

THE Anchor News

Women In Business Issue

Celebrating 18 Years!

MARCH 2021
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Free



TeAnnah Shields offers styles to go

BY LINDA CRAWFORD

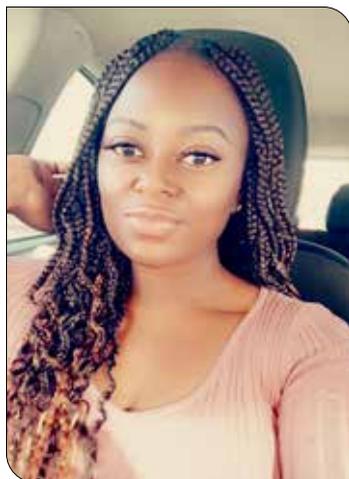
This 30-year-old says her business success derives from her consistency, professionalism and quality work.

"I have been braiding about 19 years," said TeAnnah Shields, owner of The BeauTee Room, located at 121 N. Hewitt Drive, Suite B in Hewitt, Texas. That's half of her life. 11 years old? 12? Talk about a lifetime of experience! That would be TeAnnah!

"As a child, I loved doing my sisters' hair and babysitting because I always got to play in the children's hair."

At that time, doing hair was a hobby for Shields. While many children played with dolls and toy dishes, she played with hair. "Money was not an incentive for me. I simply and genuinely enjoyed doing hair."

"It was always so satisfy-



TeANNAH SHIELDS

ing," she explained and during Shields' teenage years, her mom would allow friends from school and a few adults to come over to get their hair braided.

"Imagine being a 13-year-old child having an adult client come from McGregor to

Waco to get her hair braided," laughed Shields.

Through the years, it became apparent that Shields had a gift, but wanting the best for her, teachers and family members were adamant about a career that included college.

"I know they wanted the best for me, and I did too. I honestly did not see myself as a full-time braider."

Thus, such a business or career was never part of her plan. After she graduated from high school, of course, she attended college. Her education prepared her to become a dental assistant, but after working in this field for three years, she was laid off.

It was at that time that Shields used her God given talent to make ends meet.

See **SHIELDS**, pg. 4

Meet Gary and Brittney Wardlaw

Natives of the east coast, Gary and Brittney Wardlaw have called Waco home for the past four years. After Brittney was recruited to work in Waco, Gary left his full-time employment as a therapist on a psychiatric unit hospital, a part-time private practice office, and an in-person full-time PhD program (in spite of being a straight A student) to support his 34-week pregnant wife and their toddler in this new endeavor. They had no family in Texas as all of their family resides on the east coast (New Jersey, Maryland, DC and Virginia). They enthusiastically embarked on a new journey that quickly became a rollercoaster they could have never predicted.

Brittney had their second daughter shortly after arriving and because they



GARY & BRITTNEY WARDLAW

knew no one in the Waco area, Gary decided it would be best to become a stay-at-home parent, but after a year and half of working as a stay-at-home parent, Gary felt that it may be time to put his therapy li-

See **WARDLAW**, pg. 16

Lynda Nash, meeting the needs of the Harker Heights community

BY W.B. GUNTER

When the 2021 ice storm hit the state of Texas, Lynda Nash, councilwoman of Harker Heights, worked to help set up warming stations, and make sure other city leaders were aware of sites so people in the community were safe, warm, and had adequate care. She spent hours coordinating logistics with local businesses and checking on others. She made sure veterans had a place to go, families were taken care of, and neighbors were in good shape.

That evening, when she made it home, Councilwoman Nash found that her neighbors had delivered water to her home, along with dispos-



LYNDA NASH

able pans, paper products, and wood so she and her family had warmth. The neighbors on three streets within her neighborhood kept in

touch online and conducted regular meetings to discuss, inform, and improve conditions in the neighborhood. As the weather's severity grew, they banded together to help one another by providing ice removal, and daily and multiple checks on one another. The winter storm of 2021 is an event that will resonate and impact how she will implement strategies for improving Harker Heights moving forward.

Coming from a line of military men, Nash was the first female in her family to serve in the armed services. Before her retirement, she was employed

See **NASH**, pg. 7

Insurance agent, Pat London

"Insurance is basically protection against covered losses so as a trusted advisor, I educate my clients on insurance products and coverages so that they make the best choices for their particular needs. I don't sell the lowest priced policy. I sell the best value for your dollar. When my clients spend money on insurance products, they should have a thorough understanding on how it will serve them when needed. No one uses their insurance until a loss occurs so when a covered loss does occur, I want my clients to be confident that they have the protection



PAT LONDON

that they've paid for".

London started her career in the insurance industry in February 1999

See **LONDON**, pg. 13



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...

For over four decades, March has been designated as National Women's History Month. But from CJ Walker (Business Owner) to Dorothea Dix (Mental Health Activist); from Sonia Sotomayor (Supreme Court Judge) to Ruth Bader Ginsburg (Supreme Court Justice); from

Why we celebrate! From the desk of Commissioner Patricia Miller

The spirit of Women's History Month was born on International Women's Day on March 8, 1911. In New York City in 1908, thousands of women united and marched for better labor laws, conditions, and the right to vote. A year later, suffragists and socialists gathered again in Manhattan for what they called the first International Women's Day. Making its way through Europe, it was introduced at the International Conference of Women in Copenhagen. 100 women representing 17 countries agreed on the designation and the day was formally honored on March 8, 1911. In 1975, the United Nations began sponsoring International Women's Day.

In 1978, in Santa Rosa, California the Education Task Force of the Sonoma County Commission on the Status of Women planned and executed a "Women's History Week" celebration. In 1980, President Jimmy Carter issued the first presidential proclamation declaring the week of March 8 as National Women's History Week, which corresponded with International Women's Day. Title IX was passed in March, 1972, which protects people from sex discrimination in federal education programs. The following year, the U.S. Congress passed a resolution that established a national celebration. In 1987, the

Rosa Parks (Civil Rights Activist) to Kamala Harris (VPOTUS), women have been making history since this world began with God's creation of Eve. Sit back and read about some of our own local history makers. Enjoy this month's Women in Business issue.



PATRICIA MILLER

National Women's History Project successfully petitioned Congress to expand the event to the entire month of March.

Some might ask, what is the relevance of highlighting the achievements of women in America, separate and apart, from the achievements of all people here in America?

Chimamanda Ngozi Adichie, a Nigerian author, and the 5th of six children, came to America af-

ter studying medicine in Nigeria. She earned her Bachelor of Arts degree in communication and political science from Eastern Connecticut State University, her master's degree in creative writing from Johns Hopkins University, and studied African history at Yale University. She is a published playwright and award winning author. To respond to the inquiry, "What is the significance or importance of separating and highlighting the achievements of women apart from the rest of American achievements?" I present a thought by Adichie.

To ignore the importance of placing a specific focus on the advancements of women, "would be dishonest." To not underline the implications of overcoming the challenges for women in American culture is, "To deny the specific and particular problem of gender." It would be a way of pretending that it was not wom-

en who have, for centuries, been excluded. It would be a way of denying that there is [a gender problem]." One way to combat the issue of gender disparities is to pause and highlight the issues and achievements of the women who came before us, the women we are today, and the generations of women to follow. Since 1995, presidents have issued a series of annual proclamations designating March as "Women's History Month." These proclamations celebrate the contributions women have made to the United States and recognize the specific achievements women have made over the course of American history. The 2021 theme for International Women's Day is, #ChoosetoChallenge. The idea is that "from challenge comes change, and a challenged world is

See **CELEBRATE**, pg. 15

Chiropractor celebrates 10 years of service in Waco

BY LINDA CRAWFORD

Growing up in a single parent household in a small town in Mississippi, Shamonica Trunell watched her mother struggle to take care of their household. Trunell admits that she and her siblings often had to do without the necessities, but she knows that her mother gave them everything that she could.

