

THE Anchor News

Serving the Central
Texas Community
Celebrating 16 Years!

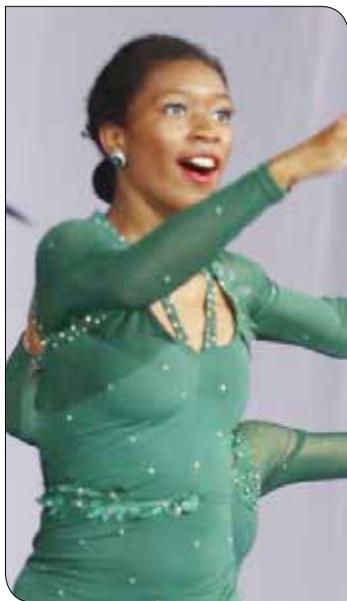
JULY 2019
Volume 16 • No. 12
Free



Rosebud's Holly Whitfield makes UNT dance team....AGAIN!

It's becoming a habit for Rosebud resident Holly Whitfield. For the second year, Whitfield has been selected as one of 30 team members for the University of North Texas dancers. There were 60 hopefuls, but only 30 made the cut. Whitfield is completing her freshman year at UNT as a dance education major. Her goal is to complete a bachelor's degree in dance education and become a Texas certified dance teacher and own a studio or teach dance courses in a public high school.

Whitfield has been a student of dance for 16 years beginning at the age of three. She studied ballet, Jazz, tap, pointe and Hip Hop at Joy's School of Dance in Woodway where she was a Company Dancer for several years. A 2018 graduate of Midway High School in Woodway, she danced with the 52-member,



HOLLY WHITFIELD

award-winning Goal Tenders dance team during her four years of high school and served as a lieutenant her last two years.

While at Midway, she per-

formed at Disney World, Sea World, HOT Fair & Rodeo, Junior League of Waco-Deck the Halls, and many other dance and art festivals in the Waco area. Competing in state contests during high school, she consistently placed top 6 in the solo division and even took 2nd place during her senior year.

Whitfield trained at the Ballet Magnificat summer program at Belhaven College in Jackson, Mississippi and with the New York City Dance Alliance program. In addition, she trained at a number of summer programs through the Texas Association of Teacher as Dancers Convention. She auditioned for and was selected to study at the Joffrey School of Ballet in New York but opted to attend a four-year institution of

See **WHITFIELD**, pg. 13

John Bible named CTAAC President

John Bible is the newly named President/Executive Director of the Cen-Tex African American Chamber of Commerce in Waco, Texas. Stepping into a role previously held by Laveda Brown for over a decade, Bible is excited to continue Brown's vision, while moving into uncharted territory. He is also a self-made entrepreneur for his registered investment agency, Bible & Sovereign Partners, LLC.

Bible is a Waco native and graduate of University High School in 1995. He began his college career at McLennan Community College and after two years, transferred to Baylor University where he received his bachelor's degree in finance in 1999.

For over 15 years, Bible worked in the financial industry as an investment advisor, holding dual-licenses as an investment advisor and broker. He has worked for some of the top insurance and financial firms in the nation such as: UBS Financial Services, AIG, and New York Life, to name a few. In November of 2018, Bible decided to start his own investment agency and created Bible & Sovereign Partners Financial Services, which he is currently CEO.

During the years of being a financial advisor, Bible found time in 2004 to become certified as a Generalist 4-8 in the education field. He taught 5th grade social studies, spelling,



JOHN BIBLE

and English language for Chilton ISD for three years. During that time, he also coached junior high girls' volleyball, basketball, and track.

Bible started his work in the community since a young child. He attends Waco Sovereign Grace Baptist Church in Waco, Texas and has held several positions in the church, including Superintendent of Sunday School, deacon and now associate minister. Back in 2008, he began serving on the NAACP Board as Treasurer for two years and later began serving on the Cen-Tex African American Chamber of Commerce in various capacities, starting as a board member, then treasurer, and chairman, and as of May 1, 2019, he became the President/Executive Director of the organization. His mission is to use his knowledge and ex-

See **BIBLE**, pg. 9

Stewart named Waco High School Principal

BY KYLE DEBEER

WACO, Texas – During the May school board meeting, Waco ISD Interim Superintendent Hazel Rowe announced that James Stewart will be the next principal of Waco High School. Stewart has 17 years of experience in education, all of which have been in Waco ISD. He most currently was the principal of G.W. Carver Middle School and previously served as an assistant principal at Waco High School.

"I am beyond excited to return to Waco High," Stewart



JAMES STEWART

art said. "I've enjoyed every day that I have been Carver's principal, but Lion pride runs deep. As a proud graduate of Waco High and a former Waco High teacher, coach and assistant principal, I know just how special this campus is."

Stewart began his career in education at Lake Air Middle School where he taught social studies, math and science. He also served as the campus athletic coordinator and coached football and track.

See **STEWART**, pg. 11

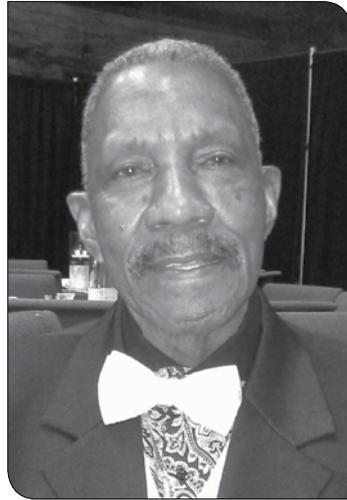


Photo by Any Given Day Photography

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.

A wife's special tribute to Army veteran, Joseph Henry



JOSEPH HENRY

Joseph T. Henry retired from the United States Army and served in Viet Nam. He is a disabled veteran with 20 years of service. He also retired from the Department of Veterans Affairs Medical Center (Doris Miller) in Waco, Texas, in 2001. He was born in Philadelphia, Pa., but grew up

in Washington D.C., where he lived until he joined the military service in 1966.

Since 1986, he resides in Waco, Texas, with his wife, Sandra Henry. Married for over 34 years, the two of them are active in the community. They have 4 children, 6 grandchildren and 3 great grandchildren. Henry is an active member of the Abundant Love Fellowship Church in Hewitt, Texas, under the leadership of Dr. Edward L. Ross, Sr. Pastor and First Lady Sheila Ross. He serves on the Men's Ministry (Man Up) Team and sings in the choir. He is well known in the community for his cooking skills (grilling especially), laughter, and energetic spirit. He enjoys singing to residents at local nursing homes throughout the community. Henry loves watching westerns and James Bond movies. He loves building wooden projects for the family garden.

Henry has helped Catelya Foundation of Hope in so many ways with his cooking ability, calm mannerism, uplifting spirit, willingness to serve, and monetary contributions.

"Reflect upon your present blessings, of which every man has plenty, not on your past misfortune, of which every man has some."

Sandra says she is so blessed to have such a giving and godly man as her husband. "Thank you, Joe, for your continued love and devotion! I love you."

