

# Anchor News

Serving the Central  
Texas Community  
*Celebrating 16 Years!*

MAY 2019  
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Free



## Waco High's principal will leave the campus at the end of June

WACO, Texas – When Ed Love became the principal of Waco High School in 2014, he drew on more than three decades of experience as a teacher, coach and administrator in Waco ISD to foster a deep connection between the campus, its families and the community. In July, he'll become the executive director of school leadership at Transformation Waco. In that role, Love will draw on his experiences to support principals at the five schools that are part of the in-district charter partnership between Waco ISD and Transformation Waco.

"Waco ISD is the only school system that I have ever worked in, and it's the only school system that I've wanted to be in," Love said. "That's why the past five



ED LOVE

years as the principal of Waco High School mean so much to me. Lion pride runs deep, and I'll always be a lion. However, I was ready for a new challenge, and I'm excited to continue serving Waco students

by helping principals hone their craft."

Before becoming the principal of Waco High School, Love led G.W. Carver Middle School and the G.L. Wiley Opportunity Center. He was also an assistant principal and an associate principal at Waco High School. Many former students and their families know Love as a long-time coach.

"When it comes to student success, there's no doubt that great teachers and great principals make all the difference," Dr. Hazel Rowe, Waco ISD's interim superintendent, said. "From his time as a middle school teacher at Tennyson through his tenure at Waco High, Coach Love has

See **LOVE** pg. 3

## Killeen welcomes The Art & More Store



PERRY DRAPER

BY W.B. GUNTER

Residents of Killeen will now be able to enjoy a place where art thrives. The bright pink building houses The Art & More Store, a family operated business located at 614 N. 10th Street in downtown Killeen. Founded by Perry and Lacie Draper, The Art & More store offers quality archival supplies for the artist.

An artist, Perry Draper, envisioned The Art & More Store less than a year ago. "I am an artist who enjoys art and being around artists. Our goal is to fulfill a need by providing a viable resource and open a space to educate more artists." Future endeavors include offering classes and workshops, an art bar, events like art and jazz, as well as a gallery where local artists can exhibit their works.

"Above all, we offer specialized care and in depth expertise." Draper is aware of the needs of artists because he specializes in photography, mixed media, portraits, spray painting, and various forms of visual expressions. As an artist,

he is willing to work with artists to navigate through problems and find innovative solutions.

For customers who may wish to explore their creativity and learn techniques, an on-site person be readily available to lead people into the right direction. According to Draper, their "business is catered directly to the artist."

Understanding the importance of recognizing people of service, The Store offers discounts for teachers, students, military, and members of the Killeen Civic Art Guild and Five Hills Art Guild. Of course, proper identification will be needed for verification. Look for the bright pink store located on 10th Street in Killeen.

For consultations, artists registering to offer a class, or anyone who wants to participate in upcoming events, please call (254) 245-9000 or (254) 350-9251. Hours of operation are Monday – Friday 10:00 AM -7:00PM, and Sunday from 12:00-6:00 PM. Visit Art & More online on Facebook at Facebook.com/MyArtandMoreStore.

## A student success, a teacher's legacy

River Valley Intermediate fifth grader Caleb Brooks was named the region 9 winner of the 2019 Take Care of Texas Kids Art Contest from among 5,200 entries. His artwork depicts a setting sun casting a cowboy's shadow over a Texas landscape. Caleb's art will be on display along with 15 other winning pieces at the Texas Commission for Environmental Quality's office in Austin. TCEQ representatives David Van Soest and Lori Wilson presented Caleb with a Samsung Galaxy tablet and a goody bag for each of his classmates.

Caleb's art teacher, Amy Chandler, has played a special



PICTURED (LEFT TO RIGHT) ARE RIVER VALLEY ARTIST CALEB BROOKS, ART TEACHER AMY CHANDLER, CALEB'S MOTHER PAIGE BROOKS.

part in Caleb's artistic development. Mrs. Chandler also taught Caleb's mother, Paige

Ostrom Brooks, while at Robinson High School. After impacting thousands of young artists during 12 years in Midway ISD and 30 total years in public education, Mrs. Chandler will be retiring in June. She and her husband David plan to relocate in time for the birth of their first grandchild in Denver, Colorado. David Chandler is also well-known to the Waco community due to his 30 years of service with Baylor University Athletics. Currently the Director of Athletic Training, Chandler will be leaving the athletics program to work with Baylor University Development in a regional position in Colorado.



