

# THE Anchor News

## Black History Issue

*Celebrating 18 Years!*

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Free



### — HISTORY MAKERS ON THE MOVE! —

#### If confirmed, Waco to appoint Victorian as Police Chief

BY DR. PEACHES HENRY

Less than a month after the United States celebrated the inauguration of the first African-American and East-Asian woman, Kamala Harris, as vice president, Wacoans celebrate the recommendation of the hiring of the first African-American woman as police chief, Dr. Sheryl Victorian. With extensive experience in law enforcement and administration, significant educational credentials, a proven track record in engaging the community, and innovative approaches to youth engagement, Victorian comes to the Waco Police Department from the Houston Police Department. "I am humbled to have been selected as Waco's first African-American female chief. It is my hope that my accomplishment inspires women and people of color to dream BIG and walk in



DR. SHERYL VICTORIAN

their destiny!" Victorian said about her appointment.

The Waco community wholeheartedly welcomes the recommendation of Victorian's appointment. "The selection of our new Waco Police Chief, Dr. Sheryl Victorian, is a great celebration for Black His-

tory Month 2021," proclaimed National Sorority of Phi Delta Kappa, Gamma Upsilon, chapter president Jocelyn Pierce. "I'm very excited to hear about the selection of Sheryl Victorian as final candidate for Waco Police Chief," stated Amber Bernard, local attorney and chairwoman of the Waco NAACP's Criminal Justice Committee. The board of the Community Race Relations Coalition said, "We are thrilled to welcome Dr. Sheryl Victorian as our new police chief, whose superior education, outstanding experience and exceptional character and manner will serve our Waco community very well." Cuevas Peacock, Assistant Director of Community Relations-Cultural Wealth in Baylor University's External Affairs Office, declared that "Dr.

See **CHIEF**, pg. 4

#### Happy Council

BY DAVID GARCIA,  
MIDWAY HIGH SCHOOL  
JOURNALISM STUDENT

Ebony Stewart, a counselor at Midway High School, joined the MHS family in August of 2017. Stewart enjoys working for MISD for a number of reasons.

"I enjoy the strong sense of community, pride, and focus on excellence," she said.

Before joining the MHS family, Stewart was not far from home. In fact she was just a block away.

"I was the counselor for Greater Waco Advanced Academies in Waco ISD," Stewart said.

When Stewart came to work as a counselor she saw opportunities not just for herself but for students to prepare for college and career readiness. This is what Stewart would tell students about her job.

"It is a blessing and joy to guide and assist students as they progress towards their college and career goals," Stewart said.

Stewart, outside of work, enjoys being with family and friends.

"I am a family-oriented person," she said.

Stewart has enjoyed traveling ever since her father was in the Army.

"We traveled to places like Hawaii and Germany," she said.

If Stewart had to choose a song to describe work it



EBONY STEWART

would be "Good Morning" by Mandisa.

"The song describes my career as a counselor because despite some of the difficulties I may face in guiding students, it is important to me to remember that each day is a new day," she said. "Each morning presents another opportunity to make it a good day."

Not only does Stewart have a positive attitude toward her everyday job, but she continues to find happiness outside of work which is why she chose "Happy" by Pharrell as a song to describe her everyday life.

"This song describes me in general because of its upbeat and positive nature."

Stewart, a graduate of Temple High School, received her Bachelor of Science in education from

See **STEWART**, pg. 5

#### Atención!

BY CALLIE KIRCHHOFER,  
MIDWAY HIGH SCHOOL  
JOURNALISM STUDENT

Ivette Torres has been an educator for 17 years. She is currently a Spanish language teacher at Midway High School.

"All my students are very smart, and they are very important to me," she said. "My students are one of the main reasons I love my job. They are hardworking, smart and fun."

Torres added she is passionate about the subject she teaches.



IVETTE TORRES

"I love to teach Spanish, especially AP Spanish," she said. "[Learning AP Spanish literature and culture] helps you see the world through a different lens and expand your mind."

Torres has also taught chemistry in Waco ISD. She studied at the University of Puerto Rico in Rio Piedras near San Juan, the capital of the island. "Almost every Thursday, my friends and I used to go to Old San Juan to walk through

See **TORRES**, pg. 15



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 NOTE FROM THE EDITOR...

This is a good day, "the day that the Lord has made." No matter what the situation is, even in a pandemic, more than likely, it is not a bad day, not if you write your blessings on one side of the paper and the "NOT SO GOOD" things on the other side.

## Black history message from Pastor Philemon Brown

BY W.B. GUNTER AND PHILEMON BROWN

Black History Month, also referred to as African American History Month is a time for reflecting, honoring lives, accomplishments and hopes of African Americans who built, opened doors, and changed the nation. It is US history. It's a history that revisits triumphs, sacrifices, migration, hope, progress, economics, politics, and is part of America's history. More than milestones and timelines, the historical work took place long before the glory. There is something honorable, valuable, and hopeful in the struggle that must be acknowledged.

Unresolved issues of yesterday continue to plague lives. What was done under the cover of darkness, even in broad daylight is more visible than ever. So how do we reconcile the past we once knew with what we now see in the age of Black Lives Matter; during an age when one voice, speaks volumes to many?

Each year, Pastor Philemon Brown engages the Cen-



PHILEMON BROWN

tral Texas community in conversations and programs during Black History Month and throughout the year. The conversations include data based research, dialog and analysis of where we are as community, and the implementation of solid plans for improvements. By teaming with others who offer time and service, significant changes have taken place in ways that secure better futures for all. Every conversation must begin with an assessment by answering a few questions. Pastor Brown begins this year's conversation for the Anchor News:

"How is Black History Valued?"

The Red Summer of 2020 provided gruesome reminders that Black Lives do not matter to a large segment of the police and the American justice system. These events led to worldwide protest that pushed for the acceptance and value of Black Lives. The Black Lives Matter movement has been nominated for the Nobel Peace

Prize. Peter Eide, a member of the Norwegian Parliament made the nomination, and he is being bombarded with threats and hateful messages since he nominated the Black Lives Matter movement for the Nobel Peace Prize.

There is a need to revisit Black History and its value to the community. Many within the Black community are not familiar with significant contributions African descendants have made to the global community. I hope February is the month that will inspire people to research and share Black History truths for the entire year. The fallout and resistance offered by the former president and current state legislators against the 1619 Project is the latest example of how some people are responding to truth about the contributions of Blacks to this country since 1619.

The questions we must ask ourselves is about the value of Black History and how can the information be delivered to the community. We can learn a lot from other cultures as it relates to the understanding of their history and culture through Saturday Schools. This system is highly valued and there is an expectation for children to participate. Given the devaluation of African and African American through the system of racism and white supremacy. The net effect of this is that many Blacks value and know more about European culture and many seem to be satisfied with this outcome. Dr. Cart-

er G. Woods informed us that we were miseducated and he modeled what it means to learn information and share it for the benefit of others. We cannot rely upon our public and private schools to teach African and African History. Malcolm said, "If you're not careful, the newspapers will have you hating the people who are being oppressed and loving the people who are doing the oppressing." This is clearly in effect for some within the Black community and it complicates the message about history. However, it can be addressed for the betterment of our community. Research supports this through the data that shows that children who know their heritage do better in school are more resilient. This has the potential to change outcomes in crime, education and all the other negative categories. We must revisit the value of African and African American History and develop a system that will inspire and empower African descendants."

As we continue to study the histories past and current, it is equally important that these histories are given the same level of validity as other historical facts. We must also consider how historical validity, geographic connections, instills a sense of pride in honoring our self-realization. To continue the discussion, and learn more about other presentations, please contact Pastor Philemon Brown at [Philemon@utexas.edu](mailto:Philemon@utexas.edu).

# THE Anchor News



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

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# Honoring our veterans: a different perspective

BY ROBERT RUSH, SR.

My brother, Frank, recently sent me a link to an article about the history making event of the navy. The article is entitled "A Military 1st: A Super carrier Is Named After An African American Sailor." He correctly thought I would particularly be interested as a retired sailor. He was more than correct.

The article goes on to explain that the event was particularly amazing because super carriers are normally named after U. S. presidents, not enlisted sailors and especially not enlisted 'Black' sailors. Well, you should be proud to know that according to the article, a super carrier now on the drawing boards will be christened the USS Doris Miller, after our own Doris Miller from Waco, Texas. That is an awesome honor.

Following is a link to the article. I found it to be intriguing reading, for many reasons. (<https://www.npr.org/2020/09/29/917816651/a-military-first-a-super-carrier-is-named-after-an-african-american-sailor>).

After reading the article, I thanked Frank and decided to expound on the story some, providing a brief historical update on Blacks in the navy since the days of the heroic actions of Doris Miller. I would like to share that with you.



ROBERT RUSH, SR.

As covered in the article, the heroic actions of Doris Miller in the heat of battle demonstrated to many that Blacks could do more in service to our country that just be messmen or stewards, who took care of naval officers by laying out their clothes, shining their shoes and serving their meals. That's almost all we were allowed to do at the time in 1941. Even touching the guns and firing them as Doris Miller did was against the regulations at that time. However, his actions caused many senior military and non-military leaders to rethink how Blacks were being used in the navy. The impact of what he had done started the navy to training Black sailors for other rates/jobs such as gunner's mate, radioman and radar operator. It even started them to think about the idea of having a Black naval offi-

cer.

Projecting the story a little forward in history; the navy decided to give the idea of making Black officers a try. First the navy experimented in 1944 by selecting 16 enlisted Blacks to be secluded and trained to become naval officers. This ultimately led to the Golden 13, first group of Black naval officers (12 commissioned officers and 1 Warrant Officer). Seems the navy just arbitrarily chose 13 of the 16 though all of them excelled and passed all of the tests. One claim was that by doing so, it kept the commissioning percentage in line with the other commissioning sources.

Later, in 1945, the esteemed Naval Academy admitted six Black into its halls as midshipmen, including Wesley Brown. The five men who came before Brown as Midshipmen were chased out of the academy altogether. (No reason was given in the source articles). So, Brown was the first to make it to graduation/commissioning in 1949. From there he forged a successful 25-year naval career, retiring as a Lieutenant Commander (O-4).

Fast forward again and the navy tried another experiment. They experimented with commissioning Black officers into the navy through a traditional HBCU. They tried this in 1968, choosing Prairie



DORIS MILLER

View A&M as that HBCU, out of three HBCUs that were being considered. That's how PV got it's NROTC unit, of which I (from Waco, TX) became an original member in 1968, my freshman year there.

To complete the unit, in addition to our freshman class, they allowed some upper-class army ROTC students to switch over to the NROTC. The first class of the PV NROTC graduated and received their commission in 1970. There were 13 of them. They chose to revive the moniker, the Golden 13. That class set records for performance during their time in service, yielding 6 or 7 O-6 and above officers (i.e., naval Captains and Admirals) out of that class. This was and remains today to be an unprec-

edented percentage for the whole navy's commissioning sources, including the Naval Academy.

My class graduated in 1972 as the first, full 4-year class from the historic unit. After 20 years of active service, I retired in 1992 as a Lieutenant Commander (O-4). We all celebrated the unit's history back in 2018 at the 50th Anniversary ceremony of the PV NROTC unit. Johnitha and Rashaad supported me by attending the event with me. They got the opportunity to see and hear about the proud history of our unit. They also got to meet my best friend from my active days in the navy, CWO4 Dean Johnson, who has since gone to be with our Lord and Maker. As an aside, some others of you may remember meeting Dean. He and his wife Karen came to Waco to support me at Mary's funeral.

How about that for fitting the Doris Miller story into an even larger story with even more personal and Waco relevance? Coincidental to us, especially considering I never planned to have anything to do with the military. Not coincidental to God, who has blessed me all along the way and continues to do so each and every day.

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## CHIEF

Continued from page one

Victorian is that rare example of a candidate who checks all your boxes. I am so proud to call her my next police chief!" Rosemarie Tatum, wife of former Fire Chief Bobby Tatum, hailed "Chief Victorian" as a "trailblazer and a positive role model for all women and girls of color to follow."

A 27-year veteran of the Houston PD, Victorian worked her way up through the ranks of the Houston PD from patrol officer to sergeant, lieutenant, captain, and assistant chief. Victorian worked in significant areas of the Houston PD, serving as an undercover investigator in the Major Offenders Division, in the Murder Division, and in the Child Sexual Abuse Unit. Having worked in the Internal Affairs Division in both administrative

and criminal investigations, Victorian has experience in the difficult area of holding officers accountable.

Her experience also equips her to develop ethical, well-trained officers, since she worked in the Training Academy where she was responsible for professional development. To indicate how she works with her officers, Victorian used the phrase "mentor, coach, and correct." She explained that this is the approach she takes with officers in the field to adjust behavior before it results in serious problems affecting the public. She indicated that she enjoys preparing others for leadership. Victorian prefers to guide and teach her officers while holding them to a high level of excellence and account-

ability.

As assistant chief, a position she held from 2017 to the present, Victorian oversaw 550 sworn officers and civilian personnel that police the southeastern section of Houston. She was responsible for five Patrol Divisions which included the Downtown Houston Patrol Division which includes the central business district; the Clear Lake Division which includes the Johnson Space Center; the Eastside Patrol Division which encompasses a significant Latinx community; the South Central Patrol Division which includes Midtown, Third Ward, the Medical Center, University of Houston, Houston Community College, and Texas Southern University; and the Southeast Patrol Division which includes Sunnyside, South Park, and Hobby Airport. She was also responsible for the Vehicular Crimes Division which investigates all city vehicle accidents and fatalities.

Both a law enforcement officer and a scholar, Victorian is a product of the Houston public school system, graduating from Mirabeau B. Lamar High School in 1988. She earned a bachelor's in Administration of Justice from Texas Southern University and went on to earn a master's in criminal justice from the University of Houston-Downtown. She earned her doctorate at Texas Southern University, specializing in Administration of Justice. Victorian is a graduate of the FBI National Academy and numerous nationally recognized leadership programs. She also holds a Texas Master Peace Officer's license.

An adjunct professor at Southern New Hampshire University, Victorian teaches at the master's level in the Criminal Justice College of Continuing Education. Her students include law enforcement professionals, military individuals, and others seeking to become support staff in criminal justice agencies. Her teaching areas are technology, ethics, and contemporary issues in criminal justice such as police community relations, excessive use of force, and racial disparities. Indeed, it was her willingness to "explicitly highlight the presence of inequities within policing" that impressed Peacock. She presents at scholarly conferences such as Southern New Hampshire's Contemporary Justice Series. In 2018, she presented on the panel "Beyond Ferguson: Educating a 21st Century Police Force" with Fer-

guson (Mo.) Police Chief Delrish Moss and several other law enforcement leaders.

Victorian has a real desire to engage with the community. She described herself as approachable but said she intends to be proactive when it comes to community engagement. "I am eager to begin meeting and connecting with the residents of Waco. I believe that every interaction with the community is an opportunity to build trust. It is my plan to join the citizens of Waco at work and play and work in partnership with the community to continue to promote the values of this welcoming city." Rather than view the community as a problem that needs to be fixed, she sees it as a partner. Victorian supports relational policing which, she said, depends on building deep relationships with the community. She said police also rely on community leaders to help foster healthier interactions between police and residents with both sides demonstrating compassion and understanding (Cote). She described Houston PD's approach to relational policing via the acronym TREEAT (transparency, respect, engagement, emotional capital, accountability, and trust). She wholeheartedly supports TREEAT. In 2018, the American Society of Public Administration awarded Victorian its Public Interface Award.

Victorian currently serves as the Houston PD's Patrol liaison for Youth Programs. She believes that law enforcement needs to engage in proactive prevention and intervention with youth. "I look forward to working with and supporting our youth. I am committed to doing our part in minimizing the social distance between youth and the police. It is important as police officers that we increase the number of positive contacts with our young people and humanize our profession. That one positive contact, whether in the classroom or on the basketball court, can positively influence a child's decision making and his or her future," said Victorian. She decided to become a police officer at a young age and began to prepare herself to join law enforcement from that point. Consequently, she supports engaging middle school youth before they become involved with disqualifying behavior to interest them in becoming law enforcement officers. "Dr. Victorian will serve as a monumental role model for our youth, espe-

cially our young females, to emulate," declared Pierce who also serves as the Waco NAACP's Education Committee chairwoman.

Victorian hails from Houston, Texas where she grew up, attended public schools, and served. In fact, as assistant police chief, this native Houstonian was responsible for the neighborhood in which she grew up—Sunnyside located in the southeast part of the city. In high school, she played basketball and played the flute in the marching and concert bands. She has three siblings—two older sisters and a younger brother. Her oldest sister, Gwendolyn Boykins, is a high school business coop teacher. Her middle sister, Jacquelyn Jefferson, is a medical records administrator. Her brother, Robert Jefferson, III, is an engineer with Union Pacific Railroad. While her father died when she was just nine years old, Victorian's mother passed away in January 2020. A lifelong Baptist, Victorian grew up in Holman Street Baptist Church in the Third Ward. She likes to travel, read, write, and spend time with her family. In addition, she is a Christian playwright and has written, directed, and produced several plays in the Houston area. She lives with her dogs Roxy, a rottweiler, and Shelby, a chocolate Labrador.

"When we began our search for the next police chief, we knew the candidate had to be dynamic and in our first search, we didn't find it. City Manager Ford agreed, and we cast out again. This time, we not only found a candidate with a wealth of knowledge, proven track record, and an understanding of where and how we want to see the department grow, but we got to shatter another glass ceiling by hiring a Black Woman, a first for the City of Waco. I am incredibly proud of us," said City Councilwoman Andrea Barefield. Ultimately, by hiring this highly qualified woman of color as the next Waco Police Chief, the City of Waco has made a powerful statement about racial equity.

*Joe Cote. Diversity in Policing: Houston Asst. Police Chief Discusses Importance of Community Ties (March 21, 2018). <https://www.snhu.edu/about-us/newsroom/2018/03/diversity-in-policing>.*

The Waco NAACP will host a community meeting with Chief Victorian in April.



### REALITY THERAPY SEMINAR WACO, TEXAS

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## Chiropractors offer advice to those with diabetes

(NewsUSA) - If current trends hold, 1 in 5 Americans will have diabetes by 2025 -- and 1 in 3 by about a generation after that.

So says the Centers for Disease Control and Prevention, which rightly calls the figures "alarming." But when you think about our lifestyles -- too often sedentary, with unhealthy diets -- should we really be that surprised?

"We simply cannot sustain this trajectory," says the agency's Dr. Ann Allbright.

Certainly genes also play a role in explaining why 29.1 million Americans already suffer from the disease. It's characterized by the body's inability to produce, or properly use, the hormone insulin that's needed to convert sugar, starches and other food into energy.

But when it comes to those lifestyle issues -- which, unlike genes, we can do something about -- perhaps the best advice to limit the growing epidemic of diabetes comes from Dennis Marchiori, DC, PhD, current president of the Association of Chiropractic Colleges: "Simply put, when you live healthier, you have a better chance of managing your blood sugar."

The "DC" stands for doctor of chiropractic. And today's chiropractors, with a minimum of seven years of education and clinical training, are helping to address the roots of lifestyle-acquired Type II Diabetes through their emphasis on healthy living and natural lifestyles. They're also



**DR. SHAMONICA TRUNELL**

well-trained in nutrition, enabling them to construct individualized health regimens for patients that include:

- \* Eating well-balanced meals that are low in processed sugar.

- \* Consuming a variety of fiber-rich foods like fruit, vegetables and whole grains.

- \* Weight management.

"Type II Diabetes is a preventable disease, and choosing a healthy lifestyle is critical," says the not-for-profit Foundation for Chiropractic Progress' Gerard Clum, DC.

Of course, especially if you're new to exercise, a chiropractor's skill in manual care will also come in handy.

*For more information or to find a chiropractor in your area, visit [www.F4CP.org/findadoctor](http://www.F4CP.org/findadoctor) or call Dr. Shamonica Trunell here in Waco to make an appointment today. 254-754-4000.*

## STEWART

Continued from page one

Texas State University and a Master of Education in school counseling from Tarleton State University. She is a Licensed Professional Counselor and has a Principal Certification as well.

Stewart touts Texas State University as a great university for students planning a career in education.. In addition, she added, "Texas State University has a beautiful campus in San

Marcos and a warm and inviting college-going atmosphere."

In her free time, she enjoys spending time with friends and family.

"I especially enjoy traveling and going to the beach," she said.

Stewart has two daughters, ages 6 and 11.

"They are the greatest Blessings a mom could ask for," she said.

## Little brown girls can now dream their biggest dreams

BY LINDA DAVIS

As a child I was fascinated with dance. I enjoyed watching anything on TV that involved twirling and flipping, such as figure skating, gymnastics, tap dancing, and of course music videos. By far, Fame, an 80's popular television show, starring Debbie Allen as an inner-city dance instructor, was my favorite evening show. Can you picture me, as a 10-year-old plump, brown skin girl with pigtails dangling dressed in tights with leg warmers, dancing around the living room with dreams of being casted in the show's next season?

Unfortunately, 40 years ago many, black girls had dreams that were never fulfilled, because there weren't many images of African American athletes showcased in the media. The idea didn't have parental support. It's very important for children to be exposed to positive images that raise their curiosity and spark their interest, which foster dreams leading to goals and success. Sometimes, it's hard for one



**LINDA DAVIS**

to have a dream he/she has never seen demonstrated through the actions of others.

Today, things are looking up! We have many African American women with various high ranking occupations and careers portrayed in the media for the whole world to see. Madame Vice President Kamala Harris- need I say more? Our young children can dream their biggest dream! Former President Barack Obama, and Vice President Kamala Harris have raised the bar to the highest level! How great it is to be an African American child during

this time! The sky is the limit! There are no restrictions nor limitations placed on their desire to reach their full potential. Many viewed African American women as the lesser gender of minorities. However, women like Michelle Obama, author, lawyer, and the first Black First Lady of the United States, Oprah Winfrey, journalist and talk show host, Stacie Abrams, influencer and political guru, just to name a few, are famous black women who have put that lie to rest. With the hit TV shows, Grey's Anatomy, Scandal, and How to Get Away with Murder, Shonda Rhimes, producer, screenwriter and author, has stepped into the limelight along with athletes such as Gabby Douglas, a well-known Olympic gymnast, and Misty Copeland, a world-known ballerina.

Do you have a daughter who has big dreams? Dream the dream with her; don't let it die! As parents and grandparents and neighbors and friends, it's up to us to help our little brown girls achieve their dreams.

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

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

\* Medicare Advantage and VA benefits: A Medicare Advantage plan may complement your existing VA benefits and help reduce gaps in your healthcare coverage. Enrolling in a Medicare Advantage plan may provide access to additional services and benefits, like urgent care and dental coverage which may not be covered by VA health care. For example, Humana Hon-

or Medicare Advantage plans are available to anyone eligible for Medicare, may complement VA benefits and provide beneficiaries with additional benefits, like robust dental care and \$0 plan premiums. In addition, Humana Medicare Advantage plans are recommended by USAA.

\* Prescription drug coverage: When you add a Medicare plan, your VA prescription drug coverage would continue to cover prescriptions written or approved by a VA doctor. However, a Medicare Advantage plan would cover certain Part B medications, like injectable drugs and infusions, which may be beneficial based on your health needs. If you sign up for a plan with Medicare prescription drug coverage, it would cover certain medicines from non-VA doctors and allow you to fill your prescriptions at local network pharmacies instead of through the VA.

As you research health plans safely from the com-

fort of your home, it's important to visit credible websites, such as Medicare.gov, which will allow you to easily compare plans and estimate costs based on an average member. You can also enroll in an online workshop hosted by an insurance company to review 2021 Medicare Advantage plan options.

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

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

## Carter G. Woodson, a scholar, an author, a history maker

BY LINDA CRAWFORD

Whose line is it? Without Carter G. Woodson, would we have Black History Month? Maybe. But for sure we do because of Woodson's efforts and determination. Woodson, the son of former slaves, grew up working in fields and coal mines. Back in the day, African-Americans were not allowed to attend school or learn to read, but after slavery, that rule changed to four months out of the year.

Woodson learned all that he could during those limited months but literally taught himself English and math. When he was 19, he started his four-years of high-school, but because he was self-taught, he finished in half the time. During his school days, he became aware and greatly concerned that blacks were not included in the history



CARTER G. WOODSON

books. To him, they had made significantly outstanding contributions to society. To him, this was unacceptable. To him, something had to be done.

Thus, Woodson took it upon himself to make a change. He organized what he called the Association for the Study of Negro Life and History and founded a journal about blacks' contributions. In 1926, he established Black History Week to celebrate the accomplishments of Black history makers. In 1976, his efforts became nationally celebrated becoming Black History Month.

So...whose line is it? The answer is Carter G. Woodson, known as the Father of Black History.

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## Milestones in the history of Black America



**BRENDA LEE**

**BY BRENDA LEE**

Milestones are major accomplishments. For Black Americans such milestones began with the election of our first African-American President, Barack Obama, the 44th president of the United States of America.

President Obama's election opened up a new chapter in the history of America as it did for his wife, Michelle, who became our first African-American First Lady.

From the election of President Obama in 2009 to the swearing-in of our now Vice-President, Kamala Harris in 2021, we have witnessed major positive changes. But despite all of their academic accomplishments and those of many others, some people still see African Americans as more than slow, lazy, unteachable individuals. Nevertheless, the late Dr. Martin Luther King Jr.'s dream is slowly but surely being recognized.

We are finally becoming one nation that is learning to live together, no matter what our backgrounds are. The former President Barack



Obama and our newly elected Vice-President, Kamala Harris, fit the bill as milestones. They are positive steps forward in America's history.

## Why sunglasses are a must-have for kids

(NewsUSA) - Sponsored News - Most parents know how damaging the effects of ultraviolet radiation (UVR) can be to our skin, which is why they dutifully slather sunscreen on their kids during the summer. But one thing that often gets overlooked is protecting their children's eyes.

According to vision-care experts, kids receive three times more UV exposure than adults annually, yet less than 30 percent of parents currently protect their children's eyes with sunglasses.

The reason for concern is that children and adolescents are particularly vulnerable to the sun's rays because their ocular lenses aren't mature enough to filter UV light as effectively as adults, causing damage to the retina.

"Everyone buys into what happens to your skin when it comes to sun damage, but many parents are really surprised to learn about the cumulative UV damage to the eyes," Dawn Hartman, an op-

tometrist at Columbus Ophthalmology Associates in Columbus, Ohio, told The Wall Street Journal in an interview.

But the right sunglasses can help, as parents become more aware that protection from the sun isn't just skin deep.

Babiators, for instance, is a brand that offers safe and durable sunglasses for babies and kids. They protect them from harmful rays by offering 100 percent UVA and UVB protection, flexible frames and shatter-resistant lenses in stylish colors and patterns. In addition, Babiators are backed by a one-year "Lost & Found Guarantee" -- if the glasses are lost or broken in the first year, they will be replaced for free.

"We created Babiators because we know that habits form at a young age and we wanted to promote a healthy habit of wearing sunglasses to help protect children's eyes," Carolyn Guard, co-founder of Babiators, told The Optician in an interview. "Not only do

these glasses shield little ones from UV rays, they are also fun, unique and vibrantly colored so that children love wearing them and parents can rest at ease knowing they are doing their part to promote healthy vision."

Experts say that risk is greatest to the eyes between 8 a.m. to 10 a.m., and from 2 p.m. to 4 p.m., because during those times, UV rays come from different angles and eyes receive nearly double the amount of UV than during midday hours.

For more information, please visit [www.babiators.com](http://www.babiators.com).

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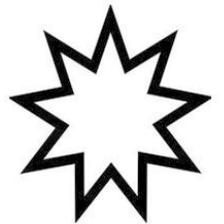
*He Who is the Day Star of Truth beareth Me witness! So powerful is the light of unity that it can illuminate the whole earth. The one true God, He Who knoweth all things, Himself testifieth to the truth of these words!*

--- from the Bahá'í writings



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

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

The best Christmas gift sometimes comes in a small package. Such is the case with *God, Destiny and a Glass of Wine*. All chapters begin with one of Linda Crawford's own "true-story" personal narratives that she later connects to a point that is relevant to this journey called destiny. The book is an easy read. Several readers have told her that they couldn't put it down once they started. It is available on Amazon.com for \$15.99. You can also go to [lindacrawford.org](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



LINDA MASON CRAWFORD

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

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

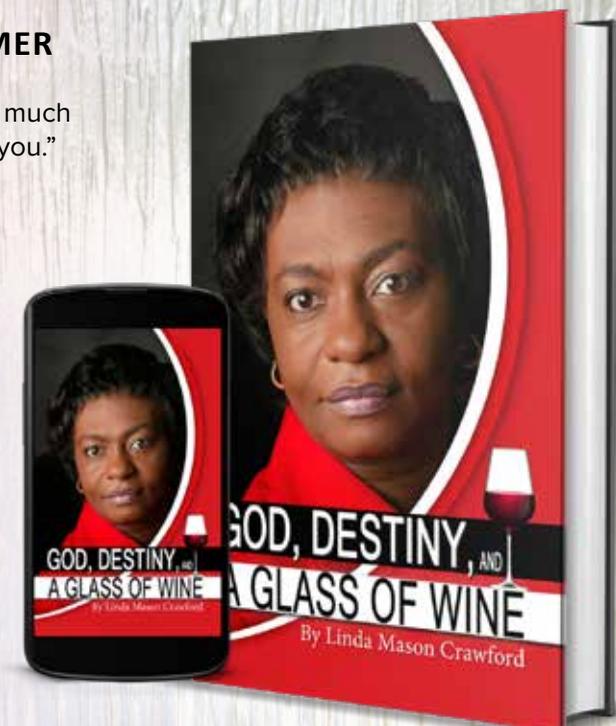
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Dr. Mia Moody-Ramirez



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## Prepare for flu season during covid-19: Tips for older adults

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

"While questions remain about exactly what this year's flu season will look like, one thing is very clear: Older adults are particularly vulnerable and more at risk for related complications that could lead to hospitalization," says Lanita Knoke, a registered nurse and health care strategist at Home Instead Senior Care. "Whether you are a member of the aging population or you care

for someone who falls into that category, it is critical to take every necessary precaution this year to protect yourself from flu."

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

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

1. Get the flu shot. A simple precaution can be a great act of love for not only yourself, but your community. Get the flu

shot as early as possible this year to help reduce the strain on health care systems grappling with COVID-19. Not only can it protect you and others from a preventable disease and its potentially serious complications -- it can lessen the severity of symptoms, should you contract the flu. Contact your health care provider, local urgent care clinic or pharmacy to see if they are administering the vaccine and consider making an appointment to avoid long wait times.

2. Prepare your immune system. It's no surprise that our immune defense systems become weaker as we age. However, there are simple, proactive ways to strengthen our immune systems today in order to give ourselves the best chance at staying healthy

tomorrow. Staying active with daily walks or yoga can help our bodies ward off illnesses such as COVID-19 and influenza.

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

4. Maintain a healthy diet. Eating nutrient-rich meals is another way to protect your immune system against common illnesses. Fuel your body with nutritious foods that contain a high number of vitamins and antioxidants, such as broccoli, tomatoes

and strawberries. Consider speaking with your general practitioner or meeting with a dietitian to help build a meal plan that's right for you.

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

For more information on staying healthy this flu season, visit [www.preventseniorhospitalizations.com](http://www.preventseniorhospitalizations.com).



## "Tree of Life" mural marks East Waco past & future

BY FERRELL FOSTER

Waco celebrated its Black heritage & future, the arts, and the return of banking to East Waco in a Monday evening gathering. The new Tree of Life mural extends along one wall of TFNB's new East Waco bank. TFNB "Your Bank for Life" is at 715 Elm Ave. The mural reflects the commitment of TFNB, Creative Waco, Waco ISD student artists, and the broader Black community of East Waco.

Vincent Thomas and Cade Kegerreis were lead designers for the mural project, while Kristen Thompson and Tashita Bibbes served as artist mentors. A film also captured the work, it Andreas Zaloumis served as film mentor.

An information card at the celebration said:

"The Tree of Life mural represents the unity that is rooted in community, wisdom, and understanding. Individuals grow from their ancestors, passing along knowledge of how they



FERRELL FOSTER

came to be. The many stories are often intertwined when focusing on a specific place, such as historically rich East Waco. This mural is designed to highlight the flourishing community rooted in Elm Street.

"Generations of families in East Waco have grown and thrived through hardships and represent a vibrant culture that has often been overlooked and under

appreciated. Co-designers Vincent Thomas and Cade Kegerreis considered this project an opportunity to reflect these rich stories and respect the history of this neighborhood while looking to its future and aspirations."

Prosper Waco has posted short videos of some of the comments made during the celebration — Andrea Barefield, Linda Lewis, and Fiona Bond.

The mural served as completion of ARTPrenticeship 2020, with the following apprentices participating in the project: Jonathan Campos, Vanesa Carvajal, Lina Denson, Rafael Flores, Fate King, Zander Lim, Angelina Monroy, Jasmin Nunez, Lillian Olvera, Larissa Rodriguez, Niala Speedwell, Maria Duarte Tavera, Tahlia Tran, and Ja'Nasia Whitfield.

*Ferrell Foster is acting executive director of Act Locally Waco and senior content specialist for care and communication with Prosper Waco.*

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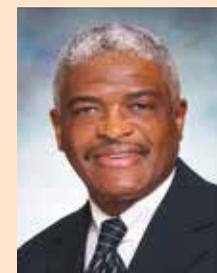
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# Protecting seniors online from scams, hacks and tax fraud

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

(NewsUSA) - The vast majority of seniors today are using the Internet at least once a week to check email, pay bills online and keep in touch via social media. But all that time online puts them at risk for scams and hacks, such as tax fraud. In fact, a new survey by Home Instead, Inc., franchisor of the Home Instead Senior Care network,

found that 67 percent of surveyed older adults have been the victim of an online scam or hack.

Encouraging seniors to practice cyber security can go a long way toward protecting their identity and sensitive financial information. Home Instead collaborated with the National Cyber Security Alliance to create Protect Seniors Online, available at [www. ProtectSeniorsOnline.com](http://www.ProtectSeniorsOnline.com), a free resource that educates older adults about cybersecurity. Here, seniors can



J.L. CRAWFORD

test their cyber security skills with the "Can You Spot an Online Scam?" quiz.

Older adults can take the following steps now to protect themselves online:  
 \*Password protect and secure devices, accounts. Lock all devices (including computers, tablets and smartphones) with secure passwords in case devices are lost or stolen.  
 \*Think before clicking. When faced with an urgent request -- like emails asking for money -- think before clicking or get a second opinion. Clicking on links is often how scammers get personal information. When in doubt, trash an unusual message.

\*Share with care. More than half (51 percent) of seniors surveyed by Home Instead use social media to stay connected. Use care when sharing personal information, adjust privacy settings to limit who can see your information, and turn off location sharing.

\*Use security software. Install anti-virus and anti-spyware software and program

it to run regularly. And be wary of pop-up ads or emails, many of which contain malware that can infect computers.

\*Log out. Log out of apps and websites when you are finished. Leaving apps and websites open on computer screens could make you vulnerable to security and privacy risks.

\*Recommend support. Older adults who live alone may need help from a trusted source -- such as a family member, tech-savvy friend or professional caregiver -- to serve as a second set of eyes.

To explore additional Protect Seniors Online resources, including the interactive quiz, visit [www.ProtectSeniorsOnline.com](http://www.ProtectSeniorsOnline.com) A Home Instead office near you can be found by visiting [www.homeinstead.com/state](http://www.homeinstead.com/state).

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Linda McDonald, ABR

# Aparatus-free ideas to reduce snoring

BY JERRY SNIDER

As a health coach, I'm excited to offer a Health Q&A column for the readers of the Anchor News.

**QUESTION:** Hi Jerry, My name is Benny and I have a question about breathing at night. I'm 46 years old and have snored most of my life. I'm a little overweight and don't exercise a whole lot. My wife is worried about my breathing at night because it's been getting really labored. I know I could get a CPAP machine but I would really prefer to find a way to avoid doing that but still get better sleep. Do you have any suggestions? Thanks, Benny

**ANSWER:** Yes, Benny, I have some suggestions that will help with your sleep issues. You would likely see improved sleep from a CPAP machine or a mouth guard that opens your jaw/throat to allow easier passage of air as you sleep. But there are also some actions you can take to improve your sleep without using any apparatuses.

You mentioned being a little overweight. The first place to look for a remedy to breath-



JERRY SNIDER

ing and sleep issues is your belly. If you are carrying excess fat in your abdomen, it makes it harder for your diaphragm to work properly. The diaphragm is a muscle that is just below the lungs separating the chest from the abdomen. As the diaphragm contracts and relaxes, it forces air in and out of your lungs. The more available room there is for the diaphragm to move, the easier it is to breath. If there is a lot of fat in the way, you don't get as much air in your lungs with each breath which causes a decrease in oxygen. When your body

doesn't get the oxygen it needs it starts to become more forceful about trying to get it, which leads to labored breathing. So losing a little weight will go a long way towards easier breathing during your sleep.

Another action you can take is training your diaphragm to become stronger. This might be something you have never heard of doing. It's not really talked about in this way often. But if the diaphragm is a muscle, why not train it to function better? This is really easy to do. You simply need to take a few moments every day to work on breathing.

What this looks like is focused, deep breathing for 2-5 minutes. All you have to do is sit up straight on the edge of a chair with your feet on the floor. Breath in through your nose while counting to 4. This is the most important piece because you want to breathe in by pulling down with your diaphragm - you need to see your stomach expand and not have your shoulders lift up. Hold that breath for a count to 4 then slowly exhale while counting to 4. Before breathing in again, hold your breath again for

another count to 4.

As you get more comfortable doing this you can increase each step to 6 or 8 counts. There are a variety of other deep breathing techniques you can find online that also work. The key is as your diaphragm gets stronger, it will be able to function better at night when that belly fat is pushing up against it.

Have a question for Jerry? Send it to [jerry@allinhealthandwellness.com](mailto:jerry@allinhealthandwellness.com)

*allinhealthandwellness.com. Jerry Snider is an exercise physiologist, health coach, and owner of All In Health and Wellness. He has authored two books available on Amazon: No More Sugar Coating and Confidence Through Health, and is the host of the podcast Confidence Through Health. Visit [www.allinhealthandwellness.com](http://www.allinhealthandwellness.com) to learn more about Jerry Snider.*

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## Can mankind improve upon God? Part 2

BY RUBY MCCRAY

*Continued from the January edition of The Anchor News. To review the previous article, please go to [www.theanchornews.com](http://www.theanchornews.com), click "Archives," then the year and, finally, the month.*

Allow me to ask you not to read this in a mean-spirited tone; this is not my intention. The late Dr. Myles Munroe said that nobody knows a product better than the manufacturer. No matter how small the invention, it'll no doubt come with some type of instructions to teach the owner how to operate and care for it. When there is no knowledge of how to care for anything, abuse is inevitable.

Mankind is a very complexed human being. The Manufacturer of mankind is the Creator of everything, God. Nobody knows us better than He who gave us a Manuel, the Bible. The New King James Version is comprised of 66 Books, with 929 Chapters in the Old Testament, 260 chapters in the New Testament, making a total of 1,189 Chapters.

Since the many of us don't study our manuel, abuse is inevitable. We do have a zeal for God, but not according to knowledge; therefore, we often

reject His righteousness and try to establish our own. Romans 10:2, 3

"There is a way that seems right to a man, but its end is the way of death." Proverbs 14:13

"All the ways of a man are pure in his own eyes, but the LORD weighs the spirit." Proverbs 16:2

"Now I plead with you, brethren, by the name of our Lord Jesus Christ, that you all speak the same thing, and that there be no divisions among you, but that you be perfectly joined together in the same mind and in the same judgment." 1 Corinthians 1:10

Since it appears that we'll not get the Bible back in our schools, I challenge you to begin studying it in your home and teach it to your children, grandchildren, great grandchildren, etc. Deuteronomy 6:4-9: Joshua 24:14, 15.

Precious people, we are abusing each other, and we are abusing ourselves. So many don't know how to love their neighbor like they love themselves, because they don't know how to love themselves. The reason they don't know how to love themselves is because they don't know how to love God. Matthew 22:37-40 Abuse is in-



EVANGELIST  
RUBY MCCRAY

evitable!

Let's begin with this Scripture reference from the Old Testament about what our Manufacturer says about killing each other.

"Whoever sheds man's blood, by man his blood shall be shed; for in the image of God He made man." Genesis 9:6

Some will no doubt argue that if man kills the man for killing, then both are wrong. This is the solution.

"Let every soul be subject to the governing authorities. For there is no authority except from God, and the authorities that exist are appointed by God.

Therefore, whoever resists the authority resists the ordinance of God, and those who resist will bring judgment on themselves. For rulers are not a terror to good works, but to evil. Do you want to be unafraid of the authority? Do what is good, and you will have praise from the same. For he is God's minister to you for good. But if you do evil, be afraid; for he does not bear the sword [gun] in vain; for he is God's minister; an avenger to execute wrath on him who practices evil. Therefore, you must be subject, not only because of wrath but also for conscience sake." Romans 13:1-5

Not only can a governing authority kill a murderer and be innocent before God, but a relative of the murderer can do likewise.

God never told us to put a murderer in prison for years. This is our governing authorities doings, and they will have to give an account to God. Some think that God's ways are too harsh; but look at the chaos they've caused. Our jails are overflowing with criminals to the degree that they have to release the less offenders--which some are murderers.

God even told us what to do when a person accidentally kills

a person. That person is not a murderer. We will be talking about that more in-depth as we go along. Also, every crime does not deserve the death penalty; there are other means of punishments.

"If there be a dispute between men, and they come to court, that the judges may judge them, and they justify the righteous and condemn the wicked, then it shall be, if the wicked man deserves to be beaten, that the judge will cause him to lie down and be beaten in his presence, according to his guilt, with a certain number of blows. Forty blows he may give him and no more, lest he should exceed this and beat him with many blows above these, and your brother be humiliated in your sight." Deuteronomy 25:1-3

Please join me in March for the continuation of this discussion. All Scripture is taken from the New King James Version of the Bible unless otherwise stated. You may not believe me... but just what if I'm right!

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

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# Home Maintenance Tips

SUBMITTED BY  
LINDA MCDONALD

Winter was here before we knew it. Make sure you have prepared your home for this season with the following home maintenance tips:

**Heating tune-up** – Ensure your heating system is working properly. To be sure, schedule an HVAC system tune-up with a professional.

**Clean the gutters** – Avoid damage to the exterior of your home by clearing your gutters and down-spouts so they're free of leaves and debris. Protect out-



LINDA MCDONALD

door furniture – To maintain the longevity of your outdoor furniture, invest in weather-proof furniture covers or bring the furniture inside until the weather improves.

**Trim the trees** – Trim tree branches to avoid potential broken limbs. An arborist can help to identify the trees and shrubs that pose the most risk of breakage during storms and heavy wind.

**Replace batteries** – Safeguard your home by changing the batteries in all the smoke alarms and carbon monoxide detectors. Remember to test these alarms monthly.

**Lawn care** – Minimize lawn damage caused by winter weather by fertilizing it in the fall. This will protect your lawn and help it grow quickly in the spring.

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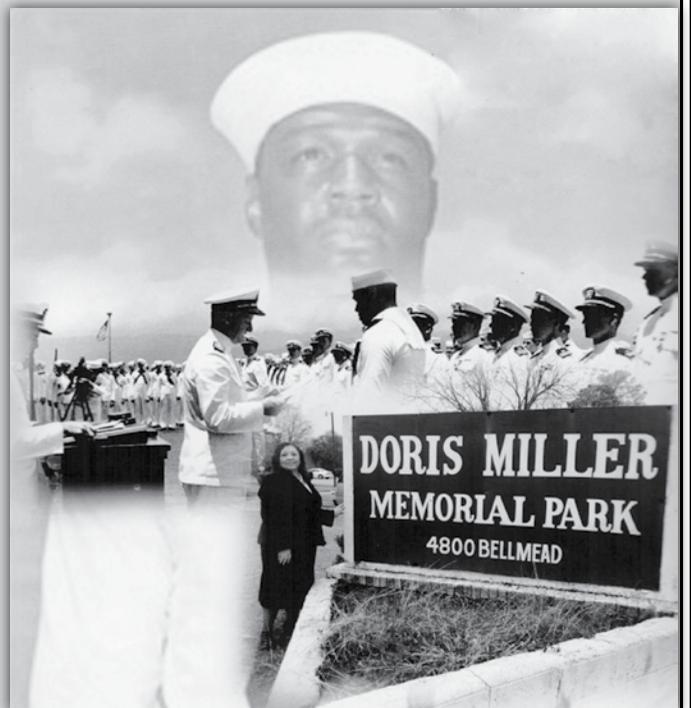
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## Celebrate the winter season with easy ginger glazed ham recipe

(NewsUSA) - Hosting a dinner party soon? If you're like most, the thought of preparing a delicious and memorable meal for your special guests can be daunting to say the least. Let the experts at Cook's Ham help by providing an array of mouth-watering entrée ideas that are sure to please everyone in the house. Spend less time in the kitchen and more time sharing memories with family and friends.

At MyCooksHam.com, you will find a wide variety of resources to assist you in pulling off the perfect ham:

- \* Recipes, heating times
- \* Instructional videos about carving and serving ham
- \* Lots of other helpful information

When you're ready for a tasty, festive crowd pleaser (which doubles as a gorgeously delicious centerpiece), Cook's Ham recipe for Pomegranate Ginger-Glazed Ham is sure to make everyone smile, mouths watering! Recipe below. If you're lucky enough to have leftovers, explore fun and flavorful recipes, available at MyCooksHam.com.

Cook's Pomegranate Ginger-Glazed Ham

Ingredients:

1 Cook's Bone-in Spiral Sliced

Half Ham

1 cup red currant jelly  
1/2 cup pomegranate juice  
2 tablespoons cornstarch  
1 teaspoon finely chopped fresh ginger

Preparation:

Remove and discard glaze packet from ham or reserve for another use. Prepare ham according to package directions, uncovering and brushing occasionally with 1/4 cup of the Pomegranate-Ginger Glaze for the last 30 minutes of the heating time.

**Pomegranate Ginger-Glaze:** Cook jelly in medium saucepan over low heat for 2 minutes, or until completely melted, stirring frequently. Set aside. Mix pomegranate juice, cornstarch and ginger in small bowl until well blended. Add to jelly; mix well. Increase heat to medium; cook for 2 minutes or until thickened, stir constantly.

Carve ham. Serve with the remaining glaze.

When a large ham is too much, consider Cook's Everyday Cuts, a new line of fully cooked, ready-to-eat meal options for your any-day-of-the-week, easy, flavorful dinner. Be sure to like Cook's Ham on Facebook and find us on Pinterest for easy sources for all your ham recipes.

## The world's problem is lack of morals (integrity) not lack of money

BY MATTHEW REED

A lack of morals exist because men are without God our maker. Jesus told us in Matthew 4:4, "It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." The world is trying to have life without God. We keep (wrongly) thinking if we had more money more people would have life. What we can't understand is that peace and joy is not of money. If this were so, why are there people who have money but lack peace and joy?

According to man's reasoning, all people with money should have life (be happy, have peace). We know that's not so. This reasoning has found its way into the church. Let's see what life is according to the scriptures. Romans 8:6 says For to be carnally minded is death; but to be spiritually minded is life and peace. 1 John 5:11 And this is the record, that God hath given to us eternal life, and this life is in his Son (not money). John 1:4 In him was life, and the life was the light of men. Matthew 6:25 says Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment (there is more to life than tangible things)? John 6:53 says Then Jesus said unto them, Verily, verily I say unto you, Except ye eat the flesh of the Son of



PASTOR MATTHEW AND LADY HELEN REED

man, and drink his blood, ye have no life in you. John 17:3 says And this is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent.