For some people, Fayette, Mississippi, if they have heard of it, is just another small town in Mississippi. For many others, however, Fayette has historical meaning in that Medgar Evers' brother, Charles, was elected mayor there in 1969. He was the first African-American to hold office in Mississippi since Recon-



DR. SHAMONICA TRUNELL

struction.

Evers would make an im-

pact on many people, including Shamonica Trunell. Though he would serve two terms as mayor before Trunell was even born, he would be a major influence in this little girl's decision to become a doctor.

"I learned about overcoming obstacles and pushing forward... Charles Evers was a shining example of overcoming hardships."

The elders in the city used his election as a constant reminder to the young people as evidence of what they, too, could accomplish.

"I took those lessons to heart and set my mind on better-

See **TRUNELL**, pg. 14

THE Anchor News



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PURPOSE

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

POLICY

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

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

EDITORIAL POLICY

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

LETTERS AND ARTICLES POLICY

The comments and opinions of our readers are welcomed. Letters

and articles should be e-mailed. Letters should be no longer than 200 words and must include a name and phone number. Article submissions should be no longer than 450 words and should include an original head shot (in jpeg format) along with your name, address and phone number. We reserve the right to edit for grammar, space, potentially libelous material and copyright infringement. We also reserve the right to refuse derogatory, irrelevant and malicious submissions.

SUBSCRIPTIONS

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Linda McDonald celebrates 19 years in real estate



LINDA McDONALD

After working for AT&T for over 28 years, Linda McDonald embarked upon her long time aspiration of becoming a realtor. She has been a realtor in Waco since 2002, and is blessed to have the opportunity to do what she is passionate about...serving her clients real estate needs.

During her career as a full-time realtor, McDonald has established many lasting relationships near and far. Known as "The Real Estate Lady," she has built these relationships on service and trust. These are reflected by her continued success as clients return to her and also refer other friends and family. Her clients often praise her patience, thoughtfulness and ability to listen. Though McDonald serves Waco and surrounding areas, she is also able to connect globally with real estate professionals who have the same passion and

professionalism.

With her commitment and passion for stellar customer service, McDonald searches for the best properties for her buyers and guides the buyers step by step through the entire process of purchasing a home. For sellers she offers comprehensive market data, and recommendations to get the best return for their investment. She has often been trusted to handle not only selling a property for out of town sellers, but also of taking care of all the preparation to make sure the home is ready to market.

McDonald continuously educates herself with certifications and utilizes cutting edge technology to best serve her clients. She prides herself not only on being honest and trustworthy with her clients, but also among her peers. In 2016 she was recognized as Realtor of the Year. She has served as President of the Waco Association and since 2009, has been a Certified Residential Specialist (CRS). Only 3 percent of realtors in the U.S. hold this designation. A Certified Residential Specialist has more experience and training than the average realtor.

McDonald is dedicated to improving the real estate industry for homebuyers and sellers. She gives back to her community by volunteering with Meals on Wheels and teaching home buyer education classes at Neighborworks. Contact her by calling 254-855-1717.

Let us do that laundry!



LANA ALEXANDER

Have you ever been so busy that you wish you could wave a magic wand and your laundry would be washed, folded and ready to wear? A Waco company can do that for you! Lana Alexander and Stephanie Tolbert are the proud owners of Fluff Wash & Fold, "Where your items will be white as snow and bright as the rainbow." The owners say that the only thing worse than washing laundry is having to fold it and put it away afterwards.

The company is a mobile laundry service that will pick up and drop off customers' laundry. FW & F services businesses, such as corporations, restaurants, nursing homes, and even individuals such as busy moms, college students, and many more.

"We carry top brand detergents, including hypoallergenic soaps for sensitive skin and sanitizing detergents—all at NO COST to you," said Tolbert.

To get started all you need

is a minimum of 10 pounds of laundry at a rate of \$2.00 per pound. Call before 2 p.m. for same day service, after 2 p.m. it is next day delivery. FW & F offers service within a 30-mile radius from downtown Waco. Contact someone today! Call 254-661-7611 Mon - Sat 9 a.m. - 7 p.m. or email fluffwashfold@gmail.com. Check out the company on the web: www.fluffwashfold.com. Due to Covid-19, the company offers free pickup and delivery! Please call for corporate rates.

ABOUT THE OWNERS

Stephanie resides in China Spring with her retired Navy husband of 28 years and two children. She has played an intricate part in the successful launch of Fluff Wash & Fold Pick up & Delivery. While living in California for more than 23 years, she worked with major corporations such as Qualcomm, Bank of America, and San Diego Gas and Electric. While at SDG&E, she received the Exceptional Performance in Marketing Program and Planning Award. Stephanie has a degree from Tarleton State University with a Bachelor of Science in Applied Science. She is also an adjunct professor at McLennan Community College. Stephanie enjoys working with all the China Spring Volunteer Firefighters at their biannual BBQ fundraiser. She loves traveling



STEPHANIE TOLBERT

and meeting new people.

Lana and her husband of 26 years are the parents to five beautiful children. She is a Waco native and graduate of Waco High School. She attended McLennan Community College for nursing and has a background in the warehouse and restaurant industry, data entry, and management in the mental health field. Lana has over 25 years in network marketing in companies such as Mary Kay, Melaleuca, Stream Energy, Primerica, Nikken Wellness, Market America, and Ignite Energy. Her passion is customer service. Lana has always dreamed of owning a business and serving the community. With Fluff Wash & Fold, she can do both and has enjoyed seeing her customers' satisfaction.

The COMMUNITY RACE RELATIONS COALITION of Waco Presents

Black Parenting: Its Unique Concerns

Raising children is a multi-faceted challenge today, but for parents of Black children it can be uniquely stressful and painful. Join us as our panel discusses their various special concerns, including mass incarceration and police shootings.

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6 - 7:30PM

Panelists include:
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 April Neal Justin Rice
 Patricia Wilson

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SHIELDS | Continued from page one

Yes, God has a way of leading us right to his plan. Still, even in those trying times, it never occurred to her that God was positioning her to start a full-time business, perhaps for life. The old adage says “the third time is a charm.” Shields worked a few other jobs but always found herself returning to her old love—braiding.

“It was the third time but this time, it stuck, explained Shields.

“I became overwhelmed with working a full-time job, braiding, and being a parent to my three children. I soon stepped out on faith and became a full-time braider and later, a salon owner.”

According to Shields, when people come to her salon, “they enjoy the styles, vibes

and good energy there. The BeauTee Room, located at 121 N. Hewitt Drive in Hewitt, TX is clean, fresh, and well-equipped to make customers come back again and again, and after four years of braiding fulltime, Shields has a reputation of being the best. Clients book at least 30 days in advance and come from as far as two hours away.

Shields is now thinking about opening a second location with technicians whom she has trained to mock her work. Hours of operation vary and are by appointment only.

Prices range from simple styles like two braids for \$45 to box braids for up to \$300.

For more information or to book an appointment, call (254) 265-0433.



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- Criminal Justice
- Health Care Professionals
- Business Leaders
- Pastoral and Parents
- Individuals



Mona Dunkin
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Conducted under the auspices of
Glasser Institute for Choice Theory

The Sascee's Southern Style Eatery story

When John and Marcia Neal started their catering business years ago, they had no idea that it would lead to a much higher calling: sascee's. After acknowledging their great success in catering, the Neals believed starting a restaurant was their next step.

According to Marcia, “it just felt right,” and Sascee's Southern Style Eatery became a reality. Their catering business, Marsha Marsha Marsha, kept them extremely busy.

“We were catering out of the trunk of our car so to speak, and we kept getting busier and busier. The opportunity presented itself and here we are seven years later,” said Marcia.

Still, in the beginning, she had no desire to own a restaurant.

“To Marcia, that responsibility seemed overwhelming,” explained John, “but it turned out differently.”

Sassy, Marcia's nickname since birth, became Sascee when a little boy gave Marcia a Valentine's card and spelled her name the way it sounded phonetically to him.



OWNER JOHN NEAL STANDS OUTSIDE SASCEE'S WITH RECORDING ARTIST, KIRK FRANKLIN.

“I never forgot that. We named the restaurant Sascee's. We both thought it was catchy and personal.”

The restaurant is open 7 days a week for lunch from 11 to 3; however, if people want dinner, they should call 254 339 1455 and Sascee's will put together family dinners for pick up. Open Sundays from noon to 5 pm, options include dishes such as Oxtails, Collard Greens, Fried Cabbage, Squash, Neck Bones, just to name a few.

Marcia and John are known for many amazing entrees.

Ask famous Gospel recording artist and Sunday's Best television host, Kirk Franklin.

“We served him and his family our most popular ox tails over a bed of rice and collard greens,” said Marcia.

John added that Franklin thoroughly enjoyed his meal. Even long before then, word was getting around. Sascee's awards include The Clean Plate award and the Best 5 Restaurants in Waco list. It was listed in Locals Love Us for five consecutive years and was featured on the television show, Texas Bucket List.

Visit the Gallery for that elegant touch

BY LINDA CRAWFORD

Marilyn's Gift Gallery, owned by Marilyn and Dwayne Banks, has served Waco and surrounding areas for over three decades. Located at 818 Elm Avenue, Waco, Texas, the store offers elegance at its best. People come from as far as Dallas, Houston, El Paso, Abilene, and even Lubbock to shop at the Gallery. And its audience is growing.

“I just shipped my first order to Anchorage, Alaska last week,” said Banks.

Banks wants all customers to feel good when they are in her store, and she believes that happens because of her excellent customer service.

“Some people who started out as customers, have now become my friends. They enjoy the shopping experience and by the time they leave, we have had some old-fashioned church!”

Top-line customer service is a priority for the Banks business.

“We have many repeat customers because they always receive one-on-one attention.”

Banks enjoys helping people make choices and “bringing smiles to their faces. I want to give people an exceptional customer experience so they will leave feeling special.”

People look to Marilyn's for that fine Sunday's best outfit that they won't find anywhere else or that fancy hat that everybody admires. Banks calls her store a one-stop boutique.

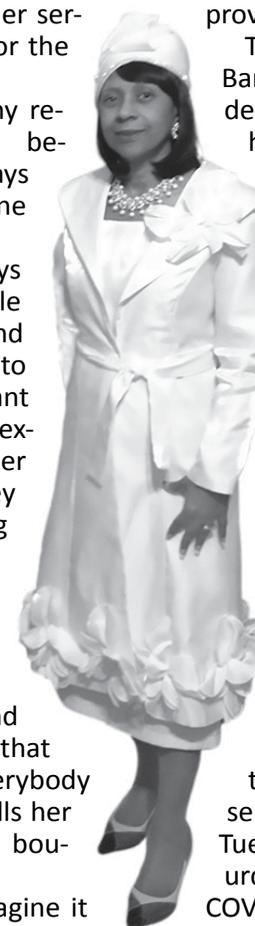
“If you can imagine it in fashions and accessories, we can

provide it for you.”

Those items of which Banks speaks include designer suits and hats, African American attire, inspirational t-shirts, designer perfume oils, casual wear, and jewelry. But Inventory sells quickly, says Banks, and prices are competitive.

“So if you see something you like, you may want to purchase it.”

For more information, call Banks at 254-755-8218 or for that personal touch in customer service, visit the store Tuesday through Saturday today! Due to COVID, store hours vary and are often by appointment only.



MARILYN BANKS

Mona Dunkin, helping you reach life-changing solutions

Solution Principles, owned by Mona Dunkin, motivational speaker and personal success coach, specializes in maximum people development, training individuals to be more productive by developing better communication skills, organizational abilities, goal setting, conflict resolution, office protocol, supervisory, and employee interactive skills.

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MONA DUNKIN

lution principles that address universal needs.

Three-Fold Principles: Information - Application - Authentication

- Imagine a life where you enjoy being with most people, especially the important

people such as family and friends.

- Imagine leading a mostly tension-free life, laughing a lot, and rarely suffering from the aches and pains so many accept as an unavoidable part of living.

- Imagine that you have no trouble accepting that other people are different from you and the last thing that comes to your mind is to criticize or try to change anyone.

- Imagine that even in difficult situations when you are unhappy – no one can be happy all the time – you understand where that unhappiness comes from and know what you can do to change it.

One's ability to make choices is paramount. The kind of life you imagined

above can become reality through the concepts of Choice Theory. Once you understand and practice these principles, life transcends as stressful ongoing problems are eliminated. When living a life with Choice Theory, you understand what is within your control and make choices to move in the direction that will take you there.

Get your Zoom shirt ready, mask not required.

Mona Dunkin, Faculty with The Glasser Institute for Choice Theory – US, is excited to announce that you can begin your virtual training right now. This means you learn without leaving home or incurring additional travel expenses.

Guarantee: Receive two or more life-changing principles

What Others are saying...

"I was given more than I expected. I came for extra credit but left with life-changing principles." – Student

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Choice Theory	Increased cooperation
Seminars	Empowerment
Workshops	Effective Tools
Keynote Address	Self-Evaluation
Plenary Sessions	Responsible choices
Corporate Training	Happiness
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Private Consultation	Interdependence
Focus Groups	Enlightenment
Retreat Entertainment	Resolution
Lead Management	Gentle nudging

dent, McLennan Community College

"You put a lot of emotion in your speech and it really helps draw people in. Your use of humor makes audience happy to be here. You have a smooth delivery that makes the audience feel comfortable. Your friendly and openness makes people comfortable and really want to listen." – Seminar Participant

"The best part of the presentation was the personal stories. You made me feel like you were speaking, not to just speak, but to touch all of our lives." – Seminar participant

Introducing the Queen of Clean

Say hello to Amber Bolden, better known as the Queen of Clean. In March, seven years ago, she was new to Dallas, in a semi-new relationship and in need of a job. Merely as a way to make ends meet, she began doing cleaning jobs.

"The art of cleaning came quite easy for me as I am detail oriented and I have the need to do things 'the right way.' To some people, these two personal traits are either a blessing or a curse, depending on who you ask."

After moving back to her hometown, Waco, Texas, Bolden wanted to continue this entrepreneurial journey. Being led to go full force with



AMBER BOLDEN

her talents, Bolden went into action, resulting in the birth of SWEEP Cleaning Co., the residential and commercial company of those dusty little

dreams! Bolden hopes her company will go down in history as a business that "Started in Waco."

Be on the lookout for SWEEP's line of cleaning products, but until then, find Amber Bolden's cleaning services on social media platforms under the tag: sweepmyhome.

Bolden invites you to book SWEEP Cleaning online today. Go to www.sweepmyhome.com and click any of the "Book Now" tabs, or if it is more convenient, give her a call or shoot her a text at 254.426.6698. Or... call or text her just to say, "Hi." Find the company also at Facebook. com/SWEEPmyhome.

5.0 OUT OF 5 STARS | INSPIRING & ENCOURAGING | KINDLE CUSTOMER
(Reviewed in the United States on August 20, 2019)
 "I absolutely love this book! I could not put it down and read it in two days. There is so much good stuff in this book that I am reading it again. It is inspiring, encouraging and will bless you."

5.0 OUT OF 5 STARS FIVE STARS | AMAZON CUSTOMER
(Reviewed in the United States on May 21, 2018)
 "This is an amazing book. It is entertaining, compelling and convicting. A definite must-read for everyone!"

5.0 OUT OF 5 STARS | EASY READ AND APPLICABLE TO MY LIFE
(Reviewed in the United States on March 27, 2019)
 "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." Rey

5.0 OUT OF 5 STARS | EXCELLENT BOOK
(Reviewed in the United States on June 13, 2020)
 "This is an amazing book. I found it helpful in navigating my fear of not reaching my full potential. It helped me understand how I can have a positive God-ordained destiny. Excellent work!" Dr. Mia Moody-Ramirez



GOD, DESTINY, AND A GLASS OF WINE
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**"WHEN THE SOUL LEAVETH THE BODY,
 IT WILL EVINCE SUCH ASCENDANCY
 AND REVEAL SUCH INFLUENCE AS
 NO FORCE ON EARTH CAN EQUAL."**

– from the Bahá'í writings

Death is a mere step through an open door, a brief moment of discovery, then blessed release. But it can be a challenge of faith to those of us left behind.

You are invited to participate in a devotional to remember, pray for, and discuss the ongoing spiritual journey of your loved ones who have passed on.

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Dr. Arcasia James-Galloway is an ACES Fellow and Assistant Professor of Teaching, Learning and Culture at Texas A&M University. We spoke to Dr. James-Galloway about the Black History Month 2021 theme, The Black Family: Representation, Identity, and Diversity. Her scholarship addresses the history of African American education and seeks to bridge past and present perspectives on African American struggles for educational justice. Dr. James-Galloway is a first-generation college graduate and third generation Waco public schools alumna.

WHAT IS THE INSPIRATION FOR YOUR RESEARCH?

From a very young age, I was amazed by Black people's unrelenting fight for social justice. I was impressed by the fact that there are stories about Black people pushing back against oppression or subjugation. I am inspired because, especially in recent political moments, one can start to lose hope in some ways. But reading back on the history of how African Americans have consistently pushed and fought, even when we weren't always successful, inspired me to continue to tell those stories.

I am inspired by my lack of exposure to K-12 African American history education in Waco Independent School District. As a college student attending the

University of Texas at Austin, I had the opportunity to take a course on African American history. Within the first couple weeks of the class, I was overcome by a paralyzing sense of betrayal. I realized that I had not learned any history about anybody that looked like me. I realized that, even as an advanced placement student, I was not afforded the opportunity to explore history from a critical perspective. The historical content made available to me wasn't reflective of my community, my people, and the constant struggle that we wage to correct the world. I continue my scholarship to ensure that future students of history have access to African American stories of resistance, struggle, and resilience.

I am inspired by the power of a good story. Stories matter. As a historian, my goal is to tell really good compelling stories that challenge what we think. All of these things shape how we see the world and how we interact with others.

TELL US ABOUT YOUR BACKGROUND AND HOW IT SHAPED YOUR RESEARCH?

I abide by the adage that, "research is me-search" in some way. You can learn so much about who researchers are based on what they decide to study. I have the good fortune to study my home, Waco, Texas. My main project examines the history of school desegregation in Waco from the perspective of the Black stu-



DR. ARCASIA JAMES-GALLOWAY

dents who had to desegregate. I search to understand what Black students went through on a daily basis. Desegregation usually focuses on "Brown V. Board of Education," but in places like Texas and other southern states desegregation took place a generation later.

My research assesses what desegregation was like for the people I grew up around, people in my church family, people in my actual family. What was it like to not have access to schools and then to be forced into them? What were the everyday experiences of students in the classrooms, in the hallways, in the cafeterias? I also try to understand how those experiences may have been different based on the Black student's gender or their socio-

economic background. Exploration of the intersection of race with other identity characteristics revealed differences in the experiences of Black people. For example, the experience of a Black girl from a working class background who didn't have indoor plumbing might differ significantly from that of a Black boy who came from a middle class home where both of his parents had master's degrees and were both employed? My research reveals that while individuals in both categories experienced great hardship, they were impacted in different ways.

I was informed directly by my own experiences as a student who attended Waco Independent School District schools from kindergarten to 12th grade. I attended a school whose student population was predominantly Black until 3rd grade when my parents moved to the historically white area of West Waco. I asked myself even as a young child and obviously my questions evolved as I did, "how can this happen?" My research is an opportunity I created for myself to answer those questions and work backwards to understand how this came to be. How in the late 90s and early 2000s did I attend two different schools in the same district that are still very segregated?

Some of what informs my research is the desire to understand why I was one of the very few students of color in my classes at Waco High School where the student population was predominantly Black and Brown. My research has shown that once schools desegregated, student tracking occurred. Students were placed in ability groups in an attempt to continue to segregate students within the same school. I used oral history interviews to talk to former students who had very similar experiences upon being invited into the advanced placement track in the 70s. They were the only Black students in their classes. So much of what I experienced was an attempt to look back and understand how history unfolded.

My goal is to produce a monograph, which I have named Black Waco. It is really important to write this book because it fills a great historical void. I never learned as a student that Black Waco had a history where the segregated Black schools won international band competitions and had a Black student who led a walk

out. My research recounts how students organized to protest against the closing of the G.W. Carver High School, which was a staple in the Black community. In completing this research, I learned that the civil rights movement or the Black Power movement wasn't just something that happened in North Carolina; there were currents of it in Waco. This is powerful.

My work is an attempt to give back to the community that poured so much into me, made me who I am, and helped to give me the perspective I have. The next phase of this project is to understand Waco Independent School District through the lens of three Black women in the same family who all went through that school district. From my perspective, my mother's perspective, and my maternal grandmother's perspective. I am interested in using our perspectives and our experiences as a lens through a family of Black females. What can we learn and what lessons can we provide not only about Waco Independent School District, but any school district that teaches Black girls? I am really excited about all the work that the Office for Diversity is doing. African American history is culture, is essential, is foundational to the American society.

WHAT DO YOU LIKE TO DO WHEN YOU'RE NOT RESEARCHING/WRITING?

COVID-19 has halted a lot of my hobbies, but pre-COVID I really liked to travel. I like to put myself in situations where I have to learn lessons that I cannot learn at home. This was one of the reasons I taught history in China for a year after college. I did that in large part because I knew that being in China would force me to develop a skill set and a perspective that I could not get at home.

Lately, given the pandemic, I use a lot of my free time to strengthen my fiction reading skills. Fiction is tough for me to read, with the exception of greats like Toni Morrison. Fiction is tough, but I think it is very rewarding to strengthen those skills and spend some time away from my work while still providing an opportunity to think about ideas I might be researching a little differently. I also really like to organize things. Organizing gives me peace and calm that counterbalances so much chaos everywhere around us. Organization is a remarkable self-soothing mechanism.

WHERE CAN I PICK UP AN ANCHOR?



—WACO—

Many Area Churches
Bebrick Collision
Cen-Tex African American Chamber of Commerce
Cen-Tex Hispanic Chamber of Commerce (LaSalle)
CenTex Spine & Rehab - 7111 Bosque
City of Waco
Doris Miller Y
Dorsey-Keatts Funeral Home
Hillcrest Chiropractic and Wellness Center
Kelly-Napier Justice Ctr. (Elm)
Lula Jane's
Luna's Juice Bar - 1516 Austin
Marilyn's Gift Gallery
Mitch's Corner Stop
NeighborWorks
Public Library (Elm)

Public Library - South 18th Street
Public Library - Austin Street
Public Library in the Target Shopping Center
Records Building
RocMyStyle
Sascee's
Texas Star Properties (Pro-Life Office on Waco Drive)
TFNB (Elm)
Tony DeMaria's Bar-B-Que
Tru Jamaica Restaurant (Taylor Street)

—HEWITT—

IGA
The Golden Shear

—KILLEEN/HARKER HEIGHTS—
Fay's Gift City

Geechies
George's Auto
Glendora's
Harker Heights Driving School
The Jewelry Lady
Village Co-op
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

—WOODWAY—

Allstate - 7213 New Sanger Ave.

