 254-715-8943 for signings and information.



## Building families of strength

BY MONA DUNKIN

Thankfully our community, and hopefully the world, is beginning to blossom again after Covid 19. Wanting to write about being strong, I began to see that being strength is an end product, the result of effort, something well-built; the robustness and durability of something nurtured and cared for.

Strength implies potential. Building indicates an ongoing, continuous process that could include remodeling if necessary. It means having a solid foundation on which to fall and rebuild upon. Strength is being supportive; not necessarily agreeing with actions but always accepting the individual.

Families of strength are team players. A universal concept of team is a group of people working together on a common task for the good of the whole.

According to the Readers Digest, Family Word Finder, "the word origin of team, originally spelled teem, is English meaning offspring. A team is a number of related animals (oxen) or people (living, working, playing together), and to teem means to be full to overflowing, as with children in a house."

A team participates in giving and receiving. They appreciate differences, enjoy each other's company, have fun together.

Families of strength have a faith foundation. They acknowledge a power outside themselves greater than present circumstance that gives purpose to their existence. They play together, work together, worship together, pray together, laugh together, cry together and become involved in helping others.

Families of strength are consistent. There may be rare exceptions, but rules apply across the board, evenly for everyone. The atmosphere of the home is accepting and learning. Disruptions are dealt with in a mature manner. They disagree, get mad, and move past the hurt. Naomi Griffith says the following in Red Clay and Vinegar:

"Our house changed. Our neighborhood changed. I went to a new school. But nothing important really changed.... Though we moved a lot, our essential life stayed the same. Regardless of where we lived, Mom sat by me at night listening to Dick and Jane stories... home and my sense of my family and my place in it were always the same. Mother and Daddy saw to that."



MONA DUNKIN

Families of strength develop open and honest communication. There are no hidden agendas and truth is told even if it hurts or puts self in a bad light. Families of strength listen for understanding rather than to prematurely jump to conclusions and pass undue judgment.

Communication begins at birth with a parent differentiating a hungry cry from an in-pain-cry and continues for a lifetime. Communication is expressed through more than words; tone of voice, facial expressions, body stance and manner of dress speaks volumes.

Families of strength understand that pain is a part of life. Their lives are not disrupted by upheavals. Painful situations are accepted and dealt with. They embrace it as an opportunity in which to learn. Problems are viewed as a challenge in which to grow individually and to grow together corporately.

Suffering is inevitable; transcend it by not being surprised when it happens. Like the Phoenix, families of strength rise from shattered foundations. They adapt. Families of strength overcome with the unit intact.

Families of strength build history together. Successes and failures are uniquely influential in building character. Become aware of the strength of your own family. Notice how well-built it is. Appreciate its robustness and durability as you continue to nurture and care. Embrace the love. ☺

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



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**We will pick it up!**



## GUILLORY

Continued from page one

Intervention Team Waco), a faith-based, non-profit organization to help students improve their reading skills.

Guillory serves the community of Waco as a lieutenant, deputy fire marshal and the Public Information Officer with the City of Waco Fire Department. He received his training at Val Janke Training Facility in Houston, Texas where he became nationally certified through the Texas Commission on Fire Protection and is an Emergency

Medical Technician. He is also a licensed peace officer through the Texas Commission on Law Enforcement. Guillory has dedicated fourteen years to the life, education, and safety of Wacoans.

And there's more. All four of the Guillory children are affiliated with WISD schools. Their oldest, Monique, graduated from University High School. Keith Jr. is a Class of 2020 Graduate from Waco High School and Kiarrah is approaching her senior year.

Their youngest, Summer Ann, attends Lake Air Montessori.

Guillory graduated from James Madison High School for Meteorology and Space Science in Houston, Texas where he participated in debate team, German Club and the Madison Marlin Varsity Football team. He attended Houston Community College and graduated from the University of Phoenix in 2008. In 2017, he attended McLennan Community College's Police

Academy, and he is currently attending Tarleton State University pursuing a degree in Criminal Justice. Guillory and Tracy are high school sweethearts and have been married for twenty years.

In light of recent events, Guillory believes that public schools, as well as other civil service professions, such as police and fire departments, need restructuring to better fit the needs of all communities. He believes that we need people in these roles who understand multiple cultures and thus, can inspire all people.

Guillory says he has spent his "entire career dedicated to the Waco Community as a whole, showing all kids that they too can jobs such as a fire fighter or police officer and can do them at a high level, while having great passion for the people that they serve."

He desires to show the entire city what is possible when people serve their community with great affection and effectiveness.

"I want to show our kids

that when they set their mind, work hard and love their neighbor as they love themselves, anything is possible. They are limitless."

Guillory firmly believes we can change our schools, change the way policing and the fire service is done nationwide, and change the way the business world is run.

"It's possible, if we rise up and restructure this together, but I need you; we need each other. I need you at school board meetings, at city council meetings."

