

Anchor News

Serving the Central
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Celebrating 16 Years!

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Waco ISD board hires longtime Waco educator as interim superintendent

The Waco ISD Board of Trustees voted unanimously tonight to hire Dr. Hazel Rowe as the district's interim superintendent. A longtime Waco educator, Rowe previously served as the district's interim superintendent in 2000-2001.

"We are excited that Dr. Rowe has agreed to serve as our interim superintendent," board president Pat Atkins said. "Dr. Rowe has dedicated her life to empowering students through education and to helping educators hone their craft. She knows our community and our schools in a way that few do. Those relationships will be invaluable as we move forward."

Rowe has more than five decades of experience in education, including 23 years in Waco ISD. Her first assignment in the district was as a



DR. HAZEL ROWE

fourth-grade teacher at North Waco Elementary. Dr. Rowe served as the assistant principal and principal of Crestview Elementary before becoming Waco ISD's director of elementary operations. That

was followed by stints as the district's assistant superintendent for campus operations and as the associate superintendent for school improvement.

In 2001, Rowe became an associate executive director at Education Service Center Region 12 in Waco. After retiring from the service center ten years later, Dr. Rowe continued to train current and future educators teaching in the doctoral program at the University of Mary-Hardin Baylor and in the alternative teacher certification program at McLennan Community College. She holds a doctorate in education administration from Texas A&M University.

See **ROWE** pg. 10

Girdy joins Hillcrest Chiropractic and Wellness Center

Dr. Shannan Girdy knew early on in life that she wanted to be a doctor. Born in Victoria, Texas and raised in Corpus Christi, Girdy often heard the story of how her great-grandmother, Lillian Lewis, saved her life at birth. An RN, Lewis realized that baby Girdy's life was in danger. "She was the one who discovered the umbilical cord was wrapped around my neck and urged the team to do an emergency C-section." Donald and Tanya Girdy, I have one younger sister who is 18, her name is Arianna Girdy.

Growing up in a close knit family with her parents, Donald and Tanya Girdy, and younger sister, Arianna, Girdy always felt proud of her family



DR. SHANNAN GIRDY

and the opportunities her upbringing allowed her. She had a normal childhood, which in-

cluded gymnastics from the time she was 3 years old until she was in high school. During her high school years, she also played basketball and was a cheerleader. From middle school throughout college, she ran track. Girdy enjoys numerous activities, such as reading, writing poetry, playing the guitar, hiking, camping, dancing, and working out at least 5 to 6 times a week.

Her closeness to her family also includes her great-grandmother. During her younger days, she remembers her great-grandmother, as a major part of her life and how she especially looked up to her.

See **GIRDY** pg. 2

Killeen's Omega McNeal shares the music of poetic communication

BY WB GUNTER

April is National Poetry Month and poetry is just as relevant, thought provoking, and more popular than ever thanks to poets like Omega Chambliss-McNeal who is a supreme wordsmith of spoken word poetry. Her latest books, *Shadow Boxing* and *McNeal's Gumbo* will soon be available in bookstores and online.

Both books are master works as McNeal has been writing poems since she was 12. *Shadow Boxing* is a biographical memoir, which some believe is worthy of being turned into a movie or play. In it, McNeal shares her journey through life and letting go. *Omega's Gumbo* is a collection of 75 poems depicting every aspect of life touching every emotional string imaginable. The book is best summarized as a work about getting out of one's own way and allowing God to be the Master Chef perfecting His recipe.

The more reserved McNeal at the age of 18, is now a grown woman who mentors, performs live on stage, and remains a very active productive member of the community. Her civic duties, like her poetry are unending.

She reveals what it was like the first time when she stood on a stage, vulnerable, in front of an audience filled with poets, writers, and listeners. At that time poets gathered at Under One Roof Bookstore for weekly open mic events. McNeal recalls sitting in



OMEGA McNEAL

the audience with a backpack filled with poems. She had sat in the audience several times listening and enjoying the poetry. One night, a poet, Journey, tripped over McNeal's partially zipped backpack and the poems spilled out of the bag. She asked if McNeal was a poet, though Journey instinctively knew that was.

"There I was, a poet, with a backpack filled with poetry, and no desire to speak in front of an audience," admits McNeal.

Journey encouraged her to get up to the mic. Until that moment, explained McNeal, writing poetry was therapeutic, a refuge. At that time, she was 19 years old, in the military, and shaking at the thought of stepping up to the microphone.

"With the encouragement from other poets, Solo and Shauna, I walked to the microphone for the first time in my life. I was reading and feeling nervous. When I finished, the response was positive, and although I was nervous, several people said my ner-

See **McNEAL** pg. 2

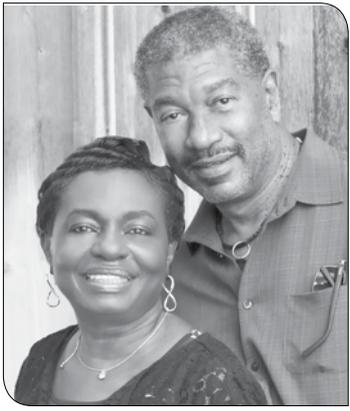


Photo by Any Given Day Photography

J.L. AND LINDA CRAWFORD

A co-owner of *The Anchor News*, J.L. Crawford is the director of operations for the paper. He is also an instructor at McLennan Community College, a Bible teacher, and a LegalShield Senior Manager. Linda Crawford is co-owner and editor of *The Anchor News*. She is an instructor at McLennan Community College, a Bible teacher and a conference, workshop and motivational speaker.

FROM THE EDITOR...

Mother's Day is around the corner

(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 women 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

ousness wasn't obvious."

According to McNeal, during the 90's, many creative communities were prone to public disagreements. The poetry community was no exception. However, McNeal says, "As a member of a group, there may have been creative differences or someone messing up a line, but we loved past our creative differences and experiences. We'd wait until the show was over and we were traveling back home before anything was ever said to the other. Professionalism came first."

Even in the era of technology and tweets, McNeal believes poetry continues to strive because its relevance is constant. She explains, "What I like about poetry is its diver-

sity. Poetry is diverse in its language, delivery, content, and the poets. It's motivating, but more than that, it connects identifiable experiences regardless of era. There is something for everybody."

McNeal has much to say about poetry and community. "What I really appreciate most is the community of poets are a powerful accepting community. It's a safe non-judgmental group of people who respect everyone even when someone may not agree or get it." Considering herself to be an abstract poet, she can take abstract thoughts, develop them and bring them together to formulate a relatable and complete composition. And when she recognizes a new poet who might be struggling or who might need encouragement, she is quick to fill that need.