NASH

Continued from page one

with Veteran's Affairs in Waco. While there, Nash worked closely with a mentor who had children the same ages as her children. They found they were both football fans, among having so many other things in common. Unfortunately, her mentor passed away. Within a week, of his passing, his job was open. Nash mourned at the fact that his position was filled so quickly. He had spent his life working so hard with, seemingly, so little appreciation. She didn't want to spend her life working so hard for others without her dreams being fulfilled, so she retired in January of 2020..

"I knew my purpose was to help and that I was destined to do more than work for a check."

That same month, Nash decided to run for a seat on Harker Heights' city council. She knew who she was running against and was aware that financially, she could not outspend him.

"I knew I had to outcampaign him. My approach was to court my voters and show them that I wanted the job." And that she did. She knocked on doors and talked to people. It was refreshing and unexpected. She used multiple outlets and utilized every opportunity to listen to expectations citizens had of those in leadership positions.

Nash paid attention to the changing demographics. She explains, "There are new families living in the area because of new housing and growing real estate sales. The families are younger and are willing to get involved in local politics. They want to help get out the votes and be actively engaged to make changes." And, that they did. With the growth of Harker Heights, just knowing a name and who owned what became less of a reason to vote someone into office. Families were interested in how policies affect them presently and how they affect them in the future. What about their quality of life and livelihood? By meeting and speaking with voters, Nash had tough and meaningful conversations, and she was able to win votes and change minds.

And. She. Won.

In March, COVID-19 hit. Her father began having medical issues, so she went to North Carolina to care for him but eventually moved him to Texas. After going through an over-

whelming number of obstacles just to get his health care benefits, she began to see things differently. Her observations come from the first-hand perspectives of a daughter, mother, healthcare provider, veteran, neighbor, volunteer, retiree, sister, and public servant. She is an ambassador with the Chamber of Commerce, a member on the Board of Directors at the local Pantry, and more. She comes from a place of dedication and a genuine desire to improve life for others. Her eyes are sharp, she leads with compassion, and she creates solutions that are beneficial.

Nash has taken notice of the buses in the area and found them to be antiquated in regard to their time of operating. When public transportation first began, Harker Heights and the surrounding areas had a smaller population and fewer jobs. With the progression of the areas, Harker Heights has expanded. As the area has grown, transportation times need to be extended and routes shortened with more buses. Without adequate transportation, citizens who work hours non-standard hours must rely other forms of transportation. She is diligently working on making changes.

Nash looks beyond circumstances to get at the heart of the how and why of situations because that's what matters. When the food pantry was shut down, she partnered with others who are connected with transitional homes so there are continued resources available for people in need.

"When someone needs help updating their resume and completing applications, those are resources that are available. It may be a matter of having a computer available that will make a difference," said Nash, whose vision for Harker Heights goes beyond her office.

In 2020, Nash and her son founded the non-profit, "I Am My Grandparent's Keeper." Their goal is to nurture a stronger sense of family by allowing teens to connect with elderly members of the community. She says, "It's important to serve elders. Teens and elders enjoy the company of one another. The teens are kind, intelligent, and not the hooligans media often portrays them to be. The elders are willing to share their cultures and show the teens some of their skills

and vice versa. Navigating computer platforms can be frustrating for elders, teens can show them."

The skills teens learn and use will transition into marketable skills they can use for employment, obtaining grants, scholarships, and personal enrichment. For elders in the community, it reduces isolation and they enjoy the interactions and opportunities to

share their knowledge and engage in conversations.

Beyond 2021, when COVID is less of a factor, Nash plans to take a proactive approach towards creating a healthy community. Counseling and debriefing will be areas of consideration. "Neighborhood watch will be restructured to establish online groups for communication. Since this ice storm, I now know more names

than faces. I'd like for every neighborhood to be like mine. You know your neighbor is your neighbor, and you know them as a good neighbor."

Nash's vision for her city is to see it more educated on matters of finances, wellness, and upward mobility. She is involved in a number of upcoming activities. To learn more please contact Lynda Nash, via text at (281) 962-8475.

Look for these McLennan County senior discounts

BY MARGARET IVORY

These local Waco restaurants love senior citizens and have fabulous discounts for you. I have dined at each restaurant, was treated with great respect and highly recommend each one. Delivery may be available.

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15% over 55 years, 614 N. Valley Mills, Waco

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BUSH'S

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CATFISH KING

Special Senior Meal, 1201 S. Valley Mills, Waco

CHILI'S

10% over 55 years, 1800 S. Valley Mills, Waco

DAIRY QUEEN

10% over 60 years 1424 N. New Road Waco

DENNY'S

15% for AARP members, 2409 S. New Road, Waco

DUNKIN DONUTS

10% over 55 years, 1200 N. Valley Mills, Waco



MARGARET IVORY

FAZOLI'S

Special Senior Meals, 5200 W. Waco Drive, Waco

GOLDEN CORRAL

10% over 60 years, 618 N. Valley Mills, Waco

IHOP

10% over 55 years, I-35 and New Road, Waco

LUBY'S

LuAnn Platter \$7.99, 951 N. Loop 340, Bellmead

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OUTBACK STEAKHOUSE

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ROSA'S MEXICAN

10% over 60 years, 4200 Franklin Ave, Waco

SALTGRASS STEAKHOUSE

10% AARP members, 5600 Legend Lake, Waco

THE EATERY

10% over 55 years, 821 Clifton Street, Waco

TRU JAMAICA

10% over 65 years, 937 Taylor Street, Waco

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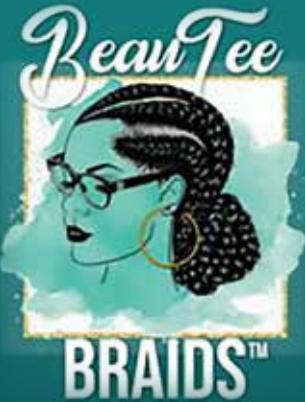
Are you turning 65 years old soon? Are you retiring soon from your job? My goal is for all senior citizens to understand Medicare options and how to make Medicare work best for them. I represent all plans in McLennan County but am totally concerned only for what is best for my clients. Call Margaret Ivory today at 254-523-8978 to learn more. Praying this is a great day for you. Stay Safe! God bless!

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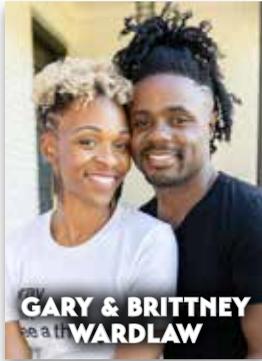
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Protecting seniors online from scams, hacks and tax fraud

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 Se-

nior 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, a free resource that educates older adults about cybersecurity. Here, seniors can test



J.L. CRAWFORD

their cybersecurity 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

A Home Instead office near you can be found by visiting www.homeinstead.com/state.

Is your challenge listed above? 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 my ad in this issue.



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Linda McDonald, ABR

Things to look for when checking food labels

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, I'm trying to shop healthier at the grocery store. Nutrition labels are a little confusing to read. Do you have any tips for reading labels and determining if a product is healthy or not? Thanks Martin.