Guillory is adamant about the need to work together, and he is convinced that change will take a village.

"I need you at football games, spelling bees and science fairs changing lives. Most of all I need you to vote. I need your vote! I will do my part and help restructure the way we're educating our students in the Waco Independent School District, and I will partner with you to strengthen our community. We are truly better together."



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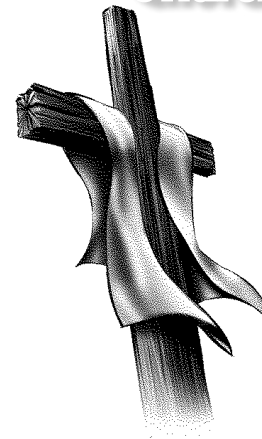
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**Sunday Evening**  
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**Monday Bible Study**  
7:00 PM – 8:30 PM

**Wednesday Prayer Worship**  
7:00 PM

*Pastor Matthew Reed and Wife Helen*



## Ways to stay connected (and check on seniors) while social distancing

(NewsUSA) - You know we're all going a tad stir-crazy when a parody of the title song from Broadway's "Oklahoma!" ("Oh, Corona!") gets almost 1.7 million views on YouTube. But it's far worse for seniors: Not only can't even their kids and grandkids visit them, but there's the extra stress that comes with the nagging suspicion that they'll be ad-

vised to remain on lockdown long after younger people begin trickling back to work. Whenever that is. In fact, the AARP Foundation has even come up with this dire comparison: Prolonged social isolation, for those aged 50 and older, "is the health equivalent of smoking 15 cigarettes a day."

Fortuitously, some of the niftiest technology offers solutions

both to keep us connected and protect against some of the miscreants taking advantage of the situation. \* Health Checks. If you are worried that all the anxiety is harming your loved ones' overall well-being, the machine-learning algorithms that analyze activity data as part of Alarm.com's Wellness solution can provide you with the very details you've sud-

denly found yourself obsessing about. Did they open their medicine cabinet when they should to take their prescription? Have their sleeping, eating, and (yes) bathroom patterns changed? Are they up and about during the day? All that and more is done by connecting their home to yours via smart-home technology, with real-time smartphone alerts to let you know if something's amiss. "You don't even know it's there, but it's here to protect you and let someone know if something does go wrong," said Margaret Pullen of Dallas, Texas, whose son had the system installed by an authorized service provider for her and her husband along with a Wellcam video camera with two-way voice capability. \* Movie meet-ups. Most of us are just trying to find novel ways to cope with a situation that Nicholas Christakis, a social scientist and physician at Yale University, told Science magazine "calls on us to suppress our profoundly human and evolutionary hard-wired impulses for connection." Google's new Netflix Party extension lets friends and family watch - and video chat their way

through - a movie together on their computers.

You'll need a Netflix subscription, but then you're free to debate whether all the hype about Martin Scorsese's "The Irishman," say, was justified. Plus, unlike in real theatres, not many people (if any) are physically there to complain if you're making too much noise eating popcorn. \* Apps! Apps! Apps! No Netflix subscription? With apps like FaceTime, Skype, Houseparty and Zoom comes more proof that social distancing needn't mean social disconnecting. Mass virtual dinner parties. Mass virtual "happy hours." Mass virtual gym classes. They've all become quite the rage, with one Vermont couple in their eighties even touchingly using Apple's FaceTime to see and talk to each other after the husband had to be put in a nursing home that bars visitors during the pandemic. And, oh, you say you want to be a hero in your neighborhood? Use an app like Instagram to share a video of someone that Alarm.com's doorbell cameras caught swiping one of the many, many packages you've been having delivered.

## Tips to boost your immunity quickly

BY JERRY SNIDER

The past several weeks have been full of worry, concern, and the unknown when it comes to staying healthy. I'm going to take the opportunity this month to address what we all should be doing to build our immunity.

As with any virus, the stronger your immune system, the better your chances of having a mild reaction versus a serious reaction. People with strong immune systems might never experience any symptoms when they are infected with a virus.

How do you build a strong immune system? It can take time because it involves changing nutrition habits over weeks and months. But there are ways to give your immunity a boost to jump start you on the correct path.

Here are 10 Tips to boost your immunity quickly?

1. Wash your hands with soap



JERRY SNIDER

D supplement

5. Vitamin C, Vitamin B (all of them), Omega 3 fatty acid

6. Avoid fried foods

7. Avoid processed sugar

8. Don't start vigorous exercise; moderate intensity exercise sessions are better.

9. Reduce your time spent focusing on mainstream media coverage; stress and anxiety weakens your immunity as quickly as anything else.

10. Smile, laugh a lot, find something to be grateful for, and spend time in prayer or meditation daily.

Add in some healthy fruits and vegetables and you'll be on your way to a stronger immune system in no time.

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

and water.