Caritas of Waco receives continuation funding for Veterans' Case Management Program

Caritas of Waco has received a \$200,000 grant to continue a case management program specifically for low-income veterans, offering guidance for veterans living at or near the poverty level through a process to help them overcome financial, emotional, educational, employment and other barriers to success. The program's goal is to assist these veterans in moving out of poverty by becoming more self-sufficient and less reliant on emergency assistance programs.

"Caritas is very excited about continuing this program and the benefits it will bring to veterans in our area," said Tammy Stevens, Client Services Director at Caritas. "We have had numerous success stories with our case management veterans and we look forward to serving many more," she added.

The Caritas Veterans' Case Management Program will serve a veteran of any era and service branch who has had an honorable discharge, who resides in the six-county service area (McLennan, Bosque, Falls, Freestone, Hill, and Limestone) and who has an annual income no greater than 200% of the federal poverty level. Caritas case management staff will offer a variety of

direct and supportive services that veterans need to reach individual goals.

Veterans may contact Caritas directly in person, by phone or through referral from another service provider for information about the program. Individuals will speak with the veterans' case manager to arrange an assessment of eligibility for participation in the program. Thereafter, the veteran will work with the case manager to carry out a needs assessment and begin work on a "plan of action" to address areas of need in the veteran's life.

Caritas of Waco is a non-profit, 501(c)(3) organization that serves McLennan County and the surrounding area by providing individuals and families with urgent support and long-term solutions to poverty.

For interviews or more information, contact Tammy Stevens by telephone at 254-753-4593 (extension 227), by e-mail (tstevens@caritas-waco.org), or in person at 300 South 15th Street.

This program is supported by a grant from the Texas Veterans Commission Fund for Veterans' Assistance. The Fund for Veterans' Assistance provides grants to organizations serving veterans and their families.

FROM THE EDITOR...

Get published in our August Issue

August is our traditional anniversary and education issue. Celebrating 17 years in the community with our education issue, this Back to School issue spotlights students, educators, administrators, educational events, institutions, etc. The deadline to submit a 250-450 word article on a person of accomplishment or news worthy edu-

cational event, institution, organization, etc. is August 6th. So come on! Send us your clear, JPEG headshot and a typed article (Word document) via email to theanchornews@aol.com. We will do our best to include every profile that we receive, and who knows? Your submission might be one of our cover stories.

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 headshot (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

Subscriptions are \$39 a year (12 issues) and can be paid by check or money order. Send all correspondences to *The Anchor News*, P.O. Box 23534, Waco, Texas 76702-3534 or email to theanchornews@aol.com.

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Waco community says good-bye to Ronald K. McDonald

MAY 8, 1951 - MAY 10, 2019

Affectionately known as "Birdie," a gentle, caring giant went home to be with the Lord on Friday, May 10, 2019. On this day, Ronald K. McDonald passed away, surrounded by his loved ones. Birdie was born May 8, 1951, in Waco, Texas, to Willie and Mae Etta McDonald. As the third child to this union, Birdie quickly became known as the outgoing, energetic son who loved to talk. His mother said that Birdie's ability to converse non-stop reminded her of a bird chirping and hence the nickname "Birdie" was born.

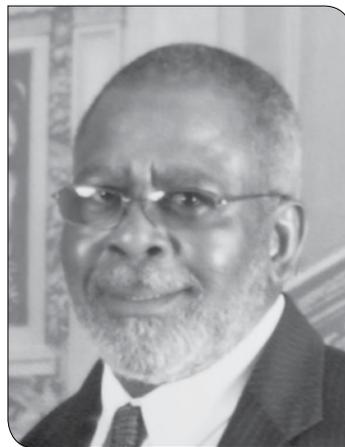
Birdie never met a stranger and easily became a friend (or cousin) to so many. Known for his contagious smile, he was voted "Most Popular" his senior year at Moore High School where he graduated in 1969. Upon graduation, Birdie enlisted in the United States Army wherein he served and fought in the Vietnam War. After an honorable discharge, Birdie pursued higher education, obtaining an associate degree in general business from McLennan Community College.

While attending college, Birdie started his professional career as an attendant at his Uncle Jerry's gas

station, McDonald Mobile. This was the place where Birdie learned the value of hard work and loyalty. Birdie took those skills and went on to have a long, successful career of 37 years at the United States Postal Service wherein he retired in 2009. While working at the Post Office, Birdie's co-worker, the late Rev. Austin L. Dunn, introduced Birdie to Christ.

Through this connection, Birdie accepted Christ and attended Liberty Hill Baptist Church and Pleasant Hill Baptist Church under Rev. Dunn. In November 1989, Birdie and his family joined Antioch Missionary Baptist Church serving under the leadership of Rev. Fabian K. Jacko. Birdie was active in the church and faithfully served in many areas, including Brotherhood, Male Chorus, Sunday School, and Bible study. He also served in several leadership roles, including trustee, deacon, and Treasurer of the Finance Committee.

One of his favorite pastimes was the fellowship with the Seasoned Saints auxiliary. Known for his generosity, Birdie loved to sponsor the youth and seniors on church outings and conferences. Additionally, he loved to visit the sick and shut-



RONALD K. McDONALD

in members. He looked forward to delivering Thanksgiving baskets during the holiday season.

Birdie was a devoted husband and father that pro-

vided unwavering support to all his family. He meant so much to others as well. In fact, Birdie became "Uncle Birdie" for cousins and friends alike. He enjoyed traveling and taking family vacations, especially cruises. When he was not traveling, he enjoyed playing dominoes and watching his two favorite teams in action, the Dallas Cowboys and the Baylor Lady Bears.

He was preceded in death by his mother, Mae Etta Gamble McDonald; father, Willie D. McDonald; son, Christopher McDonald; and father-in-law, Jeffie C. Cyrus. Many will forever cherish his memory: Linda, his devoted and loving wife of 46 years; two sons, Cedric Mc-

Donald of Columbus, Ohio, and Byron McCutcheon of Dallas, Texas; three brothers, Willie McDonald, Jr. (Belinda) of Waco, Texas, Paul McDonald (Ann) of Fort Worth, Texas, and Darrell McDonald (Bridgette) of Kennedale, Texas; four granddaughters, Sierra Young of Waco, Texas, Brianica McCutcheon of Houston, Texas, Brinequia Ray (Gregory) of Houston, Texas, and Jonnecia Brooks of Houston, Texas; ten great-grandchildren, a host of brothers and sisters-in-law, aunts, uncles, nieces, nephews, cousins and friends.

The family offers special thanks to the staff members of Bluebonnet Health Services for their unwavering love and support!

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Education Issue!



August is our traditional anniversary and education issue. Celebrating 17 years in the community with our education issue, this Back to School issue spotlights students, educators, administrators, educational events, institutions, etc. The deadline to submit a 250-450 word article on a person of accomplishment or news worthy educational event, institution, organization, etc. is August 6th. So come on! Send us your clear, JPEG headshot and a typed article (Word document) via email to theanchornews@aol.com. We will do our best to include every profile that we receive, and who knows? Your submission might be one of our cover stories.

Rental car coverage – personal auto policy, Part 2

BY HENRY CHASE

Continued from the June issue of The Anchor.

QUESTION:

Should I purchase the Loss Damage Waiver offered by the rental agent when I rent a vehicle?

Please read about reasons to purchase the Loss Damage Waiver when you have a policy that covers damage to the rental vehicle in the physical damage section:

1. Your policy may not cover damage to the rental vehicle at all.

Coverage for damage to the rental vehicle and related costs are provided by the physical damage section of your personal auto policy - IF your policy provides physical damage coverage on at least one of your covered vehicles. If your policy doesn't provide physical damage coverage on at least one of your vehicles, the policy doesn't provide coverage for damage to a rented vehicle. In addition, some policies don't cover a vehicle that has been rented for 30 or more consecutive days.

2. Your insurance company

may not pay the entire amount demanded by the rental company.

When your policy provides physical damage coverage on one of your covered vehicles, the policy covers damage to a rented vehicle. The amount payable by the insurance company is the lesser of the "actual cash value" of the vehicle or the amount "necessary" to repair or replace the vehicle, minus your deductible. In addition, the policy covers "loss of use" with a daily limit (usually as low as \$20 per day) and a maximum limit (usually \$600), and there is usually a 1- or 2-day waiting period before the policy will begin to pay these expenses. Because of all these limitations, you may become personally responsible for:

- The amount demanded by the rental company to repair or replace the vehicle in excess of "actual cash value" or the amount "necessary" to repair or replace;
- The amount of your deductible;
- The amount demanded by the rental company for "loss of use" in excess of the daily and maximum limits payable by



HENRY CHASE

your insurance company;

- The amount demanded by the rental company for "diminished value" of the vehicle, even after the repairs are complete; and

- The amount demanded by the rental company for administrative or other loss-related expenses.

3. Your policy may exclude some electronic equipment.

Your policy may exclude loss to some electronic equipment that receives or transmits audio, visual or data signals. If you rent a vehicle equipped with a GPS receiver, for example, your policy may not cover it.

4. Your premium may go up or your policy may not be renewed if you have an at-fault accident.

You are driving an unfamiliar vehicle in unfamiliar territory. If you have an at-fault accident while driving the rented vehicle, your insurance company may hold it against you - with a premium surcharge or perhaps even non-renewal.

5. Your line of credit may be

adversely affected.

If you don't buy the LDW, the rental company will probably ring up an estimated damage amount on your credit card, pending notification to and settlement by your insurance company.

6. You may suffer a huge inconvenience.

When you have purchased the LDW, you can bring a damaged vehicle back to the rental company, throw the keys on the counter, and walk away. When you haven't purchased the LDW, you may have to spend a significant amount of time dealing with the rental company and your insurance company.

Bottom Line: We recommend that you buy the Loss Damage Waiver from the rental company.

Coverage Provided by Credit Card Companies

Some credit card companies provide limited coverage for collision or theft if you use their credit cards to pay your rental in full and comply with the terms and conditions of the rental agreement. You may

expect your credit card company to pay everything so you can avoid purchasing the LDW offered by the rental car company. However, the credit card coverage seldom pays for administrative fees, loss of use charges or the diminished value fee mentioned above.

New Option for Purchasing a Loss Damage Waiver

Now there is a new way for you to cover rental car exposures - a standalone Loss Damage Waiver policy offered by a major insurance company that can be purchased online with a credit card. The web site insuremyrentalcar.com provides options to purchase coverage for a single rental period or an annual term at a cost that is significantly lower than what rental companies charge. The actual policy form can be viewed on the web site and a thorough and easy-to-understand FAQ section provides answers to a number of important questions.

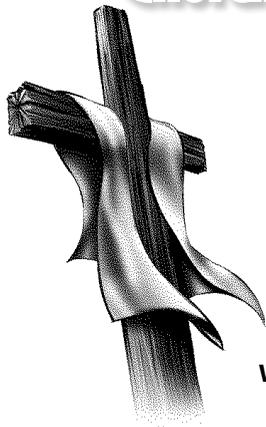
Henry Chase, Chase Insurance Group LLC, 512 N Hewitt Drive, Hewitt, Texas 76643, (254)235-7620.

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11:15 AM

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

Wednesday Prayer Worship
7:00 PM

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9 Legal Tips to Help You Protect Your Family

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

It is never too early to prepare for your family's future, but waiting to make arrangements could be disastrous. These tips are designed to explain legal and financial options that may help protect your family should something happen to you. If you need assistance call your LegalShield provider law firm today.

- **Estate Plan** – Protect your family's financial interests with an estate plan. Begin the process by completing the LegalShield will questionnaire, which you can obtain by calling LegalShield or your provider law firm. You may also log into the LegalShield members only website to download or print a copy of the questionnaire. If you have any questions while completing your questionnaire call your provider firm and speak with an attorney.

- **Guardian (Custodian)** – If you have children, you will need to appoint a guardian in your will. The guardian you select will care for your children should anything happen to you and your spouse. Carefully consider the willingness, financial responsibility, age and health of a potential guardian. It may be beneficial to appoint a separate trustee (conservator) to govern your children's finances. Talk openly to anyone you appoint about your wishes. Your LegalShield provider law firm can explain the

laws where you live and guide you towards the best decision for your family.

- **Special Needs Children** – With a host of immediate issues such as day-to-day care and education, the parents of special needs children may find it difficult to plan for the future. Advance planning is particularly important for special needs children. Laws regarding trusts, insurance and education vary greatly. Call your LegalShield provider law firm and speak with an attorney about your options.

- **Life Insurance** – Term life insurance may be more affordable, but you should examine all available options and consider the amount of coverage your family will need if something happens to you. It may be beneficial for women to purchase life insurance before becoming pregnant. Some health issues that may arise during or after pregnancy could increase the cost or affect the ability to purchase insurance.

- **Beneficiary Designations** - Your will does not determine distribution of life insurance policies or any other accounts with a named "due on death" (DOD) beneficiary. Life insurance policies, retirement plans and investment accounts with a DOD designation are paid out to the beneficiaries who you selected. If you wish to change a beneficiary you must contact the insurance company or financial institution directly.

- **Short-term Disability In-**



J.L. CRAWFORD

urance – Even a brief absence from work may create a severe financial burden on your family. Short-term disability insurance supplements wages lost during a short-term medical absence from work. Many plans require you to exhaust any leave paid for by your employer before benefits begin.

Some plans reduce the coverage period for certain absences such as maternity leave. Before you sign up for coverage, review the policy terms, including the amount, duration of coverage and limitations.

- **Long-term Disability Insurance** - Long-term disability insurance is every bit as vital as life insurance. An extended illness or disability can be financially devastating. Should you become disabled, it may take a significant amount of time for any government assistance to take effect. If you need help reviewing the terms of a policy, contact your LegalShield provider law firm.

- **Legal Documents** - Keep your estate plan, insurance information and other important documents somewhere secure, such as a safe deposit

box, and make sure your family knows where to find them if needed.

- **Talk to Your Family** – Discuss your wishes, arrangements and insurance coverage with your spouse, anyone you appoint in your will and older children. It is important that your family knows how to proceed should anything happen to you.

If you do not yet have an IDShield membership visit www.idshield.com to learn more. *LegalShield can help you with your legal issues. Preexisting 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.

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Waco ISD seniors earn associate degrees before high school graduation

WACO, Texas – When Waco High and University High held their graduation ceremony a month ago, 30 students graduated for the second time. Even before graduating from high school, those students earned associate degrees from McLennan Community College through ACCELERATE, Waco ISD's early degree program.

This year's graduates are the first cohort to complete the program created after

voters approved increasing the district's total tax rate by five cents in 2015. A portion of that tax revenue was dedicated to expanding dual-credit opportunities, and as a result, Waco ISD high school students can take dual-credit classes through McLennan Community College and Texas State Technical College-Waco at no cost to their families.

"This community made a significant investment in its high school students giv-

ing them the opportunity to earn college credit and an associate degree at no cost to their families," Dr. Scott McClanahan, assistant superintendent of secondary education, said. "Our students take that very seriously. We have a 95% passing rate in our dual-credit classes, and we're on track to have 45 more students earn associate degrees next year."

During their eighth-grade year, Waco ISD students can apply to the ACCELER-

ATE program. Once selected, they choose from one of five degree pathways: allied health, general business, criminal justice, general science transfer and liberal arts transfer. Beginning their freshman year, ACCELERATE students take a mix of high school and dual-credit courses. By their senior year, the majority of their schedule consists of dual-credit classes, many of which are taught at McLennan Community College.

Waco High senior Anastasia Reyes is an ACCELERATE graduate and one of four students earning an associate degree with a 4.0 grade point average for the courses that they took through McLennan Community College.

"It feels amazing," Reyes said. "All the hard work, the late nights, they actually paid off. ... Staying home and doing my work, I knew it would eventually pay off, and it has."

After graduation, Reyes, who was in the liberal arts

transfer pathway, will enlist in the Navy. She plans to return to college after serving in the Navy and complete a four-year degree on her way to becoming a teacher or social worker.

"I am proud of every senior graduating tomorrow, but I am particularly proud of the 30 students who seized the opportunity to earn a college degree while getting their high school diploma," Dr. Hazel Rowe, interim superintendent, said. "Education opens doors. There's no doubt that these students will use their education in the service of a brighter future – not just for them but for all of us."

The Waco High School Class of 2019 will graduate at 10 a.m. on Saturday in the Ferrell Center at Baylor University High School's graduation starts at 3 p.m. on Saturday also at the Ferrell Center. Both ceremonies will be broadcast live on WISD-TV (cable channel 17) and online at wacoisd.org/live.



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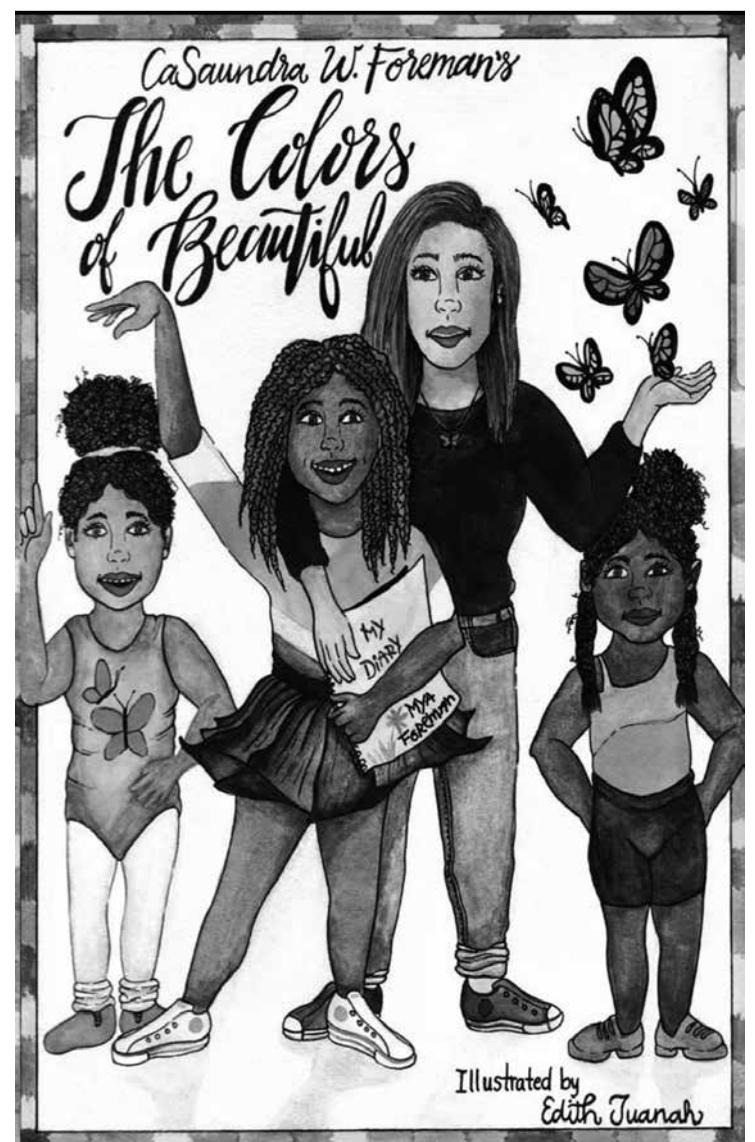
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Getting a Handle on Irritants

BY MONA DUNKIN

Do people frequently get on your nerves? And if so, how do you handle the situation? Here are suggestions on how to minimize the annoyance so the encounter does not "ruin your day" and does not diminish the individual's value in your eyes.

Go from personal to general. Focusing on my circumstances makes events overwhelming. My car broke down. My child disobeys. My spouse is inconsiderate. My job is demanding. Consider the same situations with detachment of somebody. Somebody's car broke down. Somebody's child disobeys. Somebody's spouse is inconsiderate. Somebody's job is demanding.

All of a sudden it is not a big deal. When viewing it from another's perspective, you are open to see the problem more clearly and to find solutions. Do not take yourself so seriously.

They, You, I. Psychiatrist Carl Jung says that what drives one crazy in another person is, in reality, a denied character defect in you. When we embrace our flaws, not only does it free us to acknowledge and discard the behavior, it also alleviates our frustration with the irritating individual displaying the same attributes. It sets us up for compassion toward the offender.

Install A Focus Change:

1) Get alone and privately speak aloud about the irritating person in third person tense (she/he). 2) Repeat the frustration in second person (you) as though you are addressing the individual.

3) Then speak of the annoyance in the first person

(I). Example below:

Speak in third person tense. "She interrupted my conversation and didn't even care! She is so rude and selfish."

Speak in second person tense. "You really offended me when you butted into my conversation as though you are the most important person in the universe."

Speak in first person tense based on your personal honesty. "I am selfish and guilty of speaking up when I have something to say. I am sure I come across as being ill-mannered and uncaring."



MONA DUNKIN

Changed compassionate perspective is this: I am guilty of doing the same type of behavior. I acknowledge it and become aware and will stop before interrupting. Even though it is irritating in my co-worker, I have compassion for her and choose to hold her in high regard. With my anger subdued, I am in a better position to either speak up or overlook it should future such incidents occur."

Don't Cope, Overcome: Those times when you are guilty of proclaiming "I am having one of those days", remember, that statement is true only as long as you claim it to be so.

For all your speaking and training needs, contact Mona Dunkin, Motivational Speaker and Personal Success Coach, monadunkin@gmail.com www.monadunkin.com." Basic Intensive Training, Introduction of Choice Theory Psychology scheduled in Waco, Tx for June 21-23, 2019 Call me today. 254-749-6594.

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Submit Your Info For The...

Education Issue!

August is our traditional anniversary and education issue. Celebrating 17 years in the community with our education issue, this Back to School issue spotlights students, educators, administrators, educational events, institutions, etc. The deadline to submit a 250-450 word article on a person of accomplishment or news worthy educational event, institution, organization, etc. is August 6th. So come on! Send us your clear, JPEG headshot and a typed article (Word document) via email to theanchornews@aol.com . We will do our best to include every profile that we receive, and who knows? Your submission might be one of our cover stories.

Kick off your summer with a cool, soothing healing massage

Massage therapist Vernon Bailey invites you to indulge in a Vernon's Vibrational Healing Massage today, "and let this vocational healing massage seep deeply into your body, exciting the musculoskeletal and the core energetic systems of your body."

According to Bailey, his massage techniques work from within to heal the organs, bones, muscles and mind, building a stronger immunity to prevent common ailments, such as colds and sinus infections.

The emerging Art of Massage and the Science of Healing is estimated to be thousands of years old. Usually found in other countries, the healing massage philosophy is built on scriptures and Ancient Chinese theory.

Bailey is the founder and owner of Vernon's Vibrational Healing Massage. This hometown boy of Waco (University High School) has now returned home from Austin, after a 30-year absence from this city. He has brought with him a one-of-a-kind Ancient healing technique that promises to transform a person's health and well-being using a non-traditional, but successful and productive method.

In his practice, he shares the awareness and benefits of healing sounds and vibrations. "This powerful, non-invasive simulating healing massage brings everything back into alignment and balance,"

says Bailey.

"Everything has energy," he explains, "and the universe is continually sending us sensory messages in the form of energy."

Experts have speculated for many years about sounds and therapeutic touch, Baily continues. "And for decades this Ancient healing energy technique has been nothing but rumor or wild guessing because energy isn't a cell."

However, says Bailey, recent researchers have rediscovered a cell that is filled with fluid, filling the entire body. Though science has known about this cell for many years, they did not know about its healing capabilities.

Bailey reminds us that the body is made up of 75-80% water, and that "sound lasts longer in water than in the air, traveling faster and lasting longer." Many say that Vernon's Vibrational Healing Massage is your solution to natural healing.

Bailey's techniques work much differently from the traditional massage. Bailey integrates sounds and vibrations with gongs, singing bowls and tuning forks to acupuncture point on the body, opening up the Chi flow of the body, which allows healing to flow naturally and freely throughout the body. This powerful, healing massage will amplify treatment. The healing energy will guide the recipients into their deepest state of relaxation and healing.

A licensed massage therapist in the State of Texas, Bailey received his training from the Acutonic Institute of Integrative Medicine in New Mexico in 2008 and has been intensively inspiring the art and practice for over a decade. In Austin, Bailey was known as a community leader in the field of Natural Health and Wellness.

Bailey promises that "This technique will recharge your battery, improve your mood, sleep, and memory skills, and slow down the aging process."

Call today to schedule your appointment. Housed at 6801 Sanger Avenue (the IRS building), the business is located at Jing Wellness Spa. Visit Bailey there, or call 254-772-9812.

KZ Frazier
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-*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*

Simple supplement promotes deep sleep

(NewsUSA) - Many people have trouble falling asleep, and there are many sleep supplement products available to help.

However, only certain products are truly effective at promoting the deepest, most restful sleep needed for no morning drowsiness. The deeper the sleep, the better for the restoration of your mind and body.

During sleep, your brain goes through five stages that repeat in approximately 90-minute cycles. These stages are divided into non-REM and REM sleep.

Non-REM: The first stage of non-REM (non-Rapid Eye Movement) sleep starts when you first fall asleep (stage 1)

and progresses through stage 2 of light sleep.

Stages 3 and 4 are the deepest and most restorative times of sleep, when your heart rate slows, your muscles and skin heal and grow, and your immune system recharges.

REM: REM, or Rapid Eye Movement, is the shallow sleep that occurs as the fifth and last stage of a sleep cycle. REM sleep is associated with dreams, learning, and memory.

Some sleep aid products, such as melatonin, focus on sleep quantity. While these types of products can make you sleepy, many people who have trouble sleeping can't relax their brains into deep sleep.

Certain amino acids, however, such as glycine, can help.

Glysom is a unique dietary supplement that contains glycine. Unlike some other glycine supplements on the market, Glysom has been well studied as a sleep supplement to show that it is effective, helping the brain to relax into the deep sleep cycle.

Data on Glysom have shown that the product can help promote deeper and more restful non-REM sleep without such side effects as daytime sleepiness.

Glysom is not an injection or pill; it is available in small packets as a lemon-flavored powder to help make it easy to take.

For more than a decade, Glysom was only available from health care professionals, but it is now available directly to consumers.

Glysom is produced by Ajinomoto, a global leader in the manufacture and distribution of amino acid products.

For more information about Glysom and how to improve sleep quality, visit glysom.com.

BIBLE

Continued from page one

perience to provide a positive impact on the small businesses and minority community in Waco, Texas.

Bible currently lives in Waco, Texas, with his wife, Saundra Bible, where they

share a blended family of three strong boys and four beautiful daughters. A Christian business man, Bible says he is eager to continue to serve the Waco Community in the best way possible.

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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.

BY: REGINA MARTINEZ,
VICE PRESIDENT
INCOMMONS BANK

Predictability for Your Business

From wholesalers to retailers, from service providers to manufacturers, no business wants to be limited by cash flow.

Is working capital an issue for you? Is waiting for payments from your customers keeping you from paying your own bills? Do you spend more time and energy on accounts receivables than on growing your business? So, what can you do?

Don't panic. One of the greatest misconceptions about cash flow problems is that they only happen to companies that are doing badly. Most commercial clients, especially large com-

panies, pay invoices in 30 to 90 days. They pay slowly for a very simple reason: it helps their cash flow. Unfortunately, many startups and even growing companies don't account for payment terms when planning their finances.

A whopping 82% of businesses fail due to poor cash flow management skills¹. You must take positive steps to make sure you don't become a statistic. Knowing how to help yourself is critical to the continued operation of your business.