McNeal explains that poetry can be entertaining, but the process takes effort. Poets must stimulate the mind for an emotional response, says McNeal, because poetry is the music of communication. "It ebbs and flows. Poetry has pitch, tones, and rhythmic beats that makes it a captivating lyric. Because it is the music of communication, poets tend to speak with parts of their bodies, with movements like a dance as the body moves and wraps itself around certain inflections and words." She continues that "dance is another form of communication allowing the words and emotions to connect."

Remembering how she got her beginning, she says she learned so much when she was inducted into The Hungry

out for a nice meal -- the restaurant business counts on it. But a real treat might be to show 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 heartfelt 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 handpicked flower in a vase, and you can count on a few tears. Or place a special "Mom Ad" in *The Anchor News*. Call us.

live poetry. The dress is casual, and doors open at 8:30 pm. Bring \$5.00 at the door and personal snacks and beverages. Poets sign up as they enter. For workshops, visit Poetic Sweet Spot for availability or call 254-535-7639, or visit on Facebook.

The Living Room, at 1002 Elms Rd #114, presents I Speak Poetry night on Fridays from 6:30 p.m. to 9:00 p.m. To book McNeal or Sisters in Poetry, call 254-220-9777.

Poets group consisting of poets, Foessa, Journey, and the late Coco Fire.

"We were a sisterhood with a shared level of love, synergy and respect. To this day, I continue to write notes everywhere. I will speak into a voice recorder and I still have the backpack with a notebook."

In the Killeen/Fort Hood area, Saturday nights from 9:00 p.m. Poetic Sweet Spot, located at 5810 South W.S Young Drive #101, is open for

the neck and back. "Chiropractic is not just about back and neck pain but it deals with every condition in the body and provides a natural non-invasive way to help people get better and to function optimally."

Giridy shadowed a chiropractor in Corpus and loved chiropractic. She went to Life University's Life Leadership Weekend to get a tour of Life University and learn about the institution's philosophy. "That's when I decided to go to Life to study to be a chiropractor," said Giridy. Life University is a leading chiropractic and holistic health university.

Giridy graduated from Life University with her Doctoral of Chiropractic degree in 2019. She has attended numerous seminars to perfect her skills, and she is also part of Alpha Delta Upsilon, the professional chiropractic sorority. Currently Giridy is an associate doctor for Dr. Shamonica Trunell-Morgan at Hillcrest Chiropractic. Giridy attends Antioch Church.

McNEAL

Continued from page one

GIRDY

Continued from page one

"I always admired how smart she was," Giridy said, "and I knew, even back then, that I wanted to be in the medical profession. I knew I wanted to be a doctor."

It was admirable that young Giridy knew what she wanted to do with her life, but it would be some time down the road before Giridy would know what her focus would be. "I didn't know until I was in a meeting with Alpha Epsilon Delta. They brought a chiropractic representative in to speak with us." She received her bachelors in biomedical sciences at Texas A&M Corpus Christi in 2015, but she discovered chiropractic through a meeting with Alpha Epsilon Delta, the national health pre-professional honor society.

It was during this meeting that Giridy learned about chiropractic medicine. At the meeting, she absorbed so much information about healing the body naturally in a non-invasive way. She learned that chiropractors deal with more than

the neck and back. "Chiropractic is not just about back and neck pain but it deals with every condition in the body and provides a natural non-invasive way to help people get better and to function optimally."

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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.

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

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

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The comments and opinions of our readers are welcomed. Letters

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Insurance: independent agent vs. standard agent

BY HENRY CHASE

What's the difference between an independent agent and a standard agent? Let us explain here.

- **Independent agents shop multiple carriers** – Independent agents are able to shop multiple insurance carriers with one application. Agencies carry contracts with multiple A+ rated insurance companies (versus just one) and can compare several quotes instantaneously. This is a huge advantage for you, eliminating the need to submit multiple applications to different carriers to find the best and cheapest option.

- **Standard insurance agents** are limited to their products and no others.

- **Independent agents save you time and money** - With more choices comes a variety of coverage options and price points, saving you time and money. Agents do the shopping and you do the saving. It's a win-win!

- **Independent agents are licensed professionals** - Agents offer their experience, expert knowledge, and guidance when it comes to selecting the right policy. They are able to explain the complex insurance world to you and make sure you understand



HENRY CHASE

all aspects of your policy. When independents set up your policy, they are doing all the research for you, eliminating errors and ensuring your insurance needs are met. According to U.S. Insurance Shopping Study by J.D. Power, "Shoppers are increasingly reliant on agent recommendations when considering and quoting insurers."¹ Be certain that your home and auto are properly covered.

- **Independent agents are your neighbor** – Most agencies are locally owned and community driven. They are your neighbor, belong to community organizations, have children on the same little league team, and attend the same church. Your coverage is their priority.

- **Independent agents are your advocate** – They

offer their help and support when it comes time to actually use your insurance. Dealing with a claim can be a mess. Your independent agents assist you and ensure you are taken care of by the insurance company. When accidents happen, your agent is there.

For more information, contact agent, Henry Chase, owner of Chase Insurance Group 512 N Hewitt Drive Hewitt, Texas 76643 (254)235-7620 Office (866)262-7264 Fax or go to the following link for a quote and to apply for life insurance online 24 hours a day.

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Wacoan Rachel Pate continues to serve community

Rachel E. Pate is a native Wacoan and University High School alum. Growing up in South Waco, Pate enjoyed playing in Southern Little League, being a Girl Scout, participating in school sports and spending time outdoors in her grandmother's yard and garden. With her mother, Linda, being a Sunday School teacher and now evangelist, Pate accepted Christ at an early age.

She was very active on her church's junior usher board, in youth ministry, briefly leading youth meeting classes. Some of her fondest memories of growing up in Waco are being surrounded by her large, extended family for reunions and Juneteenth gatherings; her mother is one of eleven siblings who all hail from Waco.

Pate currently serves as the Vice President of Membership Development for the Cen-Tex African American Chamber of Commerce and is a founding/current



RACHEL PATE

Board Member of Start-Up Waco. She's also a proud mom of a son, a lifelong member of Toliver Chapel, a graduate of the Leadership Plenty Institute, lover of the great outdoors, an avid basketball fan and a dedicated wearer of Converse's Chuck Taylor shoes. Pate's favorite scripture is Romans 8:31- "...If God be for us, then who can stand against us?"

How Older Americans Can Benefit From Chiropractic Care

(NewsUSA) - It's not just you.

As a nation, America is getting older - with another 10,000 Boomers turning 65 every day. And whether you like to admit it or not - and who does? - odds are you're probably already experiencing at least some of the same nagging health issues you once thought only happened to your parents.

What's also likely, assuming you're one of the nation's 100 million chronic pain sufferers, is that you're seeking a safer alternative to opioids after being scared off by news headlines of people becoming addicted and even dying from them. Read on to see if drug-free chiropractic care may be right for what ails you.