2. Don't touch any area of your body with an opening not covered by skin - mouth, nose, ears, eyes, etc.

3. Drink plenty of water...I mean drink more water than you think is enough.

4. Get sunlight or take vitamin

## Simple non-toxic cleaner recipes

SUBMITTED BY  
LINDA McDONALD

From the article *Non-Toxic Cleaners You Can Make at Home* <http://www.keeperofthehome.org/2011/03/non-toxic-cleaners-youcan-make-at-home.html>.

Floors: A simple floor cleaner is made by adding 2 to 4 tablespoons of Castile soap and 10 drops of lemon essential oil to a large container. Fill with 1 gallon of hot water and stir to mix. If the floor is greasy, add up to 1/8 cup of vinegar.

Walls and Counter Tops: The above floor cleaner will work well on walls and counter tops too. If you wish to disinfect, mix equal parts vinegar and water. Add 5 to 10 drops of essential oil, per 16 oz of mixture, if desired.

Mirrors: Mirrors can be cleaned well with water and a microfiber cloth. If you are looking for more shine (and germ



LINDA McDONALD

killing power), combine 1 1/2 cups of water with 1/2 cup of vinegar in a spray bottle and shake to mix. Add 5 to 10 drops of orange or lemon essential oil for extra cleaning power and added fragrance.

Toilets: Pouring a little straight or scented vinegar into the toilet bowl is a great way to clean and deodorize. For regular toilet seat wipe downs, keep some vinegar in a spray bottle. Sprinkling baking soda into the bowl and scrubbing with a sturdy toilet brush is another good way to keep the toilet clean and

fresh.

Bath and Shower: The best way to keep the shower clean is to regularly spray the walls with vinegar, this helps prevent soap and scum from building up. It is always a good idea to label your homemade cleaners. Writing the recipe on the container also helps make refills a breeze.

NOTE for Essential Oils: These concentrated plant oils contain powerful anti-bacterial, anti-viral, anti-biotic and anti-fungal properties. While they can sometimes be expensive, one small bottle will last a long time. They add a lovely fragrance to your homemade cleaners, which provides psychological benefits too! Favorite essential oils for cleaning are: Lemon, orange, peppermint, lavender, and tea tree.

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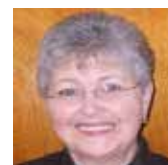
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# Coupling finances: What all newlyweds should know

(NewsUSA) - Coupling finances. It's a catchphrase that's been described as perhaps the

first "I do" for newlyweds, and it's especially relevant as we head into wedding season. Be-

cause as much as you may think no two people have ever been more in love than you are - hey,

look at the size of that engagement ring! - the truth is that it could be less than smooth sailing ahead if you're not on the same page when it comes to financial matters.

"Couples have a very hard time talking about money," Joan Atwood, a Hofstra University professor of marriage and family therapy bemoaned on an NPR "Money Coach" segment on the issue. "I would say it's the last taboo."

Ready to break it? Read on.

- Set common goals. You probably discussed this in a dreamy sort of way while dating. You know, a large house with a swimming pool ... yearly vacations. But turning those reveries into reality requires habitually saving to pay for them and finance your later retirement years - not to mention deciding whether both partners contribute equally or based on salaries.

"The median ages for brides and grooms are 29 and 31, respectively, these days," said Andrew Peterson, a vice president at Fidelity Investments (fidelity.com). "So while people may come into a marriage with their own assets, they need to take some time after the wedding to sit down and start getting organized as a couple."

- Be transparent. There's no law that says you have to put all your cash into a joint savings account - some couples do, some don't - but at the very least you'd be "less than truthful" by not divulging any outstanding debts. And then figuring out, together, how to pay them down.

- Safely store your information. Quick: What's your new spouse's Social Security number? And what other vital infor-

mation don't you know if a sudden need arises?

Exactly. To truly mark your financial coupling, you might consider using an online service like FidSafe.com that lets you store, access and share all your new family's important records and documents anywhere via a web browser or iOS app. Not only is it free and simple to use with handy checklists, but even before it was officially introduced two years ago by Fidelity - Get it? "Fid Safe" - Barron's magazine gave the service five stars for being what it called "the first cloud-based safe deposit box we've seen that's secure enough to organize everything from financial statements, insurance policies, and real estate records to a will, IRA benefits, and even passwords."

"With all the other things on their to-do lists, newlyweds typically don't focus on all the important financial and other documents they need to begin married life on a solid footing," said Peterson. "This makes things easier for them from the start, as well as through the years as they have even more joint documents to retain - including those related to perhaps buying a house and having children."

You get up to 5GB of storage, which leaves plenty of space left over once you download your new marriage license and the receipt for that engagement ring.

- Investigate this option. Do you both get health insurance through your employer? Congrats. You may have just saved yourselves some money if it works out it's less expensive for one of you to be on the other's plan rather than pay for both.