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.

## Midway announces new leader of instruction

BY TRACI MARLIN

Midway Independent School District Board of Trustees welcomed a familiar face to a key role in today's Special Called Board Meeting. Dr. Aaron Peña, the current principal of Woodgate Intermediate School, has been named the new Assistant Superintendent of Curriculum and Instruction for the district.

"Dr. Aaron Peña is diligent in his practice and committed to the profession," said Midway Superintendent Dr. George Kazanas. "What stands out most is his work ethic and passion for students and teachers."

Dr. Peña's 20 years of teaching and leadership experience includes an impressive track record of service at the elementary and secondary levels in both urban and suburban school settings.

"He has a particular talent for transforming academ-



**DR. AARON PEÑA**

ic performance of campuses," said Kazanas. "I'm excited to see how his ability to impact a campus can be amplified across the district."

Peña joined Midway ISD in 2011 as the principal of Woodway Elementary, then became principal of Woodgate Intermediate in 2017. He received his bachelor's degree in education from Baylor

University, a master's in education management from the University of Houston Clear Lake, and earned his doctoral degree and superintendent certification from the University of Texas at Austin. Dr. Peña has received numerous awards and recognitions including being named the H-E-B Excellence in Education Texas Principal of the Year in 2015 and receiving the TASA John-

ny Veselka Award in 2016. Most recently he was honored with being named a top finalist for the 2019 National Distinguished Principal award by the Texas Elementary Principals and Supervisors Association.

"In addition to exceptional leadership qualities, Dr. Peña is bilingual, a dedicated family man, and a lifelong learner," added Kazanas.

## Keep your last two dollars!

BY DEANDREA PETTY

Johnnie Taylor used to sing about it. "Your last two dollars, not gone lose, one going to child support, one going to probation. Your last to dollars, not gone lose."

If you are like Johnnie Taylor, you do not have two dollars to just give away to the legal system. Therefore, if you currently facing a criminal case involving warrants or if you are on probation paying probation fees with the possibility of your being eligible for early release, Attorney DeAndrea Petty can help you! If child support is too much for you to handle and you would like to look into a modification, DeAndrea Petty can help you! If you can no longer afford your spouse, who is spending your last two dollars, DeAndrea Petty can help you with your divorce.

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FROM THE EDITOR...

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

(NewsUSA) - Mom. Just the mention of the word can spark memories of love, warmth and kindness. It's why a day has been designated just for her, honoring all that she's done. Trying to decipher what to give "the woman who has everything," however, can be a challenge. Experts agree, saying there is a tremendous amount of pressure to find the perfect gift (I'm talking to you, Hallmark), when in reality, most

just want to know that they're cherished. So, what says love to one of the -- if not the most -- important 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 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.

# 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.

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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.

#### 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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# Local chiropractor dedicated to children and families

Dr. Shamonica Trunell-Morgan, D.C. could have done anything with her life. Many of her fellow undergraduate school mates thought she would surely become a brain surgeon. They were surprised when she declared she would pursue chiropractic.

Trunell-Morgan's career path came as a result of her own experiences. For several years her son suffered from debilitating ear infections. Medications couldn't curb the pain, tubes and surgery were unsuccessful and numerous doctors couldn't find the root of the problem – until she visited a chiropractor for a wellness visit. Upon Trunell-Morgan's son being "cured" of his ear infections, Trunell-Morgan was inspired; she took the chiropractor on as her mentor and set out to find ways to help others like her son. Her son had lived with the pain, missing school and many normal childhood activities far too long. She found others not only live with pain, but they live with the effects of drugs and surgeries that didn't solve their problems. She vowed to help them.

To do this, she implements her training in quantum neurology, a collection of techniques that evaluate and restore every major nerve in the body, allowing the body to better heal itself. Trunell-Morgan has extensive training and practice in this



**DR. SHAMONICA TRