

# THE Anchor News

Serving the Central Texas Community  
*Celebrating 17 Years!*

FEBRUARY 2020  
Volume 17 • No. 5  
Free



## He turned a century!

BY RUBY MCCRAY

Olen Hamilton, better known as Uncle Olen, turned 100 on Thursday, December 26, 2019! His nieces, nephews and many of his friends honored him with a birthday celebration at the Bellmead Civic Center. He was crowned King with a beautiful golden crown, not only for a day, but for the rest of his life.

People came from everywhere! He had friends and relatives from as far away as the state of California and naturally from Waco, Dallas, Fort Worth, Georgetown, Austin, San Antonio, LaRue, Tyler and many other surrounding areas.

Since he's an avid domino player who has won several trophies, the celebration room had long rectangular tables decorated with white tablecloths with black and white checkered runners. In addition, there was a black and a white fluffy rounded tissue pom pom on each table, along with black and white intertwined crepe streamers horizontally swaged



OLEN HAMILTON

on the wall.

One of his great nieces made very detailed black and white centerpieces for each table. Each centerpiece was in a black square basket with a black band full of white pokey dots. On that band were two small hand-made rectangular shaped dominos with the black line perfectly centered to form two squares.

Inside the basket was a

large domino leaning against the three black and white dots or candy cane striped spindles. Two of the spindles were the same height with one being obviously taller. On top of each was a black cupcake wrapped in black and white striped crepe paper. On each cupcake were two small dominos. There was a small amount of silver garland under each cup to enhance it.

Those who were sitting in the chairs with the numbers underneath received the centerpieces at the end of the celebration.

There was plenty of food for everybody— party trays of fruits, cheeses, meats, sandwiches, crackers, veggies for salads. Uncle Olen's church members, domino buddies and other friends brought food.

We were entertained with music by Uncle Olen's great nephews. Riesel's own home-grown Joel McCray of J & B Music, Arlington, Texas, per-

See **HAMILTON** pg. 3

## New business, fresh start



LANA ALEXANDER AND STEPHANIE TOLBERT

Executive Directors Stephanie Tolbert and Lana Alexander are excited to announce the launch their business, Fluff Wash + Fold. Fluff Wash + Fold was established on December 12, 2019 after the owners completed Workshop in Business Opportunities (WIBO), an intensive 16-week entrepreneurship training program, offered by City Center Waco. Following Tolbert's and Alexander's graduation in December, Fluff Wash + Fold began their fresh start!

The business provides laundry pickup and delivery services for busy moms, college students, business professionals, nursing homes, hair salons barber shops, security companies, and others. The owners utilize top name brand of detergents, fabric softener and dryer sheets at

no extra charge. If a person has sensitive skin, have no worries! They also have products for those needs as well.

Fluff Wash + Fold will come to any location within a 25 miles radius from downtown Waco. They will pick up items, wash, fold or put them on hangers, and return them. Orders received before 2 p.m. will be returned the same day. For orders and more information, please call 254-661-7611.

Fluff Wash + Fold's ribbon cutting was hosted by the Cen-Tex African American Chamber of Commerce on Thursday, February 13th at Shepherd's Heart, located at 1401 N 34th St, Waco, TX.

FLUFF WASH + FOLD "Where your items will be white as snow and bright as the rainbow!"

from his goal of reaching Eagle status.

Next month, Jones will provide leadership in the construction of a memorial prayer garden at his local church. The prayer garden will serve as Jones's Eagle Scout proj-

ect. He hopes the prayer garden will provide a tranquil and serene environment where church and community members can pray and meditate.

See **JONES** pg. 7

## Local Eagle Scout starts prayer garden

Eagle Scout candidate Andrew Jones is a junior at Waco High School. He began his scouting journey eleven years ago as a second grader at Crestview Elementary School. As a scout in Pack 403, Jones earned the Arrow of Light designation. Currently, Jones is a Life Scout in Troop 453. He is an active member of Second Missionary Baptist Church.

As a Life Scout, Jones has served in various leadership roles. Presently, he serves as the troop Scribe. Other leadership roles held include, Se-



ANDREW JONES

nior Patrol Leader, Patrol Leader, Assistant Patrol Leader, Quarter Master, Chaplain Aide and Librarian. Last summer through planned fund raisers and the generosity of his church family, Jones experienced Sea Base High Adventure in St. Croix.

Approximately 4% of scouts who begin scouting reach the highest rank of Eagle Scout. However, for Jones, as an African American youth, the percentage is even smaller at approximately 1%. Nevertheless, Jones has not let the percentages deter him





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.

# Ann Harder retires from 25 ABC KXXV

BY EMILY BAIRD  
CREATIVE SERVICES  
DIRECTOR

Award winning journalist Ann Harder will retire from 25 ABC KXXV in her 25th year at the television station. February 28th will be Ann's last day behind the desk where she has anchored since 1996.

"Ann has been a tremendous leader of the 25 News team and valued member of our community for decades. I am always amazed and impressed with her dedication to central Texas, loyalty to our viewers and love for everyone who she encounters. We are very proud of Ann and the legacy she is leaving." Said Adam Chase, 25 News General Manager.

"I am eternally grateful for the opportunity to serve our viewers. It's been my honor to be invited into their homes here in Central Texas. The privilege of bringing them news and information has been a tremendous joy in my life." Ann said. Throughout her years at 25, Ann

has earned many awards. Among her honors, Ann has been given the Junior League of Waco Eva Award for excellence in volunteering; she was named a Distinguished Alumni of the Waco Independent School District; and in 2005 was honored as the National Media Person of the Year for the Military Order of the Purple Heart.

Ann came to KXXV-TV in 1996 after years as an award-winning radio news broadcaster for WACO AM/FM. She began as primetime tv news co-anchor with Ray Peters for the 6 and 10 p.m. newscasts, then added the 5 p.m. newscast to her duties in 1999. Bruce Gietzen was her co-anchor for 13 years from 2003-2016. "I had the privilege to sit alongside Ann for 13 years at the KXXV anchor desk, and she is not only a rock-solid journalist but a wonderful friend and a huge asset to the community. Ann earned the respect of her peers in our newsroom and every newsroom in Central Texas, and she will



ANN HARDER

be missed." Bruce Gietzen said.

Ann currently anchors the 11 a.m. news and co-anchors 5 and 6 p.m. newscasts with Lindsay Liepman and Chief Meteorologist Matt Hines.