- Back and neck pain. It's the primary reason older Americans visit doctors of chiropractic every year. And as Dr. Phillip Pizzo of Stanford University's School of Medicine has said, "We see that for many patients, chronic pain becomes a disease in its own right."

Blame the aging process itself for why even the most active seniors - weekend athletes, say - aren't immune from such pain: Our muscles, spinal discs, facet joints and ligaments simply become less hydrated, weaker, and less able to withstand normal stresses. Doctors of chiropractic, who are highly educated and trained in the



DR. SHAMONICA TRUNELL-MORGAN

structure and function of the human body, can help provide relief through hands-on techniques that enhance flexibility, muscle strength,

and range of motion.

- Osteoarthritic pain and dysfunction. Knees or hips acting up? As with back and neck pain, doctors of chiropractic can also outline a program of exercise - monitoring your progress along the way - aimed at rehabilitating and strengthening specific muscle groups.

- Overall wellness. This, it's been said, is "the wheelhouse of a chiropractor." Exercise. Nutrition. Alignment. Posture. He or she can advise you on all those and more.

"Doctors of chiropractic are dedicated to helping patients get the best outcome from their body," said the Foundation for Chiropractic Progress' Sherry McAllister, DC.

Turn it down

SUBMITTED BY LINDA MCDONALD, ABR, CRS, GRI, PMN, SRS, TRLP COLDWELL BANKER APEX, REALTORS



LINDA MCDONALD

If there's one thing you can count on when you own a home, it's the arrival of the energy bill each month. One homeowner's energy cost will be higher or lower than the next, but there are easy ways to save a little money each month.

1. Use the dishwasher. Dishwashers, especially Energy Star appliances, are more efficient than washing dishes by hand. It's also important to load your dishwasher as effectively as possible, so check your manual for the best way. If you don't own a dishwasher, save water by turning the tap on only when you need to rinse.

2. Unplug idle electronics. Electronics and appliances still use standby energy even when not in use. Since unplugging every cord in your home is not feasible, consider using power strips with multiple plugs that you can turn off and on with the flip of a switch.

3. Circulate air with fans. Even with central air conditioning, it can be tricky to keep every room at a steady

temperature on hot days. Position standing fans to circulate air throughout your home, rather than lowering the AC thermostat temperature. If you have ceiling fans, make sure they're circulating in the correct direction: counter-clockwise during the summer—so air is being pushed down—and clockwise in the winter.

4. Measure laundry loads. Washing clothes in cold water instead of warm saves energy. And make sure there's enough space inside the dryer for hot air to circulate, or you could end up running two cycles.

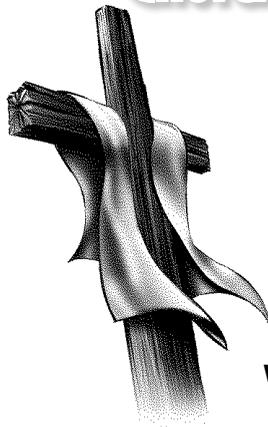
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Autism Month is upon us

BY LINDA DAVIS

April is National Autism Month. Autism a neurological disorder affecting a person's ability to think cognitively, communicate, and socialize. Sometimes people with autism have no verbal abilities at all. Many experts describe autism as a disorder affecting all of the senses. Studies show fewer girls live with the disorder than do boys. The article, "CDC Increase Estimate Autism Prevalence

by 15 Percent to 1 in 59 Children," cases of autism have increase substantially in the last two years from 1 in 69 to 1 on 59.

Some theories of cause include suggested negative effects of immunization and the environment, genetics, and complications during pregnancy and childbirth. The article lists common symptoms as "lack of eye contact, non responsive to their name when called, frequent tantrums, head banging on walls and floors, arm flapping, walking on tip toes, a dislike to touch, or being held, stripping of clothing, sleeping difficulty, at night, being a very picky eater, repeating meaningless words and phrases, lining up objects line up objects, and an absorption of

watching things spin." Parents should seek medical attention or a diagnosis as soon as possible. Waiting should not be an option.

Autism is classified as a spectrum because it can range from mild to very severe. I have two sons on the Autism spectrum, now 24 and 21. My oldest son who has mild autism, was diagnosed when he was only 27 months, by an evaluation team with MHMR, here in Waco. Back in 1997,



LINDA DAVIS

when he received his diagnosis the autism rate was 1 in 151. It's quite frightening to see how the disorder has increased over the past 20 years. My youngest son is diagnosed with PDD-NOS which is Pervasive Development Disorder Not Otherwise Specified, a very long title, to say the least. I like to describe PDD-NOS and autism to apples and pears. Autism is like apples; there are a wide variety of apples. Walk down any produce aisles and you'll have your pick of the crop from McIntosh Red, Fuji, Honeycrisp, Gala, to your typical granny and red apple. This is an example of autism; however, when it comes to pears, you don't have as many to choose from. This is characteristic of PDD-NOS. There are many similarities between apples and pears. They are both fruit with a stem and seeds. The outer textures feel the same and they both are sweet. However, a pear has a different shape, and you can't call it an apple because it is a pear. Sometimes I have to remind myself that my youngest son is on the spectrum, because he doesn't display the typical symptoms associated with au-

tism. However, he does have some very mild symptoms, which make him a pear.

If your child is 18 months and not starting to talk and display any of the symptoms listed above, consult the child's primary physician. Klaras Center for Families (MHMR) makes assessment on children 3 and younger; Call (254) 752-7889. Autism Speak is a useful and very resourceful internet site that provides important information regarding the disorder.

On Sunday April 28, there will be an event held at the Cameron Park Zoo. Join the Pride: Celebrate Differences, Celebrate Success disability awareness day. There will be various organizations and groups present to share local resources. This is a free event. Those wanting to attend should register by visiting the FB page Join the Pride. The Heart of Texas Autism Network, a local organization that provide vital resources, will be holding its annual Run for Autism 5K and Fun Walk Saturday, April 27 from 8 am to 2 pm at Brazos Park East.

I have a local social group MOAC Mothers of Autistic Children). I encourage you to check out my FB page for upcoming monthly events. MOAC is a group of moms who meet once monthly for social activities and support as a means to decrease stress and anxiety while building meaningful relationships. To learn more about the group, Contact me at (254)262-1567 or at MOAC.Fun@yahoo.com

Portions of this article were taken from the following: <http://www.autismspeaks.org/science-news/cdc-increases-estimate-autisms-prevalence-15-percent-1-59-children>

Wacoan, J.L. "Fish" Crawford, pushes education

A Waco native, J.L. Crawford holds two associate degrees from McLennan Community College and an associates from the International School of Theology. Though he attended Prairie View A & M University for 3 years during his younger days, he earned his bachelor's degree from Tarleton State University and his master's degree from Walden University. JL has been an adjunct instructor in the Integrated Reading and Writing program at McLennan Community College in Waco for nearly ten years. To the GW Carver community of the 60's, he is known as Fish.

Crawford is passionate about education, believing that age should not be a deciding factor in going back to school. He returned to college to receive his bachelor's degree at age 55 and finished at age 57. He graduated with his master's degree the day before his 65th birthday. He was an honor student during his entire time as a returning non-traditional student. It is not unusual to hear him say to a stranger, "Did you go to college?" or to an older person, "You need to get back in school." He uses his own testimony as a lead-in into the conversation.

Crawford is very active in the community. He is part of a husband/wife publishing team, as he and his wife, Linda, own the community newspaper, The Anchor News. They will soon celebrate its 17th anniversary in Waco and surrounding cities. He is a member of High Point Church in Waco, where Rev. John Rambeau is the pastor and Crawford is one of the financial offi-



J.L. CRAWFORD

cers and a life group leader. He is a member of the local branch of the NAACP, serving on the scholarship committee, a member of the Cen-Tex African American Chamber of Commerce, where he formerly served on the Education Committee, and a member of the Alpha Phi Omega Service Fraternity. In addition, he is one of the communications directors for the Willow Grove Cemetery Association, the treasurer for the GW Carver High School Class of '66, and a volunteer with Shepherd's Heart. Crawford has received a number of awards. He received the 2017 Men of Valor award, the 2017 NAACP Community Service Award, and was a 2018 NISOD nominee, (a national organization promoting professional development and teaching excellence.)

He and his wife have 4 adult children, 6 grandchildren, 3 great-grandchildren, 3 daughters-in-law and one son-in-law. Of all of his accomplishments, Crawford says he is most thankful to be a child of the Most High God.

De. Andrea S. Petty
Attorney at Law

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

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Mother's Day Ad

Place a Mother's Day ad in The Anchor News for your mother! You can get a business card-size ad with a message and photo for only \$30. The deadline is May 6th. Please contact theanchornews@aol.com.

Avoiding dangers of the flu for older adults

(NewsUSA) - It's the time of year everyone dreads: flu season.

Last season, more than 900,000 people were hospitalized due to the flu or flu complications, according to the Centers for Disease Control and Prevention (CDC). People over the age of 65 are at greater risk for these complications, making up about 85 percent of seasonal flu-related deaths and hospitalizations last year.

Experts say nearly half

(48.5 percent) of senior hospitalizations could, in fact, be avoided if proper preventative steps are taken, according to research from Home Instead, Inc. Here are tips to avoid the dangers of the flu:

- Consider a flu vaccine for your loved one. If you choose to get the flu shot, the best time to get one is before flu season is in full swing. For the best protection, the vaccine should not be limited to just older adults. Caregivers and fam-

ily members also need to stay healthy to protect older loved ones.

- Take daily preventative measures. It might sound simple, but washing your hands and avoiding those who are sick can go a long way. The CDC lists seven healthy habits to stop germs, including not touching your eyes, nose or mouth and sanitizing properly.

- Encourage physical activity for those who are able. Moderate exercise

boosts the immune system and can reduce the risk of a cold, according to Harvard Health. Even in frigid winter temperatures, activities such as a walk at a community recreation center or simple strength training exercises at home, using household items and body weight, can boost immunity.

- Pay attention to the signs and symptoms. Frequently check in on loved ones. Pay close attention to symptoms and changes in their appearance or demeanor. Encourage regular doctor visits to help keep minor symptoms from turning into more serious issues. And it's important to know all symptoms of

the flu and get treatment as soon as possible.

- Take extra precautions to prevent hospitalizations. Simple steps, such as acknowledging symptoms of illness when they first appear, reducing risks of falls around the home and maintaining a healthy diet can all have a substantial impact on protecting older adults from hospitalization and further infection.

For more information on staying healthy this flu season, including the "5 Ways to Prevent Senior Hospitalizations" guide, visit www.preventseniorhospitalizations.com, or find a Home Instead office near you at www.homeinstead.com/state.

Waco's Jesse Sneed still making his mark

Jesse Sneed was born and raised in East Waco by way of Trendwood apartments. While living in Trendwood, as a child he didn't really dream much. Sneed explained, "Where I'm from, there really weren't many positive surroundings. Not many people in the neighborhood were graduating from high school, let alone attending college."

Sneed lost his mother to illness when he was not even out of high school. He and his brother never shared their mom's sickness. Instead, they took care of her and each other. The family experienced many hardships and setbacks, but a college visit changed Jesse's life.

Sneed began to use the troubles and challenges as motivation and went on to graduate from Waco High School, Class of 2006. Today, Sneed holds a master's degree in human development and psychoeducational studies from Howard University and a bachelor's from Prairie View A&M University. He is currently attending the University of Southern California (USC) pursuing his doctoral degree in organizational change and leadership.

Sneed is the founder of a 501(c3) non-profit education-



JESSE SNEED

al organization called J.E.S.S.E Foundation, Just Empowering Student Success through Education, which helps prepare Waco students for a new school year, providing them with school supplies, haircuts, and food.

In 2015, Sneed's efforts earned him a place on Pacific Standard Magazine's "The Top 30 Thinkers Under 30" rising stars whose careers promise to make a lasting mark. The year prior, he was profiled on HBCUbuzz.com's Top 30 under 30 for giving back to underserved communities. Sneed currently resides and works for the Division of State Initiatives for the Washington, District of Columbia (DC) Government.



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Bloomington, IL

Former Wacoan, Daryl L. Smith, named Fort Bend County Constable

Houston Attorney Frank A. Rush, formerly of Waco, remembers Daryl L. Smith Sr. as the little boy who grew up in Waco, Texas on Turner Street. That little boy was recently elected a Fort Bend County constable.

Smith began his law enforcement career in 1991 with Missouri City Police Department as a public safety officer and was certified as both a police officer and a firefighter. During his 27 year tenure in the Missouri City Police Department, Constable Smith was promoted through the ranks of Corporal, Sergeant and Commander of Squad for day shift patrol. He supervised patrol and investigative assignments that included crime scenes, criminal investigations, property and evidence, crime prevention and tactical operations.

Smith holds a Master Peace Officer Certification from TCOLE - the Texas Commission on Law Enforcement. To promote crime prevention, he is a citizen contact for local community Crime Watch Programs and advisor to several homeowners' associations. Other notable credentials include being a recipient of the Missouri City Police Department Combat Cross, being honored with a special flag that had been flown over the U.S. Capitol by Congressman Al Green's office and hailed as a hero by the Missouri City Juneteenth Celebration Foundation for bravery during a 2001 bank robbery shoot-out. Although wounded, Smith foiled the attempt of two masked men from succeeding in robbing a prominent bank in Fort Bend County.

Smith was elected Fort Bend County Precinct 2 Constable in November 2018 where he oversees



DARYL L. SMITH, SR.

a department of 52 employees— 4 command staff, 25 deputies, 17 reserve deputies and 6 administration staff. The mission of the Precinct 2 Constable's Office is to serve. "We are committed to serve our diverse community by standing together in partnership building and enhancing mutual trust."

Smith's vision and focus is to enhance his motto of "Serving Our Community" by providing an exemplary level of service to the citizens in Precinct 2 by forging a lasting bond with community leaders, school administrators, homeowners' association board members and business owners.

A former Wacoan, Smith is the proud father of two children and grandfather of six. He is active in the Fort Bend County community as a school mentor and Little League Volunteer. Smith enjoys horseback riding, hunting and fishing as lifelong hobbies. He is a member of several community service organizations, including the NAACP.

It is a matter of perception

BY MONA DUNKIN

"If you can imagine it, you can achieve it." Paul J. Meyer

Perception is the way we see things. Our perception becomes our reality. Only one's perception may not be real (reality).

To have a more objective perception, mentally walk around the object (idea, concept, belief) for a better viewpoint. I like to turn things around to get a different slant. So...

"If you cannot imagine it, you cannot achieve it." Mona Dunkin

The rephrasing is not intended to be negative but a call for a reality check. What have you dreamed that you have dismissed as not feasible?

How many wonderful creative things have you imagined and then became your own sensor? The very fact that the idea came to you in the first place is evidence of your ability of carrying it to fruition. We are capable of doing things we never thought we could do.



MONA DUNKIN

The fact that we thought of it is evidence enough that we can do it or we never "woulda thunk it."

It is that simple, and that complex.

Everything is created twice, first in the mind and then in reality.

For deeper clarity, I also like to rephrase statements as a question, and/or use similar words. As in, "Are you telling me that if I can mentally picture it, I can also bring it into being? Are you saying that if I have a concept of how it might work, I can actually create it?"

Yes. Yes. Yes.

The idea may be ambiguous. Or you may think you are too-o-o-o busy to even think about it. Ideas are words. The Apostle James encourages us to be a doer of the idea (word), not merely a hearer of the idea (word).

We deceive ourselves into thinking the problem is a lack of time. Wrong. It is not so much about how busy you are but how much you believe in your dreams. It is about investing your time into growing and developing needed skills. It is about letting go of fears and insecurities.

Incidentally, I am writing this to me as much or more than I am to you. Let us encourage one another and utilize our gifting to create the dreams that we were created to dream.

For all your speaking and training needs, contact Mona Dunkin, Motivational Speaker and Personal Success Coach, monadunkin@gmail.com www.monadunkin.com." Call me today. 254-749-6594.

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Medicare plans offer more health and wellness benefits for 2019

(NewsUSA) - Beginning in January, Medicare Advantage plans have been allowed to cover a broader array of health-related services that may help people with Medicare improve their health.

The Centers for Medicare & Medicaid Services (CMS) has expanded the health-related benefits that insurers are allowed to include in their Medicare Advantage plans.

Rides to the gym and in-home safety measures such as bathroom grab bars are among the new benefits added to certain Medicare Advantage plans for 2019.

Original Medicare combines Medicare Part A, which helps cover hospital and other types of inpatient care, and Medicare Part B, which helps cover doctor visits, outpatient and preventive care. Original Medicare does not include coverage for most prescriptions.

Medicare Advantage plans cover everything that Original Medicare covers and may include extra benefits, services and often prescription drug coverage through a private insurer such as Humana.

Most Medicare Advantage plans offer extra coverage and services, such as vision, hearing and dental benefits, health and wellness programs, and a 24-hour nurse

advice line. And most include Medicare prescription drug coverage.

Health and wellness benefits often include fitness programs and gym memberships, and transportation to medical appointments. For 2019, Medicare Advantage plans provide members access to an expanded choice of over-the-counter personal care items such as toothbrushes and toothpaste, pill boxes, cough and cold medicines, eye drops, vitamins, heating pads, compression stockings and other supplies for diabetics, plastic bandages and other first aid items.

The new Medicare Advantage supplemental benefits approved by CMS for 2019 also include virtual medical visits and virtual psychiatry, in-home support services and caregiver support.

People with Medicare can see which new health and wellness benefits are being offered for 2019 on Medicare Advantage plans in their neighborhood by going online to the Medicare Plan Finder, or for Humana Medicare Advantage plans at www.humana.com/Medicare.

You can also call 1-800-MEDICARE (1-800-633-4227) (or TTY: 1-877-486-2048) 24 hours a day, seven days a week, or call

Humana at 1-877-877-0714 (TTY use 711) from 8 a.m. to 8 p.m., local time, seven days a week.

The Medicare Advantage and Prescription Drug Plan Annual Election Period takes place from Oct. 15 through Dec. 7, each year for coverage that takes effect Jan. 1.

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

This information is not a complete description of benefits. Call 1-877-877-0714 (TTY use 711) for more information.

Telepsychiatry services are currently available to Humana Medicare Advantage members at selected locations. Limitations on health care and prescription services delivered via virtual visits and communications options vary by state. Virtual visit services are not a substitute for emergency care and are not intended to replace your primary care provider or other providers in your network. This material is provided for informational use only and should not be construed as medical advice or used in place of consulting a licensed medical professional.

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-Miss Sabrina Calhoun

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-Mrs. Sue Connor

Text 254-715-8943 for signings and information.

ROWE

Continued from page one

Since Transformation Waco was formed last summer, Rowe has been a member of the organization's board of directors. As part of an in-district charter partnership, Transformation Waco's board oversees the operation of five Waco ISD schools. Through that partnership, those schools are eligible for additional state funding and a two-year pause in accountability interventions. Rowe will step down from the Transformation Waco board

to serve as Waco ISD's interim superintendent.

"I've lived in Waco for more than 40 years, including more than 20 years spent working in Waco schools," Rowe said. "Something special is happening right now in Waco ISD. This community is united in support of our students, and I've seen the difference that it is making in their lives. I am excited to work with our staff and the community to build on that progress in the months ahead."

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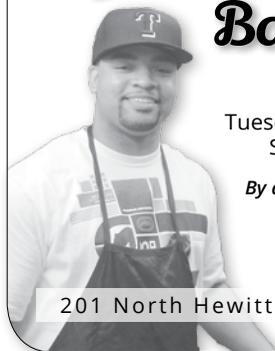
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Linda McDonald, ABR

Will your online history come back to haunt you?

SUBMITTED BY
J.L. CRAWFORD,
SENIOR MANAGER



J.L. CRAWFORD

Many people falsely assume the personal information they email or post online is private. It is important to understand how your online history can be used against you in a legal proceeding, jeopardize your employment or even put children at risk. The following information will help you understand how your online presence can expose you to risk and how to avoid key mistakes.