Some options are better than others. You can finance yourself



REGINA MARTINEZ

using your credit card. Typically, not a great idea. Credit card rates can be high, and if your plan to pay it off when the money comes in doesn't pan out, you could be up the proverbial creek. You can get a loan. Small business loans can be a lifesaver, but know what you are get-

ting into. Friends and family? Loans among friends and family can cause more problems than they solve. If you take this route, put everything in writing! You can sell part of your business, but selling when you are under pressure can often be a bad deal for you, and undervalue your business.

Capital Advantage by Incommons Bank can help. Capital Advantage is a partnership between your business and Incommons Bank. It is a relationship built around you without forcing you to fit into a program designed for someone else.

Incommons Bank is a locally-owned community bank dedicated to the growth of Waco businesses. Our program fees are lower than factoring companies and we never sell your invoices.

With Capital Advantage,

your business automatically gains flexibility. No longer are you at the mercy of your customers when deciding on the future of your business. Capital Advantage works well with on-line and in-bank services. Plus, you get the added value of back office support—both before and after the sale. Our administrative services and reports will help your business thrive. Capital Advantage includes credit checks and history of your customers, Dunn & Bradstreet reports, statements, summaries, and daily reports all designed to give you the information you need to make your business succeed.

Capital Advantage can help liquidate your frozen assets quickly and with less risk. You need Capital Advantage if your business is growing, is limited by cash flow or borrowing issues, or if you need more predictable cash flow to operate more efficiently. Want to learn more? Call Regina at 254-420-1007.

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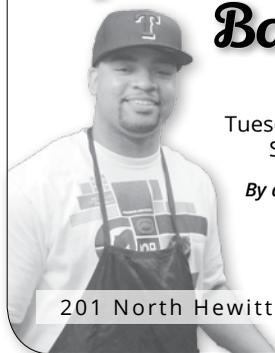
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Wanda B.
Gunter

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

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Health and Wellness Q & A

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

QUESTION:

Hi Jerry, my doctor said I may have gout in my feet. He wants to put me on medication but I'm wondering if there is a more natural option to treat gout?

Thanks, Sandra

Hi Sandra,

This is a great question. Gout has been classified as a form of arthritis because of the inflammatory reactions in the body. A very common treatment is to prescribe anti-inflammatory drugs, especially if it is a severe attack.

If the current pain is severe then your best short term relief may in fact come from anti-inflammatory drugs. But there are also natural options that you can take to prevent future attacks as well as lower the severity of the future attacks of both gout and arthritis. What you do not want to do is have a doctor



JERRY SNIDER

prescribe any medication to lower the uric acid in your body. Yes, gout is a reaction to having too much uric acid in your body, but lowering it with medication just masks the problem and does not address the root cause.

So what is causing an elevation in uric acid?

There are a combination of issues that could be increasing uric acid. The most common are alcohol (beer specifically), processed sugars, and foods that cause

inflammation. Inflammatory foods include: food high in antibiotics (meats, processed foods, canned foods), dairy products (processed cow's milk, cheese), foods with gluten (breads, cereals), and fried foods.

Does that mean you can no longer have any of these foods, ever? Not necessarily. One of these foods may be more of a trigger for your specific gout than it will be for someone else. It becomes a trial and error type of situation. I instruct my clients to remove them all step-by-step over several weeks, not by going "cold turkey." Then, after you feel as if you are without any gout symptoms for a few weeks you can reintroduce one item at a time. Maybe you start with chicken and see how it goes for a week or two. If you continue with no symptoms, you can move on to adding another item. But as soon as a symptom arises you need to remove that item from your diet for good.

As you can see, one of the

difficult things about gout and arthritis is it takes time to treat them naturally. You've more than likely been building this issue in your body for years and that will take a little time to reverse. Will it take years? Probably not. How quickly you can remove the disease depends on how disciplined you are with making the dietary changes necessary.

While it may seem like

change is hard, just remember that the only side effect from eating healthy foods is having a healthy body.

Have a question for Jerry? Send it to jerry@allinhealthandwellness.com.

Visit www.allinhealthandwellness.com to learn more about Jerry Snider. You can also purchase his book *Confidence Through Health* on Amazon.

STEWART

Continued from page one

He then moved to Waco High School where he was a teacher and a coach before becoming one of the campus's assistant principals. In 2017, Stewart was the Texas Association of Secondary School Principals Region 12 High School Assistant Principal of the Year.

"I am confident that James is the right person to be Waco High's next principal," Rowe said. "He is an excellent educator, a great leader and

has a decade of experience at Waco High as a teacher, a coach and an assistant principal. James understands why Lion pride runs deep and will build on the school's tremendous legacy."

Stewart replaces Ed Love, who announced last month that he will become the executive director of school leadership at Transformation Waco in July. Love has been Waco High School's principal for the past five years.

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Doctor of Chiropractic

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

All chapters begin with one of her own "true-story" personal narratives that she later connects to a point that is relevant to this journey called destiny. The book is an easy read. Several readers have told her that they couldn't put it down once they started. It is available on Amazon.com for \$15.99. You can also go to lindacrawford.org to order there. *God, Destiny, and a Glass of Wine* is sure to open your heart to receive healing, encouragement, and a different outlook on life.

CHAPTER 1: THIS TOO SHALL PASS, BUT WHEN?

I was almost out of breath by the time I made it to the car. Though it was just a few feet away, it seemed like 100 miles. I had parked my car in the back yard to hide it from the bank. Let's face it. It was an old piece of stick-shift junk, but

it was all I had, and I was behind on the payments. But tonight, in my panic to get out of the house, maybe the backyard wasn't so smart. Dressed in a gown, house shoes, and a thin jacket, I gripped the keys that were pinned inside my bra. Oh yes, my bra. That was the safest place to keep my valuables, like my car keys and what little money I had. I had learned a lot in my 29 years. With lightning speed, I dashed out the backdoor, tripping over the threshold, but still holding my balance and 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



LINDA MASON CRAWFORD

down and bent up, but it was my path to freedom tonight and my only means of transportation. I'll never forget it. It was a gray and black Toyota, well....a fading gray and a fading black, a hatchback,

about 8 years old at the time, and a stick. Ha! A stick. That could be a holdup since I was still in the learning stage, but I could handle it. I tried to crank the old trap, but it just clicked. I tried again, combining my efforts with a plea. "Please God, I need my car!" Just as the motor turned over, I heard that dreadful sound, a swatch-type sound, like an old screen door dragging. My God! He knew I was going to try to get away. He knew, so he had unlocked the hatch back, ahead of time! He was in the back so fast; all I could do was bite my lip and jerk forward. "Stop the car, Lynn, and give me the money!" he yelled, as he swiftly crawled into the back seat. He lurched through the bucket seats so fast that my head literally seemed to spin, like the girl in the Exorcist. Grabbing the steering wheel, he yelled again, "Gimme the money, Lynn!" The Exorcist...I was sure that his voice changed. But tonight...no, not tonight. I kept driving, the car swerving across into the other the lane and back again as he, too, gripped the wheel. We came within inches of hitting a minivan. I saw head lights of an 18 wheeler that we also barely missed as we sped into the on-coming traffic. Hands pinned to the wheel, I was driving to my pastor's house, and no one was stopping me. That was the life I lived for most of my 16 years of marriage to a crack addict, one that was much different from my single days of the quiet, country, church girl. I had never touched drugs in my life. I smoked only one cigarette that nearly killed me. And here I was, 29 years old, married to a drug addict. I had so many similar stories to contend with, jumping fences to get my car back from the drug dealers, standing toe-to-toe and nose-to-nose