In 2017, Ann began hosting the station's lifestyle show, "Central Texas Living" until it ended in December of 2019. "While I'm retiring from daily news anchoring, I plan to continue telling the stories of interesting

Central Texans and happenings in the area on digital platforms." A noted vocalist, Ann sings for many civic and church groups throughout Central Texas. She has served on a number of local boards including WISD Ed Foundation and MCC Foundation and currently is on the Waco Symphony Board. She's served for many years as narrator for the Baylor Symphony Children's Concerts. Ann is married to Mike Harder and they have three sons, two daughters-in-law and three granddaughters: Adam and his wife Kendal and their daughter, Ruby; Joel, Donelle and their daughters Philece and Farrow; and Evan.

The city of Waco is planning a proclamation honoring Ann's contribution to the community during their February 18th city council meeting.

25 ABC plans to celebrate Ann's impact on the station and Central Texas on February 28th during the 6pm newscast.

## Create a Precious Moment for Mom This Mother's Day

(NewsUSA) - Mom. Just the mention of the word can spark memories of love, warmth and kindness. It's why a day has been designated just for her, honoring all that she's done. Trying to decipher what to give "the woman who has everything," however, can be

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

en in your life? Read on for some ideas on how to create a precious moment for mom on her special day. \* Give the gift of time. Anyone can take mom out for a nice meal -- the restaurant business counts on it. But a real treat might be to shoo her off for some alone

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

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

# THE Anchor News



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#### PURPOSE

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

#### POLICY

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

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#### 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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# Happy relationship day

BY MONA DUNKIN

Happy Relationship Day!

Only most people call it Valentine's Day. Valentine's is a nice tradition with lovely sentiments. and I'm certainly okay with that. My stance is that Valentine's Day - or at least TV and media ads - seem to isolate it to romantic love. And love is so much wider, deeper, higher, greater, funner and a bunch of other fulfilling descriptive words.

A Course if Miracles states that anything that draws love from you is of Divine origin. Which gives me pause when the neighborhood feral cat beats up on my kitten and I have equal compassion for the scruffy castaway.

Dr. William Glasser suggests that love and belonging is a basic genetic need of every living creature. And that all human misery, with the exception of abject poverty, living under tyranny and debilitating disease, is the result of unhappy relationships.

My definition of relationship is the ability to relate to and to relate with another, even if another is an other. As in other color, other class, other personality, other belief, other opinion. Since all eight-plus billion of us others are on this Planet-Earth Spaceship together, we might as well get along. After all, we are more alike than we are different.

I teach a class entitled "Getting Along With Difficult People, Whether You Know One or Are One". It can be quite humbling to recognize our contribution to a miserable, difficult relationship. I had a gentleman tell me, "After taking this class, I need to apologize to everyone I have ever met."

The bottom line is, we are all flawed and fabulous, which renders each difficult and wonderful.

A little compassion oils the get-along gear.

Even if you can't reason with the feral bully. (Cat that is) The disagreeable one is still one of us others. The disagreeable one still has infinite worth and value as a human being, created in God's image, a work of art with a Designer label.

Relating to and with an-



MONA DUNKIN

other is found in common ground as well as uncommon ground. Everyone has a story. Be open to sharing yours and listening to theirs. Ask relationship building questions; not to grill but to understand the sameness and differences. How monotone life would be if we all sang the same note. It's the cacophony that makes music.

Who do you love this relationship month? Make it easy on yourself by starting with you and expand out. Remember the holy instructions to "love yourself as your neighbor." That's a like-to-like descriptive statement; as you love you, you are freed to love others.

Regardless of any dark circumstances surrounding one's conception and upbringing, I suggest the union has a holiness to it. The office is untarnished. The child is innocent and came from the original system of divine love.

Whether the home produces benevolent leaders or malevolent dictators, all of us share in the propagation of love, light and darkness. The human condition is a complicated mix of good and not so good. Climbing to a higher plane is all 'Thanks Be to God'. Relationship Day is a good place to start.

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. Contact her at monadunkin@gmail.com, www.monadunkin.com, or call today at 254-749-6594.

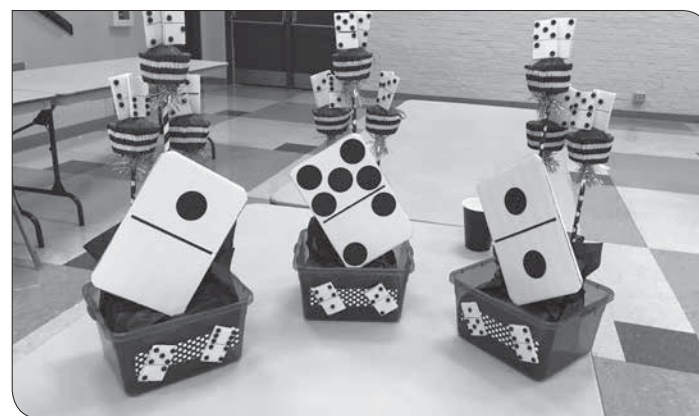
## HAMILTON

Continued from page one

formed on the keyboard. One of his other great nephews, Rodrick Sanford, of Austin, Texas performed with his mellow baritone voice singing "To God Be the Glory." I followed with "The Lord's Prayer" on Alto Saxophone. We both were accompanied by McCray on keys. Later, when one of Uncle Olen's buddies requested "When the Saints Go Marching In," I was honored to play it on the harmonica.

Uncle Olen received many gifts, greeting cards, hugs, kisses and well wishes. One of his best buddies, Ernest Dietrich, has a friend, Doug Mathtys, who has met Uncle Olen on several occasions. By his being a young Veteran and knowing that Uncle Olen is a World War II Veteran, he shared the Veterans' aspect of the celebration. Uncle Olen received several special awards—a certificate of congratulations from our State Representative Doc Anderson, a Texas Flag from the Texas House of Representative, a certificate from our Governor of Texas, Greg Abbott, a United States Flag and a letter from Senator Brian Birdwell and a certificate and a Lifetime Membership card from the Veterans of Foreign Wars anywhere in the United States.

Mathtys gifted Uncle Olen with 12 coasters from an eating establishment stamped with the year "1919." He was also instrumental in getting Gordon Collier of Channel 10 to come out and take footage of the celebration which aired that evening. He arranged for Douglas Nissan, Waco, to provide a complimentary vehicle which went to Uncle Olen's home to chauffeur him to the



THE DOMINO CENTERPIECES

celebration. The car remained there to chauffeur him back home. The automobile was driven by Sam Cryan, a Vietnam Veteran.

Uncle Olen will never for-

get his special day. Many of the guests said that this was their first 100th Birthday celebration. I'm the only one out of us six siblings who has ever attended one.

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## 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 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 franti-



LINDA MASON CRAWFORD

cally 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 addition, 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>.

## Choosing schools - all kids learn differently

(NewsUSA) - Later this month, the nation's largest-ever celebration of educational opportunity will kick off. During National School Choice Week (Jan 26-Feb 1), 50,000 events and activities around the nation will raise awareness about K-12 education choices.

The real impact of school choice is what gives the Week such energy. A learning environment can change a life, sometimes unexpectedly. Remember the Dr. Seuss story featuring a character who, until he actually tries it, insists a dish of green eggs and ham is not for him? As President of National School Choice Week, I have the joy each month of hearing students, parents, and educators around the country share their own "green eggs and ham" moments.

A teacher who was ready to leave the education field - un-

til she overcame her skepticism about teaching in a virtual school. A mom who never dreamed she'd homeschool - until her son's medical needs led her to discover its benefits. A student who felt out of place in his previous school, but is now happy and thriving in a different traditional public school.

That's the power of school choice. All children learn differently and families' needs vary. In the midst of healthy differences and human change, choice empowers families to access the learning environments that work for them now.

School choice recognizes that parents are best positioned to know their child's passion for botany, reading struggles, or penchant for drawing quirky cartoons. And those same parents are best qualified to choose their chil-

dren's learning environments.

National School Choice Week celebrates traditional public, public charter, magnet, private, online, and home education. We celebrate and support families, too, whichever type of school they choose. That's because when families and schools bring their gifts together, students succeed.

All children deserve to close their school books at the end of each week inspired and equipped to give back. So, if you love your school, celebrate it during School Choice Week! If you're searching for a school, be willing to try something new to find the right fit. You might have a green-eggs-and-ham moment, when your child's frustration with learning turns into an excited "I do love it!"

For more information, visit [schoolchoiceweek.com](http://schoolchoiceweek.com).

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**Wanda B.  
Gunter**

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

# Five quick and delicious smoothie recipes...

## Almond and Apple Cinnamon Smoothie

### INGREDIENTS

- 1/4 teaspoon cinnamon - plus more for garnish
- 1 sweet apple - cored (I like Fuji) with skin left on if you've got a powerful blender
- Half of a ripe banana
- 1 teaspoon honey; preferably raw
- 2/3 – 3/4 cup Almond Breeze Unsweetened Vanilla (or for extra creaminess use Almond Breeze Unsweetened Almondmilk Cashewmilk Blend Vanilla)
- 1 tablespoon creamy roasted almond butter
- 1 ice cube

- 1/2 teaspoon chia seeds

### DIRECTIONS

Combine the cinnamon, apple, banana, honey, 2/3 cup almond milk, and almond butter in a high-powered blender. Blend, starting on low and moving to high, for 2 minutes, or until all the grit of the apple is smooth.

Add the ice cube and the chia and blend again. Add a little more of the almond milk if you like your smoothie on the milky side. Serve, sprinkled with cinnamon.

*Featured In: Food Blogger*

*Courtesy of: Big Girls Small Kitchen*

## Good Morning Smoothie with Coconut Almond Milk

### INGREDIENTS

- 2 cups Almond Breeze Coconut Original
- 2 frozen bananas; peeled and chopped
- 1/4 cup orange juice
- 1 teaspoon ground turmeric
- 1/2 cup mango; chopped
- 1/2 cup carrot; chopped

### DIRECTIONS

Pop the ingredients in a blender, and go from mix to liquify in steps. Let it blend on liquify (or the highest setting) for 30 seconds. The trick to this smoothie is REALLY blending it. Taste and add more almond/coconut milk if you like a thinner consistency.

### NOTES

For an extra cold smoothie, pour a cup of the almond coconut milk into an ice cube tray to make ice cubes. This way, your smoothie will be ice cold, without watering it down. Just add the ice cubes and a cup of almond coconut milk instead of 2 cups of almond coconut milk when you blend everything together.

## Carrot and Orange Smoothie

### INGREDIENTS

- 4 ounces fresh or cooked carrots
- 3 medium sized orange peels removed
- ¾ cup Almond Breeze Original (or for extra creaminess use Almond Breeze Almondmilk Cashewmilk Blend Original)
- 1 tbsp unsweetened shredded coconut
- 1 tbsp natural sweetener

er like honey or maple syrup

- 1 cup of ice
- 1 ripe banana to make it taste a bit more tropical

### DIRECTIONS

Combine all ingredients in a powerful blender and blend till thick and creamy. Enjoy!

*Featured In: Food Blogger*

*Courtesy of: For The Love Of*

## Banana Bread Smoothie

### INGREDIENTS

- 2 bananas; peeled; sliced and frozen
- 1 cup Almond Breeze Original (or for extra creaminess use Blended with Real Bananas Almond Breeze Almondmilk)
- 1/2 cup old-fashioned oats (uncooked)
- 1/2 cup plain non-fat Greek yogurt
- 1 teaspoon vanilla extract
- 1/8 teaspoon ground cin-

namon

Pinch of ground nutmeg

Pinch of salt

1 teaspoon maple syrup; if you'd like a sweeter smoothie

### DIRECTIONS

Add all ingredients to a blender and pulse until smooth. Serve immediately.

*Featured In: Food Blogger*

*Courtesy of: Gimme Some Oven*

## Almond and Date Smoothie

### INGREDIENTS

- ¼ cup Dates; pitted and roughly chopped
- ½ cup Oats; can be quick or slow cooking
- 1 tsp Maca powder; preferably gelatinized
- ½ tsp Cinnamon
- 1/8 tsp Cayenne pepper
- 3 tbsp Almond butter
- ½ cup Almond Breeze Original (or for extra creaminess

use Almond Breeze Almondmilk Cashewmilk Blend Original)

- ½ cup shredded unsweetened coconut

- 1 whole ripe banana

- 1 cup ice

### DIRECTIONS

Place all ingredients in a powerful blender and blend until smooth.

*Featured In: Food Blogger*

*Courtesy of: For The Love Of*

# Move Over Meat - vegetables are taking center stage on your plate

(NewsUSA) - Historically, American dinner plates have featured meat as its mainstay/star, with vegetables as tepid, secondary supporting players. Now, the balance of power on the plate is shifting as fresh, homegrown vegetables take center stage.