ANSWER: Hi Martin. This is a great question and one I get asked a lot. I actually get stopped and asked in the store sometimes.

Reading labels can be tricky, mainly because no company wants to openly tell you that their product is not good for you. So they disguise the bad stuff with scientific words, small print, and over-hyped logos. Here are a few easy ways to determine if the product is going to be bad for you.

First is the shelf life. A product that has a shelf life of 3-4 months is typically going to be ok IF you can understand all the ingredients. The exception



JERRY SNIDER

here is when the product has a single ingredient and a longer shelf life. Think of a bag of pinto beans. It may have a shelf life of 9 months but the only ingredient in the bag is pinto beans. There are no additives (that you can't pronounce) that are extending the shelf life.

Let's say the product has a shelf life of 3 months but includes words like Benzoate, Nitrite, Maltodextrin, and Propionate. You'll want to avoid these products because these are synthetic chemicals. The issue is that the product itself

would not be able to remain edible without the help of these chemicals but these chemicals then get into your body and can cause issues with proper cell function.

The other easy thing to watch for is artificial flavoring and artificial coloring. The word artificial should explain that these are not natural to the product and are simply added to help make the product more appealing to purchase and consume. That doesn't mean that products that advertise natural flavoring are automatically a good thing. There are a lot of chemicals in the world that are natural but shouldn't be consumed by the human body. It's a technicality in phrasing that many food companies take advantage of.

With all that, there is also the confusing nutrition facts with the % daily value listed for the different macros - Carbohydrates, Fiber, Protein, etc. The big thing to remember with these percentages is they are based on a nutritional plan that was implemented years ago - which in my opinion has played

a part in the obesity issue we now face in the US. Each person has different caloric and nutritional needs based on many factors, so lumping everyone into one specific plan creates a problem instead of solving it. If you understand the ingredients in the products you eat, you oftentimes won't need to worry about the percentages.

Have a question for Jerry? Send it to 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 to learn more about Jerry Snider.

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Can mankind improve upon God? Part 3

BY RUBY MCCRAY

Continued from the February edition of The Anchor News. To review the previous article, please go to 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. However, if we want to be prosperous and have good success, we must obey the Word of God.

"This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success." Joshua 1:8

Capital punishment is definitely a deterrent. It appears that folk want to kill, but don't want to get killed. Although some try to feign insanity, they are not too insane to flee the scene and hide. That alone let's one know that God's law should also be applied to such individuals.

"He who strikes a man so that he dies shall surely be put to death. However, if he did not lie in wait, but God delivered

him into his hand, then I will appoint for you a place where he may flee.

"But if a man acts with premeditation against his neighbor, to kill him by treachery, you shall take him from My altar, that he may die.

"And he who strikes his father or his mother shall surely be put to death.

"He who kidnaps a man and sells him, or if he is found in his hand, shall surely be put to death.

"And he who curses his father or his mother shall surely be put to death." Exodus 21:12-17

We can plainly see that capital punishment isn't only for a murderer, but for any person who strikes or curses his mother or father. Capital punishment is also for those who kidnap individuals and try to sell them. That would stop a lot of this human trafficking and slave trade.

"If he begets a son who is a robber or a shedder of blood, who does any of these things and does none of those duties, but has eaten on the mountains or defiled his neighbor's wife; if he has oppressed the poor and needy, robbed by violence, not restored the pledge, lifted his eyes to the idols, or committed



EVANGELIST
RUBY MCCRAY

abomination; if he has exacted usury or taken increase—shall he then live? He shall not live! If he has done any of these abominations, he shall surely die; his blood shall be upon him." Ezekiel 18:10-13 This means that the executioner will not be guilty. Following is the New Living Translation version of this same passage:

But suppose that man has a son who grows up to be a robber or murderer and refuses to do what is right. And that son does all the evil things his father would never do—he worships idols on the mountains, commits adultery, oppresses the

poor and helpless, steals from debtors by refusing to let them redeem their security, worships idols, commits detestable sins, and lends money at excessive interest. Should such a sinful person live? No! He must die and must take full blame." Ezekiel 18:10-13 As we can see, murder isn't the only crime punishable by death.

Let's look at what's supposed to happen when someone strikes a person and wounds him.

"If men contend with each other, and one strikes the other with a stone or with his fist, and he does not die but is confined to his bed, if he rises again and walks about outside with his staff, then he who struck him shall be acquitted. He shall only pay for the loss of his time, and shall provide for him to be thoroughly healed." Exodus 21:18, 19

It's easy to understand why wickedness is running rampant in the world. "Because the sentence against an evil work is not executed speedily, therefore the heart of the sons of men is fully set in them to do evil." Ecclesiastes 8:11

What's going to prison, being treated humanly with central heating and air, games, sports,

in comparison to being put to death suddenly? Some lazy individuals with no place to stay and don't want to work, welcome imprisonment.

If prisons today were anything akin to some of the places of confinement in Jeremiah's days, folk would beat themselves into conformity to righteous living. Jeremiah was innocent, yet put into a dungeon with no water, but mire, into which he sank. Since he was innocent, God intervened and had his life spared. Jeremiah 38:1-13

"And whoever kills an animal shall restore it, but whoever kills a man shall be put to death. You shall have the same law for the stranger and for one from your own country; for I am the LORD your God." Leviticus 24:21, 22

Please join me in April 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; or write to: A City of Refuge Ministries, P.O. Box 2025, Waco, Texas 76703.

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LONDON

Continued from page one

when her dad, Melvin London, asked her to join the Allstate Agency that he owned in Hewitt, TX. Once she started, she acquired her Property and Casualty license as well as her Life license. She shadowed her father and learned as much as possible from him. Three months after she started, Melvin had two heart attacks resulting in his having triple by-pass surgery. As a result, London felt it was time to either sink or swim. She was on her own running the agency.

"I swam from early morning

until the wee hours of the night to get all of the clients taken care of (quoting, making policy changes, writing policies, taking payments, filing claims, etc.). After a few more months, dad came back strong as ever, and we ran the business together insuring clients all over Texas."

The two ran the company until Melvin retired in 2012, after 31 years with Allstate. London remained with Allstate until 2018 when she decided she wanted a change.

In August 2018, London

joined Insurors of Texas, an Independent Insurance Agency which has roots dating back over 100 years. At Insurors, she is able to provide her clients over 20 different top-rated insurance companies and reputable brokers offering competitive premiums and a broad choice of products and services.

"I pride myself on always offering exceptional customer service and listening to what my client's needs are. I have received many referrals over the years because I treat my clients like family."

London recalls a client who referred her daughter as she about to close on a home located in Houston. "While going through the quote with her, I explained each coverage and gave her examples of how the coverages would help her if she had a covered loss. After running several estimates for the

daughter, she determined that the premium wouldn't fit into her budget (which sometimes does happen). She thanked me and said that she'd continue shopping. Because I spent the time to explain her coverages in detail and she learned so much from it, she referred a friend of hers to me and I was able to write the friend three policies a week later."

Over the years, London has also partnered with non-profit agencies by volunteering to educate first time home buyers to help them understand insurance products and coverages. In 2015, she received the Volunteer of the Year Award from Neighbor Works of Waco.

London was born, raised and currently resides in Waco, Texas and graduated from University High School in 1984. She later attended Southwest Texas State University in San Marcos, TX (currently Texas State

University) where she acquired a bachelor's degree in 1990. She is a lifetime member of Cedar Grove Missionary Baptist Church in Satin Texas, where she sings in the choir, is the Sunday School secretary and the Mission II Ministry treasurer. She's the daughter of Melvin London of Waco and Betty Harris of Hewitt. London has two siblings, Felicia London of Waco and Cedric Yarbrough of Hutchins, TX. London loves fashion but has a particular passion and great skill for all things interior design and home staging.