1 John 1:1-2 speaks of Jesus as being a product of the word. It declares that his coming and all the things he did opening blind eyes, healing the lame, giving hearing

to the deaf, delivering an accused woman from the curse of the law, raising the dead, forgiving sins and etc. to be a manifestation of life that is in the word of God. These He did because he was a doer of God's word. Jesus trusted God, knew God and being found in the fashion of a man, he humbled himself and obeyed God. All he accomplished and did, he did by being a doer of the word of God. Proving that life is in the word of God. We the church having the word of God has let the world beguile us and cause us to think that life is of something other than the word of God Jehovah. We've got the word. Let us once again become doers of the word. And that same life that was manifested in Jesus will manifest itself in our lives.

Not only should we be doers of this word but we should teach (encourage) others to be doers of God's word having full faith that if God said it he will uphold it. Amen!

*De Andrea S. Petty*  
Attorney at Law

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*Wanda B.  
Gunter*

Author, Artist &  
Contributing writer  
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*Pastor Matthew Reed and Wife Helen*

# Components of a healthy relationship

BY MONA DUNKIN

What is Love Anyway? Although February in the US is celebrated as the Love month, the concept of loving and being loved never goes away. Flowers wilt, candy is eaten, balloons pop and the cuddly stuffed animals lose their luster and song. Life can be disappointing when the attention wanes. Know this: you are unique and special and very loveable. Please believe it.

Just like sadness in December's holy days celebration, so too, in February's love focus, for many there is an inner longing for what may be missing in the collective pageantry of love. It is vitally important to have a healthy self-love.

In a Carolyn Hax advice column, a contributor wrote of an estranged family member who asked her, "Do you know why I've always hated you? Because you were born!"

The writer asked for help in responding. Carolyn Hax expressed a jaw-drop response with no words appropriate for such a blatant attack and commended her for not instantly rebutting. Carolyn calmly replied, "If your mistake was being born, then it wasn't anything you did."

Love is complicated. As if love was not complicated enough, we Americans use the word "love" to express our affection for everything from people to popcorn to places to puzzles to pets.

The Greek language has different four words for different loving emotions.

- "Eros" (cupid) is the romantic love
- "Philio" is friendship or brotherly love, Philadelphia, the city of brotherly love.
- "Stoic" is the kind of love for whatever is still left - things, places, activities, chocolate
- "Agape" love which is Divine, a God's kind. A love that is unconditional, eternal, and healing. An understanding mysterious love for everyone and everything. A mysterious love that understands when we act out of innocence and out of ignorance.

Love, passive and active. The Hebrew language has two words for love, both in the right now, present active tense.

• "Ahab" is choosing to love from afar with the intent to pursue and to woo. Ahab love is hopeful.

• "Hessedh" is choosing to love and to keep-on-loving whether received or rejected.

Hessedh love is steadfast and eternal.

In the Christian Bible, the Apostle Paul wrote a beautiful essay on love. It gives a benchmark for us mortals to use to measure our love, romantic as well as brotherly. It says outrageous things like, "Love is kind. Love does not envy. Love does not get puffed up or pouty. Love does not always have to have its own way. Love bears all things, believes all things, hopes all things and endures all things." (I Corinthians 13)

A flip of the coin. In measuring myself by this love yardstick I noticed two phrases coupled together. "Love is long-suffering and is kind." What? Surely you jest! I had that long suffering down to a fine art - I could roll my eyes and sigh deeply and it was so obvious I was suffering in my patience. "And is kind." Oh no! In disagreeing I am to be kind?

Give me a break. It hit me like a ton of bricks. I said out loud, "I am supposed to be kind to my disagreeable mother-in-law?!" (Or mate, or child, or boss or neighbor; you fill in the blank.) Another word for love is "charity." I find that in some incidents it is easier to be charitable than it is to be loving. I am learning to be kind to the lovely and the unlovely alike. To overlook bad attitudes and respond in kindness to irritants or rudeness or disrespect or disregard. To respond kindly to snarky remarks. To trust the snarky per-



MONA DUNKIN

son's internal wisdom heart to self-correct.

Charity begins at home. Garland and I married fifty-four years ago this month. I am humbled by the fact that this guy loves me and keeps on loving me. Opposites attract. Opposites also attack. Over time, that refreshing opposite way of seeing life from the way you view life becomes stale... and irritating.... And just wrong! Even so, let's be charitable. Speak up, Yes. Speak up knowing that a soft answer turns away wrath.

How to be charitable. The hormonal passive love of Eros and Ahab may draw a couple together, but it is the active, on-going, over-and-over choosing to love of Hessedh that keeps a family together. And it is the friendship of Phileo love and the fun-seeking-shared-interests of Stoic love that makes

the relationship enjoyable. It grows into the love that "endures all things" - hardships, grief, difficulties - and "believes all things" - sees the good in the midst of the not-so-good. A love that is in it for the long haul. A commitment with no escape clause.

Fifty-four years and counting for Garland and I. It has been difficult at times. It has also been a wonderful, magical adventure and the road ahead looks promising. A love that lasts is one rooted in friendship and mutual respect.

Put first things first. It's a lifetime and counting for genuine Agape love and me. Because I am the willing receiver of divine universal blessings and unconditional love, I am able to accept myself as I am and to be charitable to others as they are. Isn't it amazing how God loves us and leads us without violating our free will.

"When I have learned to love God better than my earthly dearest, I shall love my earthly dearest better than I do now. In so far as I learn to love my earthly dearest at the expense of God and instead of God, I shall be moving toward the state in which I shall not love my earthly dearest at all. When first things are put first, second things are not suppressed but increased. Second things are corrupted when they are put first." C. S. Lewis, British Writer and Theologian

Contact Mona for personal success coaching, speaking engagements, or Choice Theory Basic Intensive Training. Mona Dunkin, Faculty, Glasser Institute for Choice Theory, Speaker and Life Coach. Solution Principles, P O Box 774, Elm Mott, TX. 254-749-6594. [www.monadunkin@gmail.com](mailto:www.monadunkin@gmail.com) [www.monadunkin.com](http://www.monadunkin.com) [monadunkin.blogspot.com](http://monadunkin.blogspot.com)

## TORRES

Continued from page one

the narrow streets and visit the stores, museums and restaurants in the area," she said. "I loved the university campus, my professors, and my friends. San Juan is a dynamic city with food and music festivals, concerts, plays, sports, and beaches. Therefore, we had something to do every week."

Torres is married with three children Mariana, Gabriel, and Jorge. She also has two grandchildren, Maria Rose and Dominic Gabriel. Torres was home with her husband Félix Zayas and son Jorge during COVID quarantine in the Spring and Summer. She spent the time reading, cooking, and more reading, she said.

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

Many people do not know the

## African-Americans at higher risk for stroke

symptoms or what to do when they witness someone having a stroke. The following information is provided to you by the National Institute of Neurological Disorders and Stroke (NINDS).

A stroke occurs when blood flow to the brain is interrupted or

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

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

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

Making changes in your lifestyle can help prevent stroke. The NINDS, part of the National Institutes of Health, is dedicated to research and education on the causes, treatments and prevention of stroke. Risk factors include high blood pressure, diabetes, heart disease, family history

of stroke, high cholesterol, and being overweight. Find out your risks and take action.

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



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