Recent "food trend" studies show that more people are making vegetables the main course of their meals. Although the interest in healthy eating extends to all age groups, millennials seem to be driving this healthful food trend. Data from the NPD Group suggests that people younger than 40 are eating 52 percent more fresh vegetables compared with young adults 10 years ago, and that preference is likely to continue as they age.

In support of this trend, professional chefs, bloggers, restaurants and home cooks are embracing the flavors of a vast variety of vegetables, from common to exotic. Episodes of the popular "Iron Chef" television show fea-

ture vegetable-centric meals and a recent article in New York magazine noted, "Simply put, the once-meat-obsessed populace is realizing that vegetables actually taste good. Especially when fresh, in season, and carefully prepared."

You'll see that many restaurants now offer vegetable-based entrees that have inspired home cooks to explore the healthy and delicious potential of making fresh vegetables a main course.

Some reasons driving the shift in popularity of vegetables over meat include:

- Vine-Ripened, great taste. Homegrown vegetables have a home field advantage when it comes to flavor because they stay on the vine to fully ripen and are harvested just before eating. Store bought veggies are often harvested before they're fully ripe, so they don't spoil on the journey to the store. Once picked from the vine, sugars begin to turn to starch-and that homegrown sweetness dissi-

pates.

- Good health. Everyone knows that vegetables are good for you, but research backs it up. In a study of over 130,000, in the Journal of American Medical Association Internal Medicine, consumption of plant protein is associated with longer life compared with animal protein consumption.

- Good stewardship. Eating more vegetables and less meat can have a positive effect on the environment. Data from the University of Oxford, England, suggests that eating more vegetables could have a greater impact on reducing one's carbon footprint than giving up a car!

As vegetables grow in popularity and push meat from the center of the plate, more people are interested not only in eating more vegetables, but eating locally grown vegetables - hey, what's more local than growing your own veggies at home? Growing vegetables at home is convenient, sat-

isfying, a money-saver in the produce aisle, and they'll taste better, too!

Fortunately for the home gardener, professional growers make it easy to grow nutritious and delicious vegetables at home. Bonnie Plants, for example, is a greenhouse grower offering more than 250 varieties of vegetable, herb, and fruit plants, ranging from traditional favorites to new and different choices. Some easy-to-grow options for your veggie main course include hearty tomatoes, peppers, eggplant, and zucchini.

Bonnie Plants operates more than 70 greenhouse facilities in 48 states and trucks fresh plants from greenhouses to retailers near you, so they're ready for planting upon purchase, and you'll harvest six weeks sooner than if you grow from seed. Plus, the plants are grown a truck-ride away from the retailers that sell them. Don't worry if you have little outdoor space, patio-ready caged varieties and

combo pots are available as great options for small spaces.

Curious home gardeners interested in healthy eating can enjoy experimenting with vegetables to replace meat. For a new take on burgers, try substituting squash. Veggie burgers, like their meat-based counterparts, can be made in advance, frozen in patties, and pulled out for easy reheating as a healthy burger choice on a busy night. Try putting a new spin on salad, substituting Swiss chard for a fresh, peppery taste in lieu of such standbys as lettuce, spinach, and arugula.

Time to season your home-grown veggies? Bonnie Plants also offers herb plants, so fresh seasoning is only a snip away with a quick trip to your garden plot or pot.

Visit [bonnieplants.com](http://bonnieplants.com) for more information on varieties along with planting tips, tending, troubleshooting, harvesting, and a plethora of delicious recipes to try!



# Knowing if it's alzheimer's or just typical age-related changes

(NewsUSA) - Maybe your mom forgot where she parked her car. Or maybe you had to resort to describing "the thing that gets the creases out of clothes" to a salesperson because you couldn't remember the word "iron."

In either case, part of you may have been worried it could be ... Alzheimer's disease. With good reason.

Every 65 seconds, someone in the U.S. joins the more than 5 million Americans now living with this fatal brain disease, which slowly destroys mem-

ory and thinking skills before ultimately making even a simple thing like swallowing impossible. And with no current cure, it's no wonder a recent poll found that no other life-threatening condition - not cancer, not strokes - instills more fear among those 65 and older.

"One in three seniors dies with Alzheimer's or another dementia," says a spokesperson for the association. "But it isn't just a disease of old age. Approximately 200,000 Americans under age 65 have young-

er-onset Alzheimer's disease."

To help raise awareness and critical funds for care, support and research, the Alzheimer's Association Walk to End Alzheimer's will be held through November in more than 600 communities nationwide. It's the largest event of its kind, and the financial services firm Edward Jones has committed to raising \$12 million over five years as its national presenting sponsor.

"This is about empathy," says the firm's Ken Cella. "And not just for the estimated



**DR. SHAMONICA  
TRUNELL-MORGAN**

150,000 Edward Jones clients suffering from Alzheimer's, or another dementia, and those upending their lives to care for them."

Given all the understandable fear surrounding the disease, it's important to distinguish between what may be early symptoms of Alzheimer's or another dementia and the typical age-related changes most everyone experiences now and then:

- \* Memory loss that disrupts daily life. One of the most common signs, especially in the early stage, is forgetting recently learned information. (A typical age-related change: Sometimes forgetting appointments or names, but remembering them later.)

- \* Difficulty completing familiar tasks. They may have trouble driving to a familiar location or remembering the rules of a favorite game. (A typical age-related change: Occasionally needing help re-

cording a TV show.)

- \* Trouble understanding visual images and spatial relationships. Vision problems can be a symptom for some. That may lead to difficulty with balance or trouble reading, and they may also have problems judging distance and determining color or contrast that cause issues with driving. (A typical age-related change: Vision changes related to cataracts.)

- \* Misplacing things and losing the ability to retrace steps. They may put things in unusual places - and even accuse others of stealing, especially as the disease progresses. (A typical age-related change: Occasionally misplacing things and retracing steps to find them.)

- \* Withdrawal from work or social activities. They may experience changes in the ability to hold or follow a conversation, which can cause them to withdraw from hobbies, social activities or other engagements. (A typical age-related change: Sometimes feeling uninterested in family or social obligations.)

- \* Changes in mood and personality. They can become confused, suspicious, depressed, fearful or anxious. They may also be easily upset at home, with friends, or when out of their comfort zone. (A typical age-related change: Developing very specific ways of doing things and becoming irritable when a routine is disrupted.)