If you want an insurance agent who is knowledgeable, offers the best coverage for your budget and always puts you and your family's needs first, please contact Pat London at Insurors of Texas 225 South 5th St Waco, TX 76701, plondon@insurorsoftexas.com, or 254.759.3835 direct.

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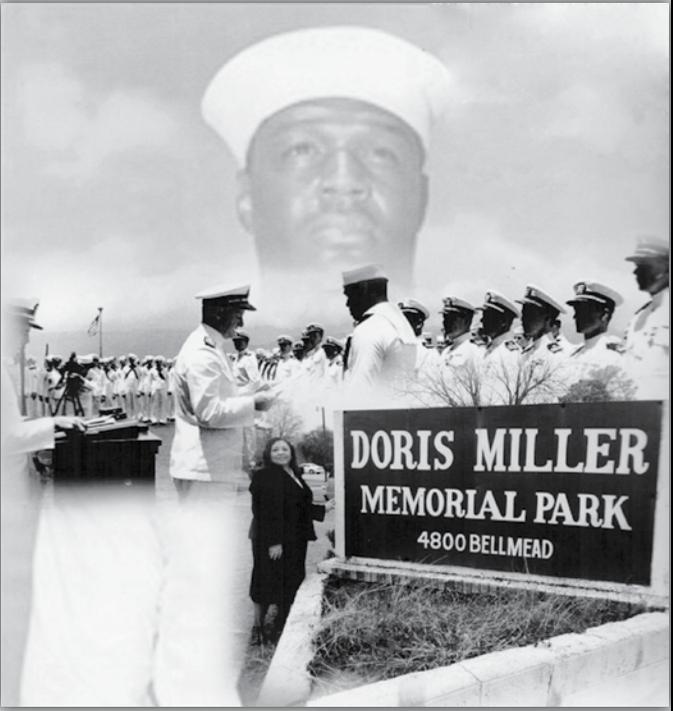
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TRUNELL | Continued from page two

ing my community and those around me.”

And while other children in similar situations turned to crime and other unlawful activities, Trunell used school as her outlet.

“It gave me a chance to shine and not really have to deal with the issues I faced at home.”

Science was always a fascinating subject to Trunell. She enjoyed labs, “natural discovery and the challenge of always being able to think further into the subject at hand.”

For as long as she can remember, she wanted to become a doctor. After graduating from high school, Trunell went on to attend Alcorn State University in Lorman, Mississippi. There she majored in biology and minored in pre-medicine. Though her financial situation followed her, her greatest struggles began when she became pregnant during her freshman year.

“Many people thought this would cause serious problems for my future, but God saw fit to make my son my driving force.”

Not only was Malik her motivation, but his medical struggles clarified her decision to become a chiropractor.

In 1997, during her sophomore year at Alcorn and her son’s first year of life, Malik suffered from recurrent ear infections. Doctors inserted tubes in his ears and filled him with antibiotics. Nothing helped to rid him of pain and infections, and after Malik had a near fatal allergic reaction to antibiotics, Trunell’s close friend suggested a chiropractor.

“After his first adjustment, the drainage from his ears stopped, and the pain ceased. My son began functioning like a normal child again. I was amazed.”

During his treatments, the chiropractor adjusted his first

cervical vertebrae, which put his bone back into its normal position.

“Seeing the glow on my son’s face and seeing him pain free after so many months, I wanted to know more about this profession and its many benefits.”

Trunell graduated from Parker College of Chiropractic in 2003, where she received recognition for superior clinical proficiency. She has done extensive post-graduate work in the research and science of chiropractic and has owned private practices in Washington, Georgia, and Texas. She has extensive training in chiropractic physiotherapy, is certified by the National Board of Chiropractic Examiners, and is certified for pain management by the American Academy of Manual and Physical Medicine. Now Parker University, located in Dallas, Texas, the college is accredited by the Southern Association of Colleges and Schools to award the Bachelor of Science and Doctor of Chiropractic degrees.

“Through our market research, we found that Waco, though a vast and growing community, is an underserved community as far as chiropractors are concerned. With a population of over 100,000 people, back in 2011, there were only 10 active chiropractors in the Waco area, none of whom were African American. I wanted to change that.” And so she did.

Trunell, now 42, says Evers’ story continues to motivate her to be the best in everything that she does. Her mission is to restore health through natural chiropractic, allowing her patients to live their lives to the fullest.

“When it comes to my practice, I have a patient first attitude that enables me to treat patients with dignity, respect and compassion. When patients choose to come to me, they can be as-

sured that they will get the best quality care my staff and I can provide.”

And to prove that statement true, Trunell’s business has shown steady growth. She opened the doors in 2011 with herself and two other employees. Today Trunell has 11 employees including a recently graduated chiropractic intern, Dr. Ayana Daniels, and two massage therapists. Chiropractic and therapeutic massage are very beneficial for patients, explained Trunell. Back and neck pain, migraines, numbness, tingling, constipation, diarrhea, and acid reflux are just a few of the many conditions that Trunell treats. In general, Hillcrest Chiropractic provides corrective chiropractic and wellness care. Trunell also provides prenatal and postpartum care. She is certified with the International Chiropractic Pediatric Association and is also Webster certified.

“In other words, I can turn that unborn baby in the right position for delivery if I need to,” said Trunell.

Currently operating clinics in Waco and Gateville, Trunell plans to open several other locations throughout Central Texas.

Hillcrest Chiropractic Clinic is located at 6701 Sanger Avenue, Suite 104 in Waco Texas, 76710 and at 501 E. Main Street, Suite A, Gatesville, TX 76528 Presently, Trunell is offering a Special Introductory Examination, regularly priced at \$250.00, for only \$38. This Gift of Health Consultation is a full exam and with Xrays. Most major insurances are accepted.

To make an appointment, call 254-754-4000 anytime between the hours of 9:00 and 1:00 and 2:00 and 6:00, Monday through Friday. For more details on the services provided through this office, see the advertisement in this issue.

In times like these

BY MATTHEW REED

Today we live in a world where man has lost his moral compass. I have no doubt that many want to do what is morally right. The problem is they are looking to themselves to define right.

God’s word declares that the intent of man’s heart is to do evil (Genesis 6:5 And GOD saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually).

Therefore armed with this knowledge, we need is to humble ourselves and find and submit to a source that is right. I recommend God through Jesus Christ. The manual to righteousness is the Bible.

Read Matthew to Revelation, the teachings for the new testament church. In these New Testament books,



PASTOR MATTHEW AND LADY HELEN REED

you will find righteousness. All of those who truly want what is right will get God’s word and keep it. Now, let’s make it personal; if you want to do what is right, get God’s word and keep it. Amen!

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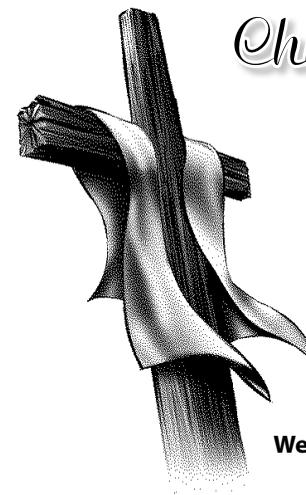
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Wanda B. Gunter

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

To be green and growing

BY MONA DUNKIN

“It is better to be green and growing than to be ripe and rotting.” Ray Krock

Spring is around the corner. There is something about longer days and warmer weather that inspires active engagement in improvements—gardening, home maintenance and personal development. Here are some thoughts for individual growth.