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**Eligibility:** Applicant must:

1. Currently be a high school senior or continuing college student (rising sophomore, junior, or senior)
2. Plan to attend or currently attending a community college or four-year college/university
3. Have a 2.5 or higher GPA for graduating seniors
4. Have a 3.0 or higher GPA for continuing college students

### Application Requirements:

1. Completed scholarship application form
2. Official copy of current high school or college transcript (may be emailed separately to [waconaacp@gmail.com](mailto:waconaacp@gmail.com)). This must be obtained from the registrar at the high school, college, or university. Allow time for the transcript to arrive by the deadline. **Do not submit a transcript yourself. It must be an official transcript sent from your high school, college, or university.**
3. Two letters of recommendation (may be emailed separately to [waconaacp@gmail.com](mailto:waconaacp@gmail.com)) Letters should be submitted by teachers, employers, or individuals who know your academic performance, service, or character.
4. Proof of community service, leadership, and work ethic. This may be provided as part of a resume or as a list. **Please do not send actual certificates, awards, etc.**
5. Essay (250-300 words) on the scholarship essay topic (word-processed, double-spaced)

**Only applications which include the five items listed above will be considered complete. The deadline for completed applications has been extended to August 1, 2020. Send applications via email to [waconaacp@gmail.com](mailto:waconaacp@gmail.com).**

Applications may be obtained from area high school counselors or by emailing [waconaacp@gmail.com](mailto:waconaacp@gmail.com).



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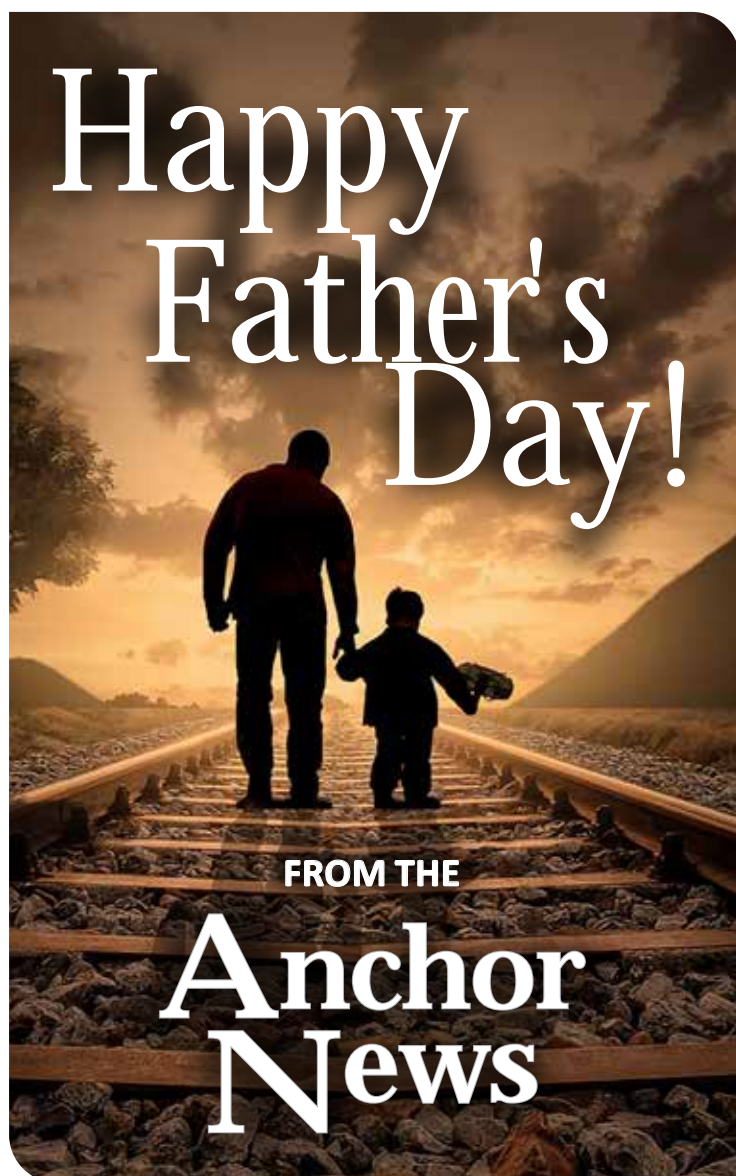
I am running for the Waco Independent School District School Board At-Large, Place 6 position as a parent and partner of the district who believes in the students, teachers and administrators. I will bring fresh eyes and a new fresh vision. I want the community to know that I will be a strong advocate who supports them to ensure that Waco ISD will be successful and excel in every arena of education. More importantly, I will spend time investing into the families to elevate the district as a whole.

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# 7 Ways Seniors Should Prepare for the Future

SUBMITTED BY J.L.  
CRAWFORD, SR.  
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

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**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



J.L. CRAWFORD

you want to handle your affairs if you are unable to?

**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?

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Linda McDonald, ABR



## Tarleton, Midway ISD ink agreement to help graduating seniors

STEPHENVILLE, Texas — Starting with the 2020-21 school year, Tarleton State University will provide annual scholarships and guaranteed admission to the top 25 percent of the Midway High School graduating class.

The Midway Independent School District and Tarleton leaders finalized the arrangement at Tuesday's MISD board meeting.

As part of the program, called the Distinguished High School Partnership, Tarleton will waive ACT (American College Test) or SAT (Scholastic Aptitude Test) requirements for students in the top quarter of their class and application fees for students who qualify.

"We're very excited to partner with Midway ISD to ensure that some of the best and brightest students in Texas have the opportunity

for a high-quality university experience," said Tarleton President James Hurley. "This partnership aligns with our commitment to become a first-choice institution for regional high school seniors. They are destined to be our leaders, and we have a social and economic responsibility to invest in their well-being."

Tarleton is developing similar agreements with other school districts in the region.

"The fact that Tarleton University's faculty and staff noticed the success of Midway graduates in their college courses and sought out this partnership affirms the work of our faculty, staff, administration and Board of Trustees," said MISD Superintendent George Kazanas. "We are so grateful for this opportunity for our students and their families. I'm

bursting with pride that our alumni have been well-prepared for college success to the extent that they have paved a path for future graduates to affordably pursue higher education."

The Guaranteed Award Program (GAP) assures first-time-in-college students graduating in the top quarter of their high school class between \$1,000 and \$4,000 in scholarships. Students graduating from one of Tarleton's Distinguished High School Partners, now including Midway High School, will receive an additional \$500 or \$1,000. Admitted freshmen must submit a general scholarship application to determine eligibility.

For more information on GAP, go to [www.tarletonstate.us/gap](http://www.tarletonstate.us/gap). To learn how to become a Tarleton Texan, visit [www.tarleton.edu/becomeatexan/index.html](http://www.tarleton.edu/becomeatexan/index.html).

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Continued from page one

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The relief is designed to offset the potential risk of reduced operations, labor force, or revenue that could severely impact minority entrepreneurship and community welfare.

The CBE is conducting an inaugural capital campaign: The Kick-Start Club. The campaign is open to any donor seeking to invest in the success of minority owned

small businesses. The goal is to raise \$100,000 within a few weeks. Donors of \$10,000 or more will receive an exclusive gift in appreciation of their generosity. All contributions are tax deductible and will be under the custodial care of TFNB Your Bank for Life. The management and disbursement of all funds will be governed by an independent local Board of Directors.

Please contact Rachel E. Pate, Vice President of Economic Development, CTA-ACC: 254-235-3204 or by emailing [rachel@centex-chamber.com](mailto:rachel@centex-chamber.com).

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## Five facts: Contact lenses, glasses &amp; COVID-19

(NewsUSA) - It's a common question: can I wear my contact lenses during the COVID-19 pandemic? New research led by the Centre for Ocular Research & Education (CORE) is helping the billions of people who rely on contact lenses or glasses take care of their eyes, dispelling coronavirus myths.

Dr. Lyndon Jones, CORE's director and the world's most-published expert in contact lens research, offers these valuable tips for healthy vision.

1. You Can Keep Wearing Contact Lenses. There is currently no scientific evidence that contact lens wearers have an increased risk of contracting COVID-19 compared with glasses wearers. As always, you should consult your own eye doctor with any specific questions.

2. Good Hygiene Habits are Critical. Thorough handwashing and drying are essential. Properly wear and care for your contact lenses, making sure you practice good contact-lens-case hygiene. Also, regularly clean your glasses with soap and water. These habits can help you stay healthy and out of your doctor's office or the hospital.

3. Regular Eyeglasses Do Not Provide Protection. There is no scientific evidence to support rumors that everyday glasses offer protection against COVID-19.

4. Keep Unwashed Hands Away from Your Face. Whether you wear contact lenses, glasses or require no vision correction at all, you should avoid touching your

nose, mouth and eyes with unwashed hands. This is consistent with World Health Organization and U.S. Centers for Disease Control and Prevention (CDC) recommendations.

5. If You Are Sick, Temporarily Stop Wearing Contact Lenses. If you are ill, temporarily stop wearing your contacts and use your glasses instead. Once you return to full health and have spoken with your eye doctor, you can start again. Make sure to use new contact lenses and a new lens case.

The five facts are now available with other eye-health recommendations at [COVIDEyeFacts.org](http://COVIDEyeFacts.org). They are central to a new peer-reviewed paper authored by Dr. Jones and four other prominent eye scientists, published in the research journal *Contact Lens & Anterior Eye*.

"Our findings indicate that contact lenses remain a perfectly acceptable form of vision correction during the coronavirus pandemic. People need to remember to practice good hand

hygiene and follow appropriate wear-and-care directions, as instructed by their eye doctor," says Dr. Jones. "There has been considerable misinformation circulating about wearing contact lenses and glasses during the COVID-19 pandemic. Our goal is to make sure that science-backed truths are understood and shared, replacing fear with fact."

The U.S. Centers for Disease Control and Prevention has issued guidance on contact lens wear during the COVID-19 pandemic, supporting key findings from the CORE-led research. The CDC also points out that personal eyeglasses and contact lenses do not qualify as personal protective equipment. The Centre for Ocular Research & Education was established in 1988 at the University of Waterloo's School of Optometry & Vision Science in Ontario, Canada. Since then, CORE has been at the heart of many prominent advances in eye health, including medical devices, ocular pharmaceuticals, and digital technologies.

## GRUDGES

Continued from page two

al and physical well being. In 2009, researchers at the Department of Psychology at Medical College of Georgia published a survey, which revealed that those who don't forgive can experience more pain disorders, heart disease and stomach ulcers.

"Holding onto negativity causes harm to the one who won't forgive," says Dr. Matthew B. James, president of The Empowerment Partnership.

Refusing to forgive can have widespread effects too, it can create chains of resentment throughout entire communities. "When you point a finger at someone to blame them, there are always three fingers pointing back at you," says Dr. James.

But letting go of old hurts isn't easy. Dr. James suggests that grudge-bearers take the following steps to seek true forgiveness:

- Tell the other person that you forgive them. Don't say that you will "forgive, but not forget" -- the goal is to release

negative feelings.

- Ask the other person to forgive you. Ask for forgiveness even if you believe that you did nothing wrong. "Saying, 'I forgive you; please forgive me, too' brings the other person into the picture and gets them actively involved," says Dr. James.

- Have a conversation. Create enough space for you and the other person to say everything that needs to be said. Stay calm and speak in normal tones, even if you don't like what you hear. At the end of your talk, you should feel relieved to have gotten your thoughts and feelings into the open. Give and ask for forgiveness once more.

- Move on. Ask yourself what you have learned from the situation, and use it to make better decisions in the future.

"To forgive and to never forget is to never forgive in the first place," says Dr. James. "We owe it to ourselves to experience true forgiveness."

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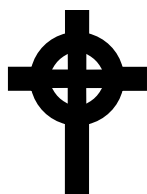


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## Amid opioid abuse crisis, back pain sufferers look to chiropractic care

(NewsUSA) - Lower back pain, it's been said, is very democratic. Meaning, tens of millions of people of all stripes -- from truck drivers to stock brokers -- experience it at some point in their lives, and the worst cases can be positively debilitating. "You'd be a really uncommon person never to have had an episode of back pain," Chris Maher, a health researcher at the University of Sydney, told NPR. But now there's a new wrinkle -- or, some would say, an opportunity.

With the country in the midst of an opioid abuse crisis, many of those sufferers now find themselves looking for alternatives to the potentially addictive



**DR. SHAMONICA  
TRUNELL-MORGAN**

-- and sometimes lethal -- prescription painkillers that the Centers for Disease Control and Prevention recently urged physicians to dramatically curtail

prescribing. One favorite alternative? Drug-free chiropractic care, which has been praised for its "emphasis on your body's innate healing wisdoms."

Doctors of Chiropractic are well-trained and highly educated, and use hands-on techniques to help enhance flexibility, muscle strength, and range of motion. Reflecting chiropractic's growing popularity, notes the Foundation for Chiropractic Progress' Dr. Sherry McAllister, most insurance and health plans cover its use. To locate a nearby doctor of chiropractic, visit [www.f4cp.com/findadoctor](http://www.f4cp.com/findadoctor) or call Dr. Shamonica Trunell in Waco, 254-754-4000.

## 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.

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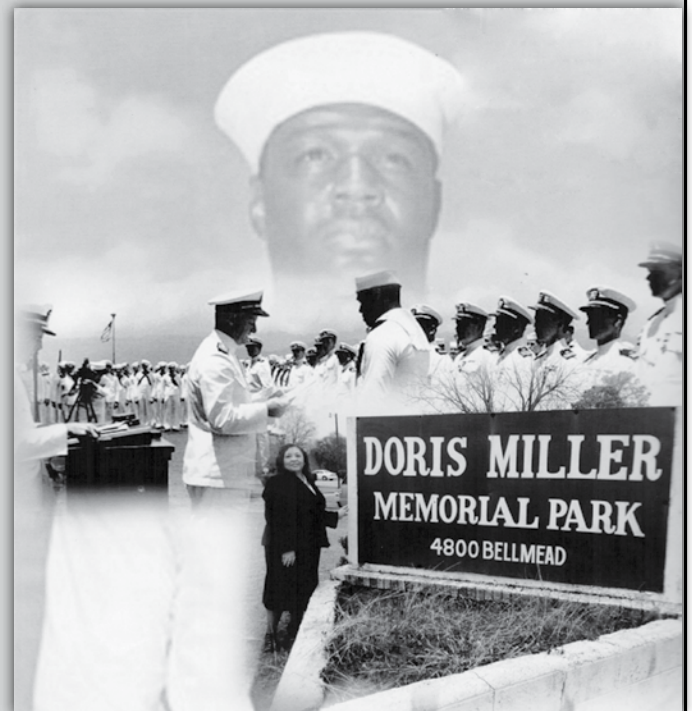
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# Walking in divine health and blessings, Part 10