If you notice one or more signs, the Alzheimer's Association advises consulting a doctor. For more info, visit [alz.org/10signs](http://alz.org/10signs).



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## JONES

Continued from page one

Jones wishes to thank corporate sponsors HEB, Bill Haddox Insurance, Phipps Memorial Monuments, and 1st National Bank of Waco, in addition to his family and church family for their generous investment in him.

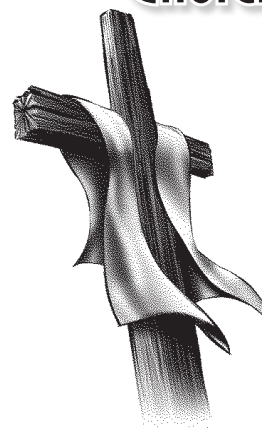
The prayer garden will be dedicated in memory of Jones's paternal great-grandparents, Frank and Evelyn Jones and his maternal great-grandparents Lee and Victoria Jefferson. Onward to Eagle!

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## Find the perfect engagement ring this Valentine's Day

(NewsUSA) - Preparing to pop the question this Valentine's Day, but unsure how to choose the right engagement ring? Read on for all the tools you need to make the perfect pick!

While choosing an engagement ring can be exciting, the variety of settings, precious metals, and diamonds can be overwhelming. However, the following tips will help you in finding the ideal diamond engagement ring.

### SET YOUR PRICE LIMIT.

Before you start shopping, know how much you want to spend. There is no right or wrong amount to put toward a ring, and many beautiful stones and styles are available to suit any budget. It's important to note that lab-grown diamonds can be up to 40 percent less expensive than mined stones.

### LEARN THE "4 C'S" OF DIAMONDS

These are: cut, color, clarity, and carat. Here's the translation:

**Cut:** The cut of a diamond is the most important factor in determining its fire, brilliance, and sparkle.

**Color:** Not all diamonds are clear; some have varying tints of yellow.

**Clarity:** A measure of the

number of flaws or inclusions in the stone.

**Carat:** A measure of the weight of the diamond. However, more weight also indicates a bigger size.

### CONSIDER SHAPE

The common diamond shapes used in engagement rings are round, cushion, pear, oval, princess, radiant, and emerald.

Each of these shapes has its fans and distinctive features. For example, a round diamond is the classic engagement ring style, but the larger facets of a cushion style can enhance brilliance, and the elongated emerald cut presents a bold look that can make a diamond appear larger than its carat weight.

### CHOOSE A SETTING

Deciding the right setting or diamond shape for your stone is a personal decision. Some people have specific ideas for a setting, and take more time on the stone, or vice versa.

However, not all settings accommodate all shapes so it's important to prioritize one or the other if you are set on a particular shape or setting.

Typical engagement ring styles include the solitaire, a

simple band that showcases any diamond shape; halo, in which a central stone is surrounded by smaller diamonds; classic, which features a row of accent diamonds along the ring band; and vintage, which replicates design styles from different time periods.

### CONTEMPLATE YOUR CENTER STONE

When it comes to your center stone, there are a few different options to choose from. Although diamonds are the most popular, birthstones, moissanite, and cubic zirconia are also great budget-friendly options.

In regards to diamonds, there are two types to choose from: mined diamonds and lab-created diamonds.

While mined diamonds are extracted from the earth, lab-grown stones are guaranteed to be ethically sourced and, as mentioned above, up to 40 percent less expensive.

Both types are identical in terms of chemistry and physical appearance. However, interest in lab-created diamonds has surged in recent years as more couples are concerned with sustainability, as well as beauty and romance.



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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 you intend. Do you want a state law, rather than you, to decide who inherits your estate? Completing a will questionnaire is the first step to creating your will. You may now access the LegalShield will questionnaire directly through the



J.L. CRAWFORD

LegalShield app. You may download the LegalShield App for your iPhone or Android device. You may also call LegalShield Member Services or your provider firm to have a questionnaire mailed to you.

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

**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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## Health and Wellness Q & A

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

**Hi Jerry,**

I started the year off with a focus on eating healthy. I've done a pretty good job but I'm really struggling cutting out my soft drinks. I stopped drinking them for the first few days of January but they have crept back into my daily routine. I'm back to drinking 3-4 a day. I know they have a lot of sugar but I just can't seem to find a solution that works for me.

**Please help, Sasha P.**

**Hi Sasha**

Sodas are a big problem for many people when it comes to overall health. But it's not just sodas that can be a problem drink which is one of the reasons why they are such a hard habit to drop.

As research has shown, regular sodas have very high levels of sugar while diet sodas may have reduced levels of sugar, they have sweeteners that still do harm to the



**JERRY SNIDER**

human body. All processed sugar (which is what is in most sodas) and both natural and artificial sweeteners act in the body as free radicals. This basically means they float around wreaking havoc on your cells. They interfere with the proper function of the cell.

So if they are bad why are they so hard to stop drinking? It's usually because most people replace sodas with another high sugar content drink. We all know that fruits are good for your body. The

immediate replacement for sodas is often a fruit drink such as lemonade, orange juice, or apple juice. Be cautious about fruit juice as many have added sugar in them. This added sugar can sometimes bring the sugar amount to a higher level than some sodas. Now you've traded one problem for another. Make sure to read the label and look for fresh squeezed, no sugar added on the fruit juices you drink.

If you are attempting to cut back on sodas because of the sugar content (which is a great goal) make sure to increase your water intake. Water not only hydrates your body but in doing so it helps flush the free radicals out of your system. Your cells will reward you by working more efficiently. Yes, it may take a few weeks of heavy discipline to break the soda habit. Maintaining a no soda life becomes easier with each passing day - if you are hydrating well with water.

Other drinks like unsweetened tea, black coffee, vegetable juice, and flavored water can all be beneficial in

ways provided you are careful about the amount of sugar or sweeteners in them.

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.

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## Sorting through the research on Aspirin

(NewsUSA) - Sponsored News - When you think of over-the-counter (OTC) medicines, it would be hard not to think of aspirin: one of the most common, useful, safe, and effective OTC medicines in the world. But there has been a flurry of media coverage recently regarding aspirin, particularly concerning whether people should continue taking it for cardiovascular benefits. These news reports were the result of an updated 2019 primary prevention guidelines issued by the American College of Cardiology (ACC) and the American Heart Association (AHA). Unfortunately, some of the media coverage has potentially created confusion for Americans who are taking aspirin.