Start where you are. We are not static individuals; we are either going forward or sliding backward. This moment is all we have at our disposal; use it to nurture self and others. Do not allow the regrets of yesterday to keep you from living today. Tomorrow is promised to no one so use this instant to give meaning to the now.

Use the ingredients at your disposal. Gardening experts declare composting to be the secret ingredient of beautiful lawns and lush vegetation. The irony is that compost is created from garbage – the discards of life, things seen as having no value. In time, compost becomes humus. Humus – human – humility. All have the same root word. We can take the wrong choices of life and the shadow side of our personality and allow it to produce fertile soil for growth.

Develop a thankful spirit. Anything that appreciates goes up in value. Regardless of difficult circumstances, search for and find something of worth – the opportunity to be content with what you have, the chance to rightly assess the importance of relationship, the prospect of improved health, or that someone cares enough to correct or be concerned. When we choose to be grateful, we find joy.

Receive a balanced view of humanity. We are all flawed individuals, yet still loveable. Everyone has strengths and weaknesses and often misuses both. Position, prestige, fame, fortune, and beauty may vary, the innate worth of a person never lessens. Acknowledge this whether you are in the presence of pauper or president. Be the best you can be and cooperate, rather than compete.

Give yourself room to grow. Focus on potential, not limitation. Live more from imagination rather than from memory. Your success is limited only by your perceptions of you. Put past failures aside and visualize the person you are becoming and live up to the renewed image.



MONA DUNKIN

Give others room to grow. Do not lock someone into negative behavior through your words. Give up the “You always” or “You never”. Be a good finder. Look for and discover hidden treasures in their personality. Become aware of positive qualities and overlook idiosyncrasies.

Be open to new experiences. Pleasant experiences involve an element of learning. Infants with limited learning opportunities develop a flat effect. When babies are exposed to a variety of situations, the brain synapses connect, and they have a bright countenance, a sweet smile, and a readiness to experience more. Adults too. Our brains never quit wanting to learn so suit up and show up.

Growth comes through persistence. The highway to our home was under construction for nearly two years. The

landscape has changed – valleys filled in, hills leveled and curves straightened. Traffic flow has been directed to the new, then back to the old, again to the new and sometimes in between. I have lost track of where the original road was. My point is, through time and work, new growth becomes welcomed and the hardships a vague memory.

Look up and let go. Life is about balance. Sometimes we need to “do” and sometimes we need to “don’t”. Make wise choices by seeking wisdom from a higher power.

DON’T COPE: OVERCOME. Determine what it means to let go. Allow the following poem aid in your contemplation.

To “Let Go” means to change yourself and influence others. To “Let Go” is not to enable, but to allow learning based on truth or consequences. To “Let Go” is to give up blaming circumstances and make the most of the situation. To “Let Go” is to stop regulating others and to exercise self-control. To “Let Go” is to live life with humility and courage. To “Let Go” is to fear less and to love more. To “Let Go” is to rest in Whose I am. – Mona Dunkin ©1995.

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

CELEBRATE

Continued from page two

an alert world.” The theme urges the calling out of gender bias and inequality with the goal of making a major change to make things more inclusive.

Former First Lady Michelle Obama said, “Women and girls can do whatever they want. There is no limit to what we as women can accomplish.” We watched on January 20, 2021, as the first woman, who happens to be African American, took the oath of office as the Vice President of the United States. Today, as a result, young women and girls across our city, county, state, and nation live in a much different world.

Today, seven of the ten jobs that women excel at when compared to men are business related. According to the 2019 State of Women-Owned Businesses Report commissioned by American Express, women-owned businesses are driving economic growth in the United States. They represent 42% of all businesses — nearly 13 million — employing 9.4 million workers and generating revenue of \$1.9 trillion.

5.4 million firms are majority-owned by women of color in the United States. These firms employ 2.1 million people and generate \$361 billion in revenues annually. According to Forbes magazine, “the face of female entrepreneurship overall is becoming a lot less white. African American women represent 42% of new women-owned businesses— three

times their share of the female population. And, African American women represent 36% of all African American owned employer businesses.” High levels of educational attainment, coupled with overcoming barriers to corporate advancement, have prompted African American women to pursue entrepreneurship, where they have become a potent economic force. Majority African American women-owned firms grew 67% from 2007 to 2012, compared to 27% for all women, and they grew 50% from 2014 to 2019, representing the highest growth rate of any female demographic during that time frame.” We see this growth in spite of the deep inequities in access to the financial resources. #ChoosetoChallenge.

In celebration of Women’s History Month, we will wear our Kamala Harris, “Chucks and Pearls” T-shirts. We will sport our jeweled Chuck Taylor Converse All Stars - called “chucks.” Let us also take this time to more frequently patronize our women-owned businesses. As our female entrepreneurs continue to face and overcome the challenges before them, I say, hats off to them and offer a round of applause. Let us also help advance their business bottom line with our support.

To the women across this city, this county, thank you for all that you do to make our community better. This is our month...Celebrate.

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WARDLAW

Continued from page one

censes to use again.

He began to look into private practices around town to determine where he could apply to be a part of the practice. As he looked at each practice, he quickly discovered that there were only two black female therapists in the entire city and NO black male ther-

apists anywhere in the area. Seeing this as a major crisis, Gary felt led to open his own practice in 2018. This would be a place that he hoped would encourage people who look like he does to seek therapy.

Upon launching the practice, Gary had a friend encourage him to create a marketing

"tagline" for the grand opening. At the grand opening, Gary felt led to place, "i pray. i talk. i see a therapist" on a shirt for himself and his family. What he expected to be a simple tagline for opening, quickly became not only a popular request for purchasing merchandise, but a framework to tear down stigmas around therapy, specifically in communities of faith and color. This same framework has since evolved into a model for

healing in our relationships, in our community, and from the effects of overt and systemic racism in each one of us.

In June of 2020, Brittney faced difficult circumstances on her job and eventually resigned in the midst of a pandemic. Still, the Wardlaws have believed and have seen God show them a bigger plan than they ever could have imagined. Later, Brittney made the decision to become a part of Gary's

team.

The Wardlaws have since expanded The Relationship Clinic to also include Brittney's services as a consultant. Using her education and experience, she specifically advises, trains and consults with various organizations throughout Central Texas to develop, strengthen and bolster their efforts to become more diverse, inclusive, and equitable for both their employees and their constituents.

Together, Gary and Brittney have teamed up with various partners, including churches, all over the city to speak about the importance of mental health and the pursuit of healing from systemic racism in a racist socialized society. It is their hope and passion to spread the message of healing all over the community and the nation.

The Wardlaws believe that the hearts and minds of the people of Waco are ready, willing, and enthusiastic about contributing to the improvement of race relations in Central Texas and beyond. Throughout 2020, Gary and Brittney led several "Walks for Healing" demonstrations in Waco to promote the message of unity and healing. Hundreds from the Waco community came out to promote and support this message.

Gary is passionate about healing from racism through education and therapy; Brittney has an ardent vow to fight against racism through speaking and education. Together, they form a dynamic team that is committed to restoring hope, unity, and wholeness.

In college, Brittney pursued a double major, earning her B.A. in business marketing and her B.A. in international business. Shortly thereafter, she went on to earn her Juris Doctor degree in 2011. Gary studied communications as an undergrad in advertising and public relations and went on to earn his M.A. in Marriage & Family Therapy. They have been happily married for nine years after having met on a mission trip to Uganda and Kenya in 2010. They now have four beautiful and rambunctious daughters -- Anastacia (6), Justice (3), Mercy (2), and newborn Gia!

Contact The Relationship Clinic at 254-294-7572 or by email: Brittney.wardlaw@therelationshipclinic.com or admin@therelationshipclinic.com.

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