- **Anonymity** – Posting comments to online forums, news outlets or blogs may give you a false sense of anonymity and privacy. There is no anonymity online; everything can be traced back to its source. Before posting anything online consider the very real possibility that it will be traced back to you. In addition, anything you post online may be used against you in court. You should never assume that information you post online is private or confidential.

- **Attorney-Client Confidentiality** – Attorney-client confidentiality protects direct communication between you and your attorney. These communications whether in person, by phone or online cannot be used against you in court. You can jeopardize your confidentiality by talking about your legal matter with anyone other than your attorney. A breach of attorney-client privilege can seriously harm your case. Do not discuss the details of your case with anyone other than your attorney

and avoid discussing legal matters online.

- **Children** – Child predators use social networking sites to find victims. Talk to your children about online safety. Even uploading pictures of your children to social media or photo sharing websites could put them at risk. Most smart phones and many newer digital cameras use GPS to tag your pictures with the exact location where they were taken. Predators can locate your child within a few feet using this information. The best way to avoid this danger is to disable GPS tagging on your smart phone or camera.

- **Teens** - Online bullying can have tragic consequences. It is important to talk to children about how to handle being bullied, as well as the importance of reporting and not participating in the bullying of other children. It is also important to teach teens about the dangers of posting or transmitting illicit photographs or videos. In recent years teens have been convicted of child pornography charges for possessing nude photographs of underage peers. Explain to teens the legal risks of tak-

ing, transmitting or even receiving such images.

- **Your Job** – Employers are increasingly turning to social media to learn more about applicants. Applicants should be aware that their profiles and posts could be used for this purpose. Employers must be careful not to unlawfully discriminate based on age, gender, race, religious beliefs or sexual orientation. Employees who make negative comments about customers, co-workers or their employer could end up losing their job.

- **Family Law** – Facebook profiles and Twitter posts are being introduced as evidence more and more frequently in divorce and child custody cases. No matter what your intention when posting something online, consider how it could come back to haunt you. The best advice is to take a break from Facebook or other social media during a divorce or custody dispute.

- **Criminal Law** - In addition to divorce court, the digital trail created through social networking is becoming increasingly common in criminal cases. Discussing illegal activity, even as a joke could land you in hot water.

If you do not yet have an IDShield membership visit www.idshield.com to learn more. *LegalShield can help you with your legal issues. Preexisting problems are covered, so give me a call at 254-717-4927. Hurry. With LegalShield, "...we can help you worry less and live more."* Please see the ad in this issue of *The Anchor News*. J.L. Crawford, Senior Manager.

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**Wanda B.
Gunter**

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

Health and Wellness Q & A

**WITH HEALTH SPECIALIST,
JERRY SNIDER**

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

QUESTION:

Hi Jerry, I've started to see a lot more issues with my skin over the past few years. I'm getting rashes more often and my skin seems to get irritated easily. A co-worker told me this could be related to the food I'm eating. I've never been allergic to any foods before and don't know where to start to determine if I'm allergic to anything. I'm in my mid-40s and want my skin to be healthy for the rest of my life. What do I do? Thanks, Tammy

ANSWER:

Hi Tammy,

This is a great question that I know women are especially concerned about. Skin care is a big industry with a lot of great products.



JERRY SNIDER

Your co-worker is correct in saying that the food you are eating could be causing your skin issues. It could also be an external issue acting on your skin - something as painful as poison ivy to something unnoticed as an ingredient in a lotion you are using. To determine if it's something external, simply do an experiment and stop using one of your skin products for a week or two. Do this one product

at a time or you might not be able to figure out exactly which one is causing the issue. If this clears up the issue, check the ingredients of that product you stopped using and avoid those ingredients as best you can.

If it is a food related issue, which it can often be, it becomes a bit more difficult because of how your body reacts. There are foods that can cause allergic reactions in the matter of minutes and some that take days or weeks to appear. If you have an allergic reaction that shows as a skin rash to something you ate 7 days ago, it's pretty hard to figure that out without having an allergy test done at the doctor's office.

Here are a few things you can try to narrow it down.

Keep track of what you eat so you can have an accurate log to review the next time you have a reaction. This is especially helpful if you eat the same things during the week but tend to splurge on

the weekends.

Remove different dairy products from your normal diet one by one. Dairy products tend to be the culprit for food allergies that develop as we age. Replace them with plant-based substitutes and see if this makes a difference.

When you are having a skin reaction, try to drink more water. Water helps transfer waste and toxins out

of your body quickly, the more water you have helping your immune system, the quicker you'll recover.

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

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

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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 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



LINDA MASON CRAWFORD

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 need-

ed 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 hatchback, ahead of time! He was in the back so fast; all I could do was bite my lip and jerk forward. "Stop the car, Lynn, and give me the money!" he yelled, as he swiftly crawled into the back seat. He lurched through the bucket seats so fast that my head literally seemed to spin, like the girl in the Exorcist. Grabbing the steering wheel, he yelled again, "Gimme the money, Lynn!" The Exorcist...I was sure that his voice changed. But tonight...no, not tonight. I kept driving, the car swerving across into the other the lane and back again as he, too, gripped the wheel. We came within inches of hitting a minivan. I saw head lights of an 18 wheeler that we also barely missed as we sped into the on-coming traffic. Hands pinned to the wheel, I was driving to my pastor's house, and no one was stopping me. That was the life I lived for most of my 16 years of marriage to a crack addict, one that was much different from my single days of the quiet, country, church girl. I had never touched drugs in my life. I smoked only one cigarette that nearly killed me. And here I was, 29 years

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

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

Doris Miller Memorial Park

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

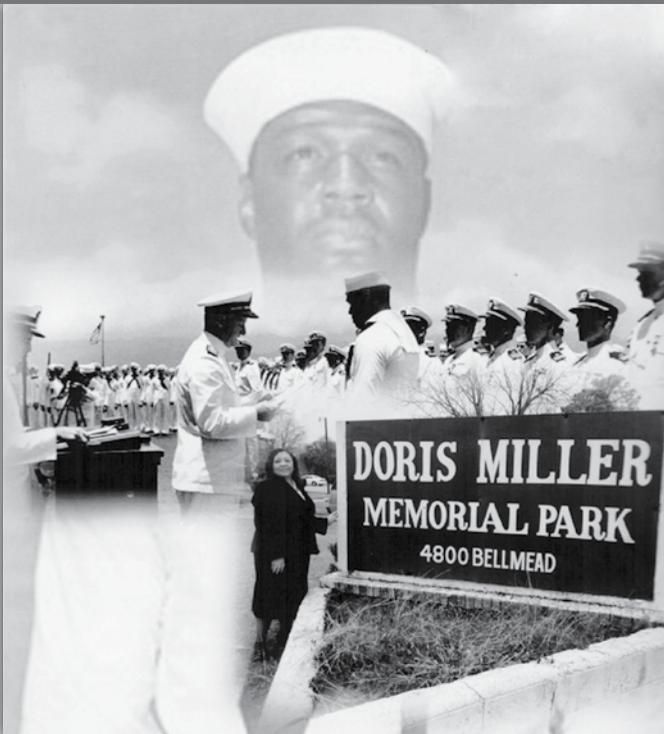
The Cemetery was established in 1949. The first burial was that of Doris Miller's father, Connery Miller. The Cemetery is named in honor of Doris Miller, the WWII hero. It has been under the present ownership since 2001.

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Tips for the home buying process

**BY: REGINA MARTINEZ,
VICE PRESIDENT
INCOMMONS BANK**

Purchasing or moving into a new home is an exciting process. Use the following tips to make the dream of homeownership easier for you:

GET YOUR FINANCES IN ORDER

- Reduce debt; a lender typically wants your debt-to-income to be no more than 42% of your income.
- Develop a habit of pay-

ing off your credit cards every month.

- Clean up your credit report.
- Get your down payment together. Typically a down payment is 5% to 20% of the purchase price of the house.

GET PRE-QUALIFIED WITH A LENDER

- Now that you have determined what you can afford and your finances are in order, the next step is to arrange financing. Getting pre-qualified lets you know how much house you can af-



REGINA MARTINEZ

ford. By submitting an application, basic information is collected and a credit report is obtained and reviewed.

- Preliminary documentation will be requested and reviewed to verify the information you provided on your application.
- The lender will then review the results with you and answer any questions you may have.

BEGIN LOOKING FOR YOUR DREAM HOME:

- Find a good real estate agent. They will provide you a market analysis to show you how much a house is really worth and help you avoid paying too much.
- Think about the location and neighborhood you would like to be in.
- Create a list of the

things you will want in your new home.

FINAL STEP

- Execute a Purchase Contract.
- Your lender will then order an appraisal and title commitment. Once received, your loan is prepared for closing.
- 3 days prior to closing you will receive a Closing Disclosure containing closing costs associated with the home buying process.
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- You get the keys to your DREAM HOME!

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Walking in divine health and blessings, Part 1

BY RUBY MCCRAY

There are so many thoughts flooding my mind that I hardly know where to start. I guess I should start with this scripture. "Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers." (3 John 2)

We are an eternal spirit first and foremost with a soul that lives in a body. If we keep our soul healthy, I truly believe that the body will fare very well. The soul, which is sometimes referred to as the heart, houses our will, intellect and emotions. Jesus said, "It's not what goes into your body that defiles you; you are defiled by what comes from your heart." (Mark 7:15)

He then said, "Don't you understand either? ...Can't you see that the food you put into your body cannot defile you? Food doesn't go into your heart [soul], but only passes through the stomach and then goes into the sewer. ... It is what comes from inside that defiles you. For from within, out of the person's heart [soul], come evil thoughts, sexual immorality, theft, murder, adultery, greed, wickedness, deceit, lustful desires, envy, slander, pride, and foolish-

ness. All these vile things come from within; they are what defile you." (Mark 7:18-23)

I believe that the first scripture just became more understandable. There is no way that we can prosper in our body and be in good health when we are carrying all kinds of uncleanness in our heart. "A cheerful heart is good medicine, but a broken spirit saps a person's strength." (Proverbs 17:22) The New King James Version of the Bible says, "A merry heart does good like a medicine, but a broken spirit dries the bones."

Precious people, we have to purpose in our soul to be happy. We can't afford to hang around negativity, and we can't afford to worry about things that we can't fix, because, "The human spirit can endure a sick body, but who can bear a crushed spirit?" (Proverbs 18:14) You may have heard of the expressions, "They worried themselves to death, or they just pined away." If you really want to prosper and be healthy, you're going to have to let go of some things. "Worry weighs a person down; an encouraging word cheers a person up." (Proverbs 12:25) "A glad heart makes a happy face; a broken heart crushes the spir-



EVANGELIST
RUBY MCCRAY

it." (Proverbs 15:13)

What else can a person do to prosper and be in health? How about studying the Bible every day for as much as possible. "My child, pay attention to what I say. Listen carefully to my words. Don't lose sight of them. Let them penetrate deep into your heart, for they bring life to those who find them, and healing to their whole body." (Proverbs 4:20-22) King Solomon, talking to his son, is saying that the Word of God is like medicine; it's healing to your whole body. I believe that it also prevents sicknesses.

Let me recommend Kenneth E. Hagin's CD, Healing Scriptures, which is excellent to have playing during a time of sickness. I suggest that you put it on "REPEAT" and let it play continuously for as long as it takes. It's like taking scripture pills—each verse is a pill. Let's finish Solomon's discourse to his son.

"Guard your heart above all else, for it determines the course of your life. Avoid all perverse talk; stay away from corrupt speech. Look straight ahead, and fix your eyes on what lies before you. Mark out a straight path for your feet; stay on the safe path. Don't get sidetracked; keep your feet from following evil." (Proverbs 4:23-27)

It's no wonder people recommend that a person should read one Chapter of Proverbs every day. There are 31 Chapters, and the majority of the months have 31 days. Just double up on the months that have fewer days. In that way, a person will read the entire Book of Proverbs 12 times in one year. Why should one read the Proverbs? Let's look at a few verses in chapter 1.

"Their purpose is to teach people wisdom and discipline, to help them understand the

insights of the wise. Their purpose is to teach people to live disciplined and successful lives, to help them do what is right, just, and fair. These proverbs will give insight to the simple, knowledge and discernment to the young. Let the wise listen to these proverbs and become even wiser. Let those with understanding receive guidance by exploring the meaning in these proverbs and parables, the words of the wise and the riddles. Fear of the LORD is the foundation of true knowledge, but fools despise wisdom and discipline." (Proverbs 1:2-7)

Oh, my goodness! This is just the introduction of how to prosper and be in health as our soul prospers.

All scripture is taken from the New Living Translation unless otherwise stated. Please join me in May as we continue this series. In the meantime, try some of these tips! You may not believe me, but...just what if I'm right?

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



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The slothful American creates need for immigrants

BY MATTHEW REED

Proverbs 12:24 declares, "The hand of the diligent shall bear rule: but the slothful shall be under tribute." Slothfulness will cause people to be dragging up the tail end. And that applies to whatever area they are slothful in, spiritually or naturally.

Proverbs 15:19 says, "The way of the slothful man is as a hedge of thorns: but the way of the righteous is made plain." Slothfulness brings pain. Look at the pain we're having in this country over immigration. If ninety percent of the slothful was working instead of on some kind of a freebie program immigrants would not be breaking down the walls to come here. Perhaps there wouldn't be jobs. They're leaving countries where there isn't any work and going to places where there is work. Put the slothful back to work, decrease the amount of jobs available and stem the flow of immigration.

If the unemployed believe their wages are too low, they should go to school so they can qualify for better positions(wages). In all labor there is profit that includes going to school. Without this change, we have to have immigrant, or our society will fail, for without immigrants apples, oranges, peaches, tomatoes, would be \$20.00 per lb. I don't want to pick peaches either, if I find that that is all I am qualified to do, it would serve me well to find a peach orchard and get to work. We would never get a road fixed. Factories would shut down. Our economy would be a shamble. As a matter of fact, without the immigrant whether he or she be Mexican, African, Hungarian, Muslim or whatever race, we would be as the third world countries. We have too many slothful Americans, white, black, brown, etc. looking for something for nothing. What if we say, "We are not going to give you another check?" The



PASTOR MATTHEW AND LADY HELEN REED

problem with all of the unemployed who are healthy and can hold down a job is we perpetuate the prob-

lem by giving them their needs and wants. They are not like hard working Americans. They feel privileged, thinking everything should be free. They feel as if the world owes them something.

My Uncle Al used to say "The world don't owe you nothing but a living and a killing. The rest you got to get it yourself (rent, food, gas for your car, the baby's pampers, etc. etc.)." II Thessalonians 3:8 says "Neither did we eat any man's bread for nought, but wrought with labor and travail night and day, that we might not be chargeable to any of you. 9 Not because we have not power, but to make ourselves an exsample unto you to follow us. 10 For even when we were with you, this we commanded you, that if any would not work, neither should he eat. 11 For we hear that there are some which walk among you disorderly, working not

at all, but are busybodies.12 Now them that are such we command and exhort by our Lord Jesus Christ, that with quietness they work, and eat their own bread." This passage simply means put the able bodied to work; they won't have time to get into mischief. This "kills two birds with one stone."

I am not speaking of the truly disabled or elderly, but if people are drunkards or addicts, they are not disabled; they just don't have any control over their spirit. This that I am proposing would perhaps cure that. I am speaking strictly of the loafers. Whether they are white, black or brown, I make no exceptions. White, black or brown, your child or my child, a loafer is a loafer. I don't have anything to give loafers, only a word from God, which says if they will not work, they should not eat. Anyone having a problem with that take it up with God.

WHERE CAN I PICK UP AN ANCHOR?



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- Many Area Churches
- Bebrick Collision
- Cen-Tex African American Chamber of Commerce
- Doris Miller Y
- Hillcrest Chiropractic and Wellness Center
- Lula Jane's
- Marilyn's Gift Gallery
- Mitch's Corner Stop
- Public Library off South 18th Street
- Public Library off Austin Street
- Public Library in the Target Shopping Center
- Sascee's
- Texas Star Properties (Pro-Life Office on Waco Drive)

Tony DeMaria's Bar-B-Que

—HEWITT—

- IGA
- Hillcrest Clinic

—KILLEEN/HARKER HEIGHTS—

- Fay's Gift City
- Geechies
- George's Auto
- Glendora's
- Harker Heights Driving School
- The Jewelry Lady
- Village Co-op
- City of Waco Water Department
- Public Library on Elm
- County Records Building
- NeighborWorks
- 7-11 Convenient Stores on Clear Creek Rd and Fort Hood St.
- So Fresh So Clean Barbershop

- Mais Souffle Bistro
- Ruth's Chicken and Waffles
- Divine Radiance Healthy Hair Care Services
- Butler's BBQ
- Bobby B's Soulfood Restaurant

—MCGREGOR—

- Brookshires
- Cefco
- Highway 84 Shell
- Jack and Jill
- Westview Manor Nursing Home

—MOODY—

- Brookshires
- Conoco
- Texaco

—WOODWAY—

- Nutone Cleaners

Attorney DeAndrea Petty serves community and surrounding areas

DeAndrea Petty, a native of Marlin, Texas, is the daughter of Annie Petty of Marlin and the late Derrick Pyburn of McGregor, Texas. She received her BA in political science, with a minor in criminal justice from Baylor University in May of 2013. Petty received her Juris Doctorate from South Texas College of Law, in Houston, Texas in May of 2016 and was admitted into the Texas State Bar as a licensed attorney in November of 2016.



DeANDREA PETTY

Even as a very young child, Petty had a strong passion to help others, especially those who are in need of a second chance. This passion has led her on her journey as a criminal defense attorney. Petty feels that each individual is more than his/her past or current situation. Petty also has a passion for bringing families together. While working as an attorney Ad Litem in CPS cases, Petty has the best opportunity to help keep families together.

"Everyone needs someone who cares as well as some-

one who has their best interest at heart," says Petty.

As an attorney, Petty does all she can to ensure her clients are heard. Malcolm X stated, "A man that stands for nothing will fall for anything." Petty feels that if she does not stand for her community as well as for her clients, then not only will the community and clients be susceptible to fall for anything, but she will have fallen as well.

This small town girl is making a name for herself. For your legal needs, contact Attorney DeAndrea Petty,

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To schedule your next consultation please visit The Law Office's website at <https://deandrapetty.wixsite.com/attorneydpetty> or call 254.640.6829.

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Avenue, Waco, Texas 76701 Also, likes us on Facebook at <https://www.facebook.com/lawofficeofdeandrapetty>.

From the desk of former Wacoan, Jesse L. Nemons

I was born in Waco, TX at Hillcrest Hospital. I attended schools in Waco ISD and graduated from Waco High School in 1996. I lived in Waco with my parent,s Jesse and Barbara Nemons, and my sisters LaToyia and Jessica. I have two wonderful sons Jesse Nemons III the musician and Jackson Nemons the athlete.

I received a bachelor's in health & human performance as well as a master's in educational counseling from Prairie View A&M University. I currently attend University of Houston pursuing my M.B.A in strategic management. My current position is District Manager II for Stage Stores in Houston, TX. I have spent the last 20 years working in the retail management field.

After college I planned to relocate to Dallas to further my



JESSE L. NEMONS

career opportunities closer to home, yet the stars didn't align, and Houston became my home. I have grown to love life in the Big City of Houston.

Academically, I am interested in writing, specifically self-

help and motivational books. I'd like my next career to revolve around writing and teaching, which I fondly call "the art of elevation," for I believe in the uplifting power of words to induce change personally and globally. The capacity of words to inspire has impressed me so much, giving me the challenge of using my life lessons to help others.

My ambitions have always been centered around being the best I can be in every level of life, while motivating, inspiring and blessing others I encounter in my travels. My hobbies include reading, traveling, motivational speaking, weight training and coaching. My vision is for the power of one to become reality. We all need to understand the power of mentorship, emotional intelligence, mental health as well as the role of the community.

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Pastor & Founder

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