First, as a cardiovascular physician I want to reinforce that no one should stop or alter their aspirin regimen before speaking with their doctor or health care provider. And second, I will help sort through the news and the research on this topic.

There are two main categories of patients who take a daily low-dose aspirin for cardiovascular (CV) event prevention: patients who have not yet had serious cardiovascular problems but may be at risk of having these problems AND patients who have already experienced serious cardiovascular problems like a heart attack or clot-related stroke. What the updated guidelines tell us is that certain individuals in the first category (have not yet had an event, often called primary prevention) may not need to continue taking aspirin due to the increased risks of bleeding outweighing the car-

dio-protection benefit. Whether or not you are one of these individuals in this category depends on your own personal risk factors, which is why it is important to consult your doctor who can help you understand the benefits and risks and what is best for your health.

For people in the secondary category - those who have already experienced a cardiovascular event - aspirin can be a lifesaver. Not only is it proven to help prevent another heart attack or clot-related stroke, aspirin is also one of the most extensively studied drugs in history. This is why aspirin remains the cornerstone preventative therapy for secondary prevention. In the United States, aspirin's professional label is approved for secondary prevention of a CV event.

Some of the media coverage around the new guidance was not clear on this crucial distinction. For those who have already experienced a heart attack, or clot-related stroke there is evidence that discontinuing an aspirin regimen without a doctor's guidance can increase the risk of another heart attack by 63 percent and a clot-related stroke due to a blood clot by 40 percent.

Cardiovascular disease is the number one cause of death in the United States, affecting more than 92 million American adults and causing about 2,200 deaths per day. That's one life every forty seconds. Each year 790,000 Americans alone will suffer from a heart attack, while another 795,000 will have a stroke.

Many factors can contribute to a person's risk of cardio-

vascular disease, including high blood pressure, high cholesterol and smoking - and almost half of Americans (47 percent) have at least one of these risk factors.

Clinical studies and cardiovascular professional guidelines have continued to support the lifesaving benefits of aspirin. Studies have found that an aspirin regimen under the direction of a doctor can help reduce the chances of a second heart attack by 31 percent and a second clot-related stroke by 22 percent.

Importantly, even though aspirin is the gold standard of preventative therapy for those who have experienced a heart attack, clot-related stroke, chronic stable and unstable angina, a stent placement (PCI) or open heart surgery (CABG), it may not be for everyone. Anyone who has questions about starting or continuing an aspirin regimen should talk to their doctor.

Aspirin is not appropriate for everyone, so patients should talk to their doctor before they begin an aspirin regimen. For more information on safe and responsible use of OTC medicines, visit [www.KnowYourOTCs.org](http://www.KnowYourOTCs.org).

*Disclosure: Dr. Gurbel is compensated by Bayer to advise on cardiovascular health issues.*

*Dr. Gurbel is the Director of Cardiovascular Research at Sinai Hospital of Baltimore, MD and Director of the Sinai Center for Thrombosis Research and Drug Development. He is also Professor of Medicine at Johns Hopkins University School of Medicine and Adjunct Professor of Medicine at Duke University School of Medicine.*

## Over-the-counter products can help smokers quit

(NewsUSA) - Quit smoking.

Easy to say, but hard to do, as many smokers can confirm. Encouraging smokers to quit saves billions in health care costs, promotes longer, healthier lives, and restores lost productivity, according to the Consumer Healthcare Products Association (CHPA).

Quitting smoking is a challenge, but today the widespread availability of many over-the-counter (OTC) nicotine replacement therapy (NRT) products can make a huge difference in helping smokers quit.

CHPA estimates that quitting smoking with OTC NRT products could save \$1.3 billion per year in direct medical care costs in the United States.

In addition, data suggest that former smokers are worth an increase in productivity of approximately \$1,300 to \$1,800 per employee per year compared with current smokers.

Of course, the health benefits of quitting smoking are as significant as the financial ones.

According to the Centers for Disease Control and Prevention, smokers who quit may reduce their risk of health problems including lung and other cancers, heart disease, stroke, respiratory problems, and vascular disease, while their lung function and circulation can improve by as much as 30 percent.

In a recent study, CHPA analyzed nine categories of OTC medications, including those for smoking-cessation. Although smoking cessation products were a smaller part of overall OTC savings than other categories, including allergy medications, cold and flu products, and gastrointestinal products, the data suggests that approximately 1.8 million smokers would not seek help if OTC products were not available.

"In a scenario where OTC medicines are not available in the marketplace, a patient would have to visit a physician to get treatment or diagnosed during normal working hours, causing them to miss work," according to CHPA.

The main types of OTC NRT products available in the United States include nicotine gum, nicotine patches, and nicotine lozenges. These FDA-approved products are available in a range of dosages, and they are designed to help reduce the nicotine cravings and withdrawal symptoms that come with quitting smoking. NRT products can be purchased in most pharmacies, and pharmacists can answer questions and help individuals choose which option may work best for them.

For more information about how OTC medications make a difference in smoking cessation and other areas of health, visit [overthecountervalue.org](http://overthecountervalue.org).

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

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

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# Applications for the Heart O' Texas Fair & Rodeo Scholarship Program now available online

Waco, TX (February 5, 2020) – The Heart O' Texas Fair & Rodeo presented by H-E-B is now accepting applications for their scholarship program. Applications are available from a local high school counselor or online at [hotfair.com](http://hotfair.com) and [ExtracoEventsCenter.com](http://ExtracoEventsCenter.com) and must be postmarked on or before Friday, March 13, 2020.

The scholarship program began in 1995 awarding scholarships with a total value of \$1,700 to the youth of Waco. Over the years, the number of scholarships has greatly increased and last year a total of \$153,000 in academic scholarships were awarded to 48 Central Texas students. To date, more than \$3 million overall has been committed. The Schol-

arship Committee strives to provide financial assistance to students who have proven academic and leadership abilities, good citizenship and financial needs.

Applicants are evaluated on leadership, citizenship, neatness of application, financial need and academic performance. Each applicant must provide a sealed official high school transcript, recommendation letter from their principal or counselor, two letters of recommendation from non-family members and a one-page essay.

"Education is the biggest part of our fair's mission, and we created this program to support our youth

with big dreams for the future," stated Wes Allison, President/CEO of the Extraco Events Center and the Heart O' Texas Fair & Rodeo. "When fairgoers visit the Heart O' Texas Fair & Rodeo to enjoy fair-time foods, thrilling rides, live entertainment, and much more, they're supporting our mission to educate and empower Central Texas' youth."

Applications can be picked up from a local high school counselor, online at [hotfair.com](http://hotfair.com) or [ExtracoEventsCenter.com](http://ExtracoEventsCenter.com) or in the Heart O' Texas Fair & Rodeo Office at 4601 Bosque Boulevard. All applications must be postmarked to the Heart

O' Texas Fair & Rodeo on or before Friday, March 13.

The Extraco Events Center, home of the Heart O' Texas Fair & Rodeo, is the center of entertainment in Central Texas. Its mission is to produce events for education, entertainment and agricultural experiences while giving back through youth scholarships. The premier facilities host over 225 events with an attendance of 420,000 and a \$47 million economic impact annually. The 2020 Heart O' Texas Fair & Rodeo will be held October 8 – 18. For more information about the Extraco Events Center, visit [ExtracoEventsCenter.com](http://ExtracoEventsCenter.com).

## Church Directory

### High Point Church



[www.highpointchurchwaco.com](http://www.highpointchurchwaco.com)

**WEEKLY SERVICE**  
Every Sunday  
10:30 a.m.

*Children's Church  
Nursery*

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

### Temple of Christ Church

*Matthew Reed Ministries, Inc.*

**Sunday School:** 10 a.m.

**Worship:** 11:15 a.m.

**Evening:** 6:00 p.m.

**Monday Bible Study:** 7:00 p.m.

**Wednesday Prayer Worship:** 7:00 p.m.

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



### Temple of Deliverance Ministries



**Sunday Worship**

10:00 a.m.

**Tuesday Bible Study**

7:00 p.m.



1121 N. 18th St.  
Waco, TX 76707

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

## Doris Miller Memorial Park

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

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

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

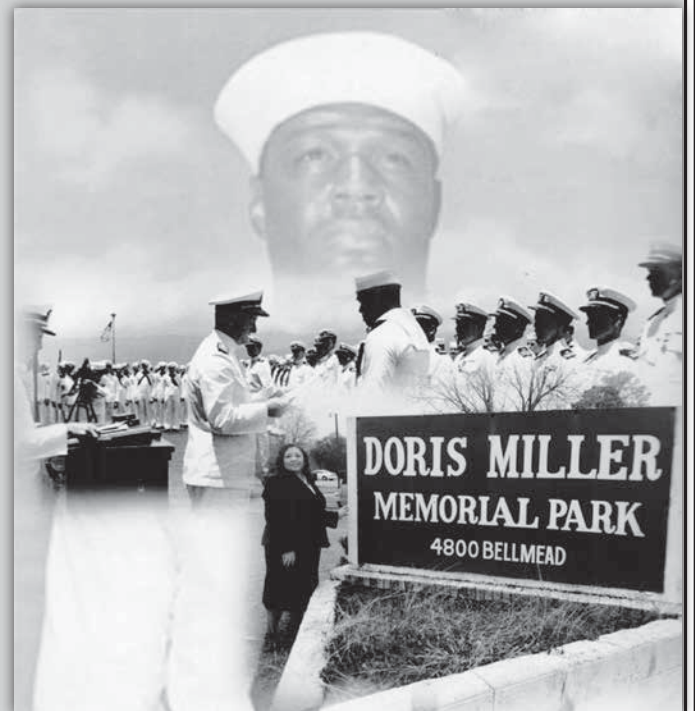
We have a full staff to serve your needs. Advantages of making pre-need burial arrangements include knowing that your loved ones will not have to deal with the burdensome details at a time of emotional crisis, and that your survivors will not be faced with a possible emergency cash shortage. The trained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

**DORIS MILLER MEMORIAL PARK, INC.**

P.O. Box 154276 | Waco, Texas 76715

Phone 254 799-5800 | (Fax) 254 799-0355

E-Mail: [dorismiller27@hotmail.com](mailto:dorismiller27@hotmail.com)





# Walking in divine health and blessings, Part 9

BY RUBY MCCRAY

*Continued from the December 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).

Well, what happened to me during the school holidays? Let's see! How many holidays did we have during a school year? We had Valentine's Day for sure; that was a very special celebration because we exchanged Valentine Cards. I don't remember celebrating St. Patrick's Day, but we celebrated Easter. The teachers hid eggs for us to hunt, and did we ever have a good time! Finally, we had Thanksgiving and Christmas!

On each one of those holidays, our amazing cook made hot chocolate and cookies. That coco was just too delicious and sweet! I always went back for seconds. Except for Valentine's Day, all our parties were on the last day of school leading up to those holidays.

Without fail, the following morning, I would be very ill. That happened for several years. My mom couldn't fig-

ure out the reason why I was always the only one getting sick, and not from a cold. Neither she nor I ever connected it to the holidays. I know that she always prayed for each one of us when we became ill. She also gave us plenty of her home remedies. Back during those days, we didn't have scheduled doctors' appointments like my children had. We had to be deathly ill before we were taken to a doctor.

One day my mom had an epiphany! She asked what did we eat at school? I named everything; then I told her that we had hot chocolate and cookies for our party. She knew without a shadow of doubt that the hot coco was cooked in an aluminum pot. She told me that she believed that I had received aluminum poison. Being a child, I connected any kind of poison with death. She had no trouble reminding me not to drink the hot chocolate at school. From that time onward, I never got sick after our school holiday parties. Although I knew how delicious the chocolate was, I had no desire to drink any; I only ate the cook-



EVANGELIST  
RUBY MCCRAY

ies.

If we really want to walk in divine health, we must be careful about the things we put into our bodies. Some people have a higher tolerance for certain things than others. Each one of my siblings, at least three, going to school at that time drank the same hot coco from the same pot, but I was the only one who would get sick. We must pay attention to our body, because it will alert us when something is not quite right.

I had grandchildren who were allergic to pineapple. They liked it, but they'd

have an allergic reaction to it. Those same grandchildren were very allergic to a fire ant sting. One of the children would break out in a very itching rash and begin to swell to the extent that her eyes would close. I have a great grandchild who is now allergic to pineapple. It appears that if a food is good for one human body, it should be good for all human bodies, but that's not the case.