with dealers who threatened to kill me if I didn't leave them alone about getting my car back, knocks on the door in the middle of the night from thugs demanding money my husband owed them, stealing my own car back and driving backwards, trying to miss the flying bullets. You name it; I just about dealt with it. Many times over the years, I walked into my house to find that every piece of furniture and every appliance was gone—sold in exchange for drugs. I remember waking up one Christmas Day to find that my babies' gifts were gone, sold for drugs. Once, I frantically searched the streets of Tampa because my husband put our 6-year-old out of the car since it was "too dangerous to take him to the crack house," he said. This was before the days of cell phones. I don't even remember how I found my baby boy. I could go on and on, but the only thing that matters is that one day, I accepted the truth that I had to forgive if I expected to move on with my life. I have since come to grips with the truth, that my now ex-husband was a good person, who loved people. When he was straight, he would give away his last. When he was not, he would take another person's last. I literally saw him take his shirt off and give it away. Once he pulled off his watch and gave it away, and then took my watch and gave it away, too. He had a heart of gold, but in addiction, he was the devil. Still, I had to find a way to forgive. I owed it to myself, my children, and my God.

To order *God, Destiny, and a Glass of Wine*, paste the following into your browser: <https://www.amazon.com/Destiny-Glass-Linda-Mason-Crawford/dp/069211761X>.

Doris Miller Memorial Park

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

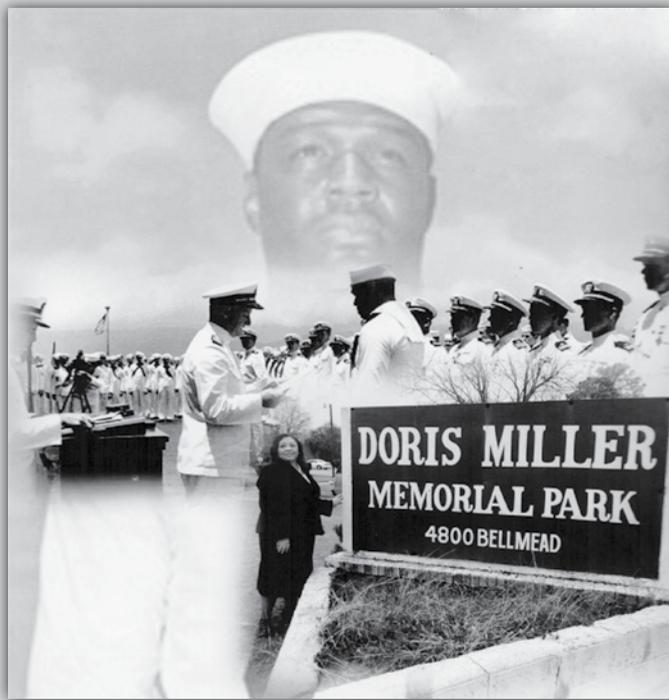
The Cemetery was established in 1949. The first burial was that of Doris Miller's father, Connery Miller. The Cemetery is named in honor of Doris Miller, the WWII hero. It has been under the present ownership since 2001.

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.

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WHITFIELD | Continued from page one

higher learning.

Whitfield's gifts, talents and skills always stand out. During her freshman year at North Texas, she earned the honor of not only being selected to the travel squad as well as the competition squad. She performed with the Dallas Cowboys Cheerleaders Christmas half-time show, at the New Mexico Bowl in Albuquerque, the Conference USA Basketball tournaments and at the NCA/NDA Nationals Com-

petition in Daytona Beach, Florida. Her team made school history in Daytona by advancing to finals and placing in the Div-1 Jazz Category for the very first time.

Whitfield conducted her first summer dance intensive in Waco for a local dance team and will conduct private-group intensives this summer. She is the daughter of Judge and Sherri Whitfield. For more information email ishinebrightest@gmail.com.

Church Directory

High Point Church



www.highpointchurchwaco.com

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The good, the bad and the ugly on mold

**SUBMITTED BY LINDA MCDONALD, ABR, CRS, GRI, PMN, SRS, TRLP
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LINDA MCDONALD

Mold removal can be tricky—and expensive if it requires a specialist. HGTV offers some advice about the cost of mold remediation for your home, and what steps to take.

The good news: If the area of infestation is small, you can typically take care of it yourself. A small investment in cleaning supplies is all it will cost. First, clean up the water and eliminate the source of excess moisture. It's important to remove mold with a biocide and disinfectant,

wear gloves, eye protection and a facemask. Then allow the affected area to dry.

The bad news: Remediation cost for larger areas of mold will be greater, but it will ensure further damage is not done. The cost of inspection by a specialist averages \$500 to \$6,000—depending on the entire scope of the infestation. Remember to consider some type of protection from mold when purchasing insurance. If a problem should arise, your insurance will help offset at least part of the cost of mold removal.

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

rather than with bleach. Be sure to open windows and

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Walking in divine health and blessings, Part 4

BY RUBY MCCRAY

Continued from the June 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 3 articles, please go to: www.theanchornews.com, click Archives, then the year and finally the months.

Previous saints of God overcame the devil who stands before God's throne accusing them day and night. They overcame him by the blood of the Lamb and by the word of their testimony, (Revelation 12:10, 11).

Please allow me to share a testimony about my two children, Joel and Joyliet. I shared a portion of it a few years ago, but I'm sharing a bit more this time. However, there will neither be time nor space to tell it all because they are already very close to the half-century mark.

About four months after Joel was born, I noticed him laboriously breathing as he was sleeping in his crib. I had never seen anything like that in my life. Since my husband, his dad, had no answer, we decided to take him to his pediatrician. She

told us that it was asthma. We'd both heard of the word before but knew nothing about it. She treated him and gave us a prescription. He would do fine for awhile. Then it would return.

Fifteen months later, Joyliet was born and the same thing happened to her about the same time of her life, but this time, at least we knew what it was. We carried her to the pediatrician, and she told us the same thing.

Fast forwarding to school age, they both were still suffering from the periodical attacks. I remember when an attack came at night and there were no more pills in the bottle. I called my neighbor who also had children with asthma. She gave me a couple of her pills which sufficed until I went to the drugstore for a refill.

Those asthmatic attacks drove me to literally devouring my Bible. Every opportunity I had, I was searching the Scriptures. I remember a well-intentioned sister at the church came and sat by me to offer advice. She told me that a lot of people who study the Bible so much end up in a mental institution. I knew that she meant well; therefore, I was kind and thanked her for the concern.