BY RUBY MCCRAY

*Continued from the March issue of The Anchor News.*

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

To review the precious articles, please go to: [www.theanchornews.com](http://www.theanchornews.com), click Archives, then the year and finally the months.

I've had my share of sicknesses in my lifetime. During my early adult life, I had two major surgeries, and one minor surgery that turned major. After the minor surgery, I ended up in two different hospitals in two different cities.

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

I was born in 1943; therefore, this year, if the Lord delays His coming, I will be 77-years-

young. I have more energy than the law allows, and I'm still operating in my music studio since August 30, 1976. I now teach bass and lead guitars, harmonica, saxophone, drums and piano. I teach voice as well as harmonious singing to church groups and families.

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

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

I've always heard that being ignorant of the law will not free me from the penalty of the law. I can break a law ignorantly, and still suffer the consequences. "And a servant who knows what the master wants, but isn't prepared and doesn't car-



EVANGELIST  
RUBY MCCRAY

ry out those instructions, will be severely punished. But someone who does not know, and then does something wrong, will be punished only lightly. When someone has been given much, much will be required in return; and when someone has been entrusted with much, even more will be required." Luke 12:47, 48

Another thing that I try to do is watch my confessions. I constantly remind people to watch their confessions. Please don't say, "My headache, my cancer, my this that or the other." "Wise words satisfy like a good meal; the right words bring sat-

isfaction. The tongue can bring death or life; those who love to talk will reap the consequences. Proverbs 18:20, 21

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

Why am I talking about Kobe Bryant? Because I would like for you to go to YouTube and type: Tracy McGrady: Kobe Bryant Used to say, 'I Want to Die Young'. It's only a 37-second video; there is one longer, but this will suffice to make my point. I don't believe that McGrady has thought about or even knows about this, but you

will get what you keep saying. Perhaps Kobe probably never thought about it after he was grown, successful, married and had children, so he probably never repented of the negative words. A curse can't land on a person without a cause. Proverbs 26:2

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

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

Please join me in July as we continue. You may not believe me, but...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](mailto:rubyacorm@yahoo.com) or write to A City of Refuge Ministries, P. O. Box 2025, Waco, Texas 76703.

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# You need the blood

BY MATTHEW REED

The Church should not be confused at the events of this day and time. There are those assuming that things are just happening the church assumes these events are of the devil, not always so. Throughout the Old Testament you can find judgments that God brought upon mankind for none compliance. God not only judged the world but his people, the Jews, also.

If you think there was a need for God to judge the world then, what about now? If you be a true follower of Jesus you are not confused. All those prophets who are prophesying God's blessing without repentance are lying. The church, first of all, has to repent and then begin to labor in God's vineyard. God's judgment will first begin at the house of God (1Peter 4:17) For the time has come that judgment must begin at the house of God: and if it first begins

with us, what shall the end be of them that obey not the gospel of God? All those who are trusting in democracy, money, their party, the president no matter who that person be, they're in for a heart break, for those things or that person has become their God, just like the golden calf of Israel, that thing or that person has no power.

But here you are worshipping these powerless gods. Without God they are powerless against the corona virus and powerless against the wiles of the devil. What we need to overcome the corona virus is the blood of Jesus if it is a judgment of God. If the corona virus is not a judgment of God, you need the word of God with its power.

(Luke 9:1) Then he called his twelve disciples together, and gave them power and authority over all devils, and to cure diseases. Matthew 10:1 And when he had called unto him his twelve disciples, he gave them power against unclean

spirits, to cast them out, and to heal all manner of sickness and all manner of disease). No matter what the problem, mankind needs Jesus and this is the way you can have him.

(John 6:53) Then Jesus said unto them, Verily, verily, I say unto you, Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you. (John 6:56) He that eateth my flesh, and drinketh my blood, dwelleth in me, and I in him. Study John 6. It gives instruction on living an overcoming life. Ditch the powerless Gods and return to the one and only wise God Jehovah. Remember: render unto the president, democracy, money and your party the things that belong to them, and unto God the things that be God's. Amen!

*Note from Pastor Reed: This article was written at the end of March for April, but was not published because of corona virus. It is now more relevant.*



PASTOR MATTHEW AND LADY HELEN REED

## 5.0 OUT OF 5 STARS

*(Reviewed in the United States on April 13, 2020)*

"Exciting and fast-paced! Great story line and characters. They are literally dodging bullets! Great second book in this series! Eddie has met Mary Beth in the U.S. to gauge his feelings for her and to try to decide which woman he wants to spend the rest of his life with. Terrifying events interrupt Eddie and Mary Beth's clandestine reunion as domestic terrorists begin a murderous ordeal which neither one may survive. Eddie must use all of his training and instincts to save innocent lives and most of all, his and Mary Beth's. The ongoing action and anxiety keeps you reading until the end!"

J. Walker

## 5.0 OUT OF 5 STARS

*(Reviewed in the United States on April 22, 2020)*

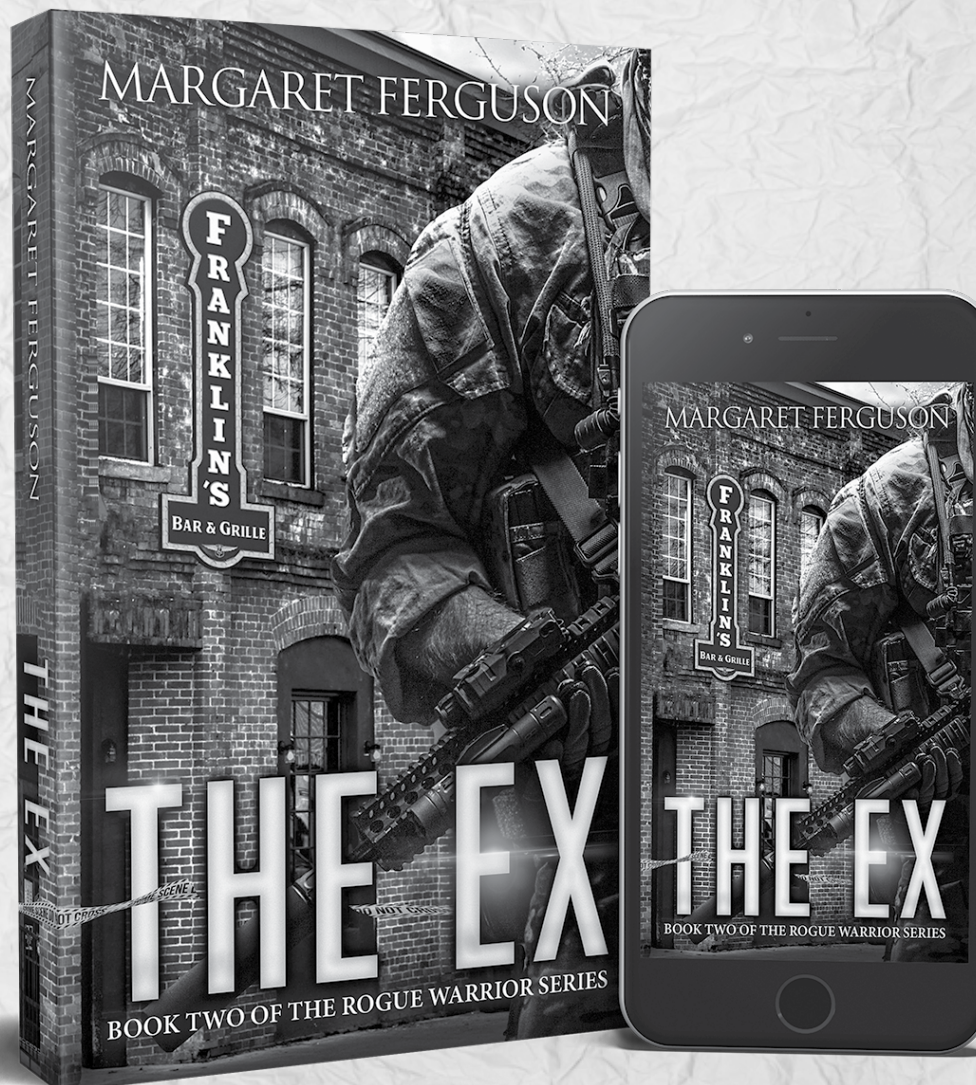
"Margaret Ferguson does it again with Eddie Roark! Just finished reading Book 2 in the Rogue Warrior Series -- The Ex. And Margaret Ferguson has done it again! Fast moving action, current issues, real-life characters. I love this character, Eddie Roark, as he struggles with personal relationships and his relationship with God. All in the middle of saving lives with his special forces training. The story is believable and captivating -- as with The Missionary, there were several times that I said: "Wow! Didn't see that coming!" I'm hooked! Bring on The Mojado!!"

P. McCord

## 5.0 OUT OF 5 STARS

*(Reviewed in the United States on April 18, 2020)*

"Another Thriller. I couldn't put this book down!!! It only took me two days to read keeping me up one night because I just couldn't stop reading. I love Eddie's story and know this is probably not the end. Keep writing great thrillers, Margaret."







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