On Saturday, January 4, a gentleman asked me how I managed to stay so young? I wondered how he knew my age. I had forgotten that I had to show my drivers license earlier. He really wanted to know. I told him that first and foremost, I try my best to live the Christian life daily—not just on Sundays. It's a lifestyle with promises. One of my favorites is Psalm 103:1-5, which says, "Bless the LORD, O my soul and all that is within me; bless His holy name! Bless the LORD, O my soul, and forget not all His benefits. Who forgives all your iniquities, who heals all your diseases, who redeems your life from destruction, who crowns you with lovingkindness and

tender mercies, who satisfies your mouth with good things, so that your youth is renewed like the eagle's."

"For the LORD God is a sun and shield; the LORD will give grace and glory; no good thing will He withhold from those who walk uprightly." Psalm 84:11. Health is a good thing; if I live holy, God promises that He'd give good health to me.

"My son, give attention to my words; incline your ear to my sayings. Do not let them depart from your eyes; keep them in the midst of your heart; for they are life to those who find them, and health to all their flesh." Proverbs 4:20-22. What is the Word of God? It is LIFE and HEALTH! That Hebrew word, "HEALTH" means "MEDICINE!"

Please join me in March 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 rubya-corm@yahoo.com or write to A City of Refuge Ministries, P. O. Box 2025, Waco, Texas 76703.*

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# Man has forsaken God

BY MATTHEW REED

2nd Peter 2:15 speaks of being forsaken the right way, and going astray, following the way of Balaam the son of Bosor, who loved the wages of unrighteousness; We left off raising our children in the way God instructed. He says in Proverbs 22:6 to "Train up a child in the way he should go and when he is old, he will not depart from it. Look at what we are experiencing now. We left off the teaching in 2nd Thessalonians 3:10, that if any would not work, neither should he eat, so now we have able bodied young people looking for a charity check. We left off judging righteous judgment. John 7:24 says Judge not according to the appearance, but judge righteous judgment.

We don't judge the cause of the poor. Jeremiah 22:15 says Shalt thou reign, because thou closest thyself in cedar? Did not thy father eat and drink, and do judgment and justice, and then it was well with him? 16 He judged the cause of the poor and needy; then it was well with him: was not this to know me, saith the LORD.

Look at our government in a shamble because men have forsaken (God) godly council, that we should reason together. They don't reason with one another in Washington or any other place or situation. In Isaiah 1:18, scripture says Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as

wool. There is nothing wrong with reasoning. In the Gospel of Matthew, Mark, Luke, they reasoned in themselves and with one another. Reasoning is the way of God.

Our politicians have forsaken the way of God and many Christians have been seduced by them and have forsaken the way of God also. Great reasoning that surpasses any other living thing is a blessing that God bestowed upon man that he made in his own Image. Having forsaken God and his way we stopped reasoning and are in no better shape than the animals that have limited reasoning powers.

I could go on and on about the many ways we have forsaken God. But the soberness of the matter is to point out the necessity of repentance and returning unto God, that



PASTOR MATTHEW AND LADY HELEN REED

he might return unto us. When we do this he will in the name of Jesus restore all things.

## Driver Safety: New Tips for Road Trips

(NewsUSA) - Sponsored News - For many, summer is about freedom on the open road. It's a carefree time, focused on fun, family and adventures.

What it's usually not is a time to realize that more time on the road can mean a higher risk of an accident. In the U.S. alone, there are 10 million car accidents every year.

This doesn't mean that your vacation can't be all fun and games-- it just takes some planning ahead.

When preparing for a road trip, many people make sure their vehicle is up to date on its maintenance check-up and they may know how to change a tire -- but being prepared for a road trip is much more than that.

Today's drivers must follow a few new tips for successful summer travel and consumer safety, according to Gold Class, which provides industry-recognized training to collision repair shop technicians that contributes to complete, safe and quality repairs.

### NEW ROAD TRIP PREPARATION TIPS

Solid preparation can mean more successful road trips. Here are a few tips

travelers should keep in mind, since the top contributors to vehicle collisions are distracted driving, speeding and drunk driving, and these risks only increase in summer due to more road traffic, construction and new teenage drivers.

\* Remember that distractions go beyond your phone. While much of today's in-vehicle technology is designed to help mitigate vehicle collisions, you have to know its limitations. Don't forget that the very technology helping keep you safe in your vehicle can also be a distraction: At any given moment, approximately 660,000 people are manipulating electronic devices or using cell phones while driving. Test technology features you don't typically use before you go, and learn how to best apply new vehicle technology at MyCarDoesWhat.org.

\* Don't just rely on technology. Be aware of dramatic speed shifts that might alert you to changing driving conditions ahead (such as a small town, school zone or dangerous curves). This is even more important when driving in unfamiliar terrain. While navigation systems, adaptive headlights that can



HENRY CHASE

"see" around curves and the latest curve speed warning technology can all help, reviewing a map in advance and paying attention to road signage and conditions along the way can be a big help.

\* If you're drinking, know ridesharing options. A drunk driving-related accident occurs every two minutes. Besides friends, consider ridesharing options like Uber and Lyft, which are available throughout the U.S. and even in places where public transportation isn't as popular. Simply download the apps and schedule your ride beforehand.

\* Make an educated deci-

sion: Getting into a car accident while traveling can introduce another layer of complexity. Having to make a rushed decision about where to repair your car only adds to a stressful situation. Do your research ahead of time on [www.GoldClass.com](http://www.GoldClass.com) to find shops that have technicians who have received updated, model- and auto-maker-specific training and the knowledge to properly fix your vehicle. You can find a Gold Class shop in two ways:

1. Identify shops along your route ahead of time.
2. Gain easy access to the Gold Class Locator by putting a bookmark on [www.GoldClass.com](http://www.GoldClass.com) -- but keep in mind that rural areas may not always have internet connectivity, so planning ahead is the safest way to travel.

### BE READY!

Don't play around with your safety: Add these tips from Gold Class to your summer travel preparation checklist to be an educated consumer for your peace of mind. Remember that technology has its place while you're driving, and that if you are involved in a collision, no matter where you are (home or away) the same

principles to find a trained collision repair shop apply, go to: [www.GoldClass.com](http://www.GoldClass.com). For questions, contact Henry Chase, 254-235-7620. Chase Insurance Group LLC, 512 N. Hewitt Drive, Hewitt TX 76643.

*We strive to find the best coverage for you at the lowest possible cost, but if you have questions about what you can do to decrease your premium, please call us at 254-235-7620 or drop by 512 Hewitt Drive in Hewitt, Texas.*

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