EVANGELIST
RUBY MCCRAY

I knew in my heart that I was on to something, and I wasn't about to let it go. When I ran across Isaiah 26:3, I discovered that God would keep me in perfect peace even if I kept my mind on Him.

When we chase after God like a hungry lion chasing its prey, we'll catch Him every time (Jeremiah 29, 13; Matthew 5:6). My oldest sister who was living in New York at the time, told me about Kenneth Hagin, the founder of Rhema Bible College in Tulsa, Oklahoma, and sent me a 32-page booklet that he had written about his life, You Can Have What You Say. I can't tell

you how many times I read that booklet. As a matter of fact, I've purchased many copies and given them away. I still keep two copies, English and Spanish, in my purse along with two more of his booklets in English and Spanish, Words.

The children had less attacks as they got older, but doctors told us that they'd never outgrow the kind of asthma they had. Also, they were taking a medication that would supposedly stunt their growth. When they were toddlers, we got two recliners from my parents that they no longer needed, because the children had to sleep in an up-right position. They slept in the recliners, and I slept on the couch.

I prayed often to God to give me the asthma. I just knew that I could handle it so much better. One day as I was begging God to honor my request, I heard His voice say, "I have already taken it." Oh, my goodness! What did that mean? I continued to study the Bible, listen to Christian radio, and devour every article, magazine, pamphlet about healing that I could find. We had no Internet back in those days, so I couldn't Google anything.

The children missed sever-

al days of school each year because of asthma. One day Joel was lying on the couch, and out of the clear blue sky, he asked, "Momma, does heaven have windows?" I told him that I was sure that heaven has that and more. When I asked him why he asked, he said, "I just want to see that old devil burn!" He said that he didn't want to look out of the door because he may fall out. It's humorous now when we talk about those days, but it wasn't humorous then.

Please join me in August as I continue my children's testimony, and how God completely healed them.

All Scripture is taken from the New Living Bible unless otherwise stated. You may not believe me, but...just what if I'm right!

All Scripture is taken from the New Living Translation unless otherwise stated. Please join me in July as we continue this series, and try some of these tips! 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 or write to A City of Refuge Ministries, P. O. Box 2025, Waco, Texas 76703.

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Committing to man is a mistake

BY MATTHEW REED

As Christians we are supposed to be the head and not the tail, leading the world and not following. As a matter of fact, Jesus said "Follow me repeatedly."

Some people of the church are following everyone and everything except Jesus Christ. We oftentimes, embrace too many thoughts that are not God's. We have too many ways that are not God's. The problem is that we are not learned of Christ, so we are committing our hopes and our charge (the works we do for God) unto men. We have not taken the position Christ has taken: even though they spoke the right words he did not look to them (John 2:23). Now when he was in Jerusalem at the pass over, in the



PASTOR MATTHEW AND LADY HELEN REED

feast day, many believed in his name, when they saw the miracles which he did. 24 But Jesus did not commit himself unto them, because he knew all men, 25 And needed not that any should testify

of man: for he knew what was in man).

You see he knew under pressure they would fold like a two dollar suit. For example, Peter in Mark 14:68 denied knowing the Lord, saying, "I know not, neither understand I what thou sayest. And he went out into the porch; and the cock crew." Then there are those people the parents of the young man who was born blind. John 9:21 says, "But by what means he now seeth, we know not; or who hath opened his eyes, we know not: he is of age; ask him: he shall speak for himself. 22 These words spake his parents, because they feared the Jews: for the Jews had agreed already, that if any man did confess that he was Christ, he should be put out of the synagogue. "

The men that you are committing to will fail you in the work of God. Put your trust in the name of Jesus, in God Almighty and you will accomplish your works. I believe if you continue keep to pack water for President Trump, President Obama, the Democrats or Republicans, you are doomed to failure (miss heaven and wind up in hell). I am committed to God. That's it! I know human beings; I have now been one for 70 years. My dad used to say, "They lie like one dog and look like another."



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Yes, most insurance plans cover chiropractic care

(NewsUSA) - Sponsored News - Feel free to use your insurance card when seeing a doctor of chiropractic.

About 30 million Americans seek chiropractic care annually, and apparently not all of them realize their visits are now routinely covered by major medical plans, Medicare, workers' compensation, and even some Medicaid plans. Part of the increased availability is a result of measures like the Affordable Care Act and the embrace of chiropractic care at various government levels including military bases and Veterans Administration facilities.

How much of a game-changer would boosting awareness be? Well, consider this: The more than \$796 billion spent caring for musculoskeletal diseases in 2011 made it among the costliest health care expenditures, according to the latest available statistics. Meanwhile, the "chiropractic-first" approach many experts advocate -- avoiding traditional surgery and potentially addictive drugs, that is -- has been shown in numerous studies to be friendlier to both wallets and patients.

"Chiropractic care is documented to reduce costs per episode of care by up to 40 percent, while also yielding improved clinical outcomes and overall higher patient satisfaction," notes Sherry McAllister,



DR. SHAMONICA TRUNELL-MORGAN

DC, executive vice president of the not-for-profit Foundation for Chiropractic Progress.

Doctors of chiropractic, who have a minimum of seven years of higher education, practice a hands-on, drug-free approach to addressing neuro-musculoskeletal conditions, including back, neck and joint pain.

Although perhaps best known for performing spinal adjustments, doctors of chiropractic are also trained to provide nutritional, dietary and lifestyle counseling. Hillcrest Chiropractic in Waco, TX is a total wellness center. To make your appointment with Dr. Shamonica Trunell, call 254-754-4000.

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School choice: A lightbulb moment

(NewsUSA) - Most teachers will tell you that there is nothing more exciting than seeing the "lightbulb moment," when, suddenly, everything clicks and a student understands a new concept.

And most parents will tell you that seeing their children develop a "spark of inspiration" about a new subject, topic, or interest can be incredibly heartwarming and encouraging.

The idea of school choice combines the need for more "lightbulb moments" and "sparks of inspiration" in our country.

Simply put: school choice gives students the opportunity to attend schools that meet their learning styles and encourage their interests at the same time, making them more likely to be successful in school and in life.

During National School Choice Week (Jan. 20-26), we celebrate the importance of opportunity in education, raising awareness of all different types of schools that are available to American families.

We recognize that every child is unique, and that a one-size-fits-all approach to education doesn't properly serve students of all stripes, from all backgrounds, with every type of need, passion, and skillset.

One student might thrive in a traditional public school while another student might find her passion at a magnet school, a charter school, a private or parochial school, a virtual school, or through homeschooling.

School choice doesn't mean elevating one school, sector, or program above another. Instead, it is about matching

students with learning environments that meet their individual needs - and about providing the highest-quality education to the next generation.

If you are searching for a new or different school for your child - so that you can see more of those "lightbulb moments" and "sparks of inspiration" in your household - January is the time to start

your school search.

Many school and scholarship applications will be due soon, so it's a great opportunity to attend school open houses and fairs and find out what school is best for your child. In fact, more than 40,500 events and activities are planned during National School Choice Week, and you can learn more at www.schoolchoiceweek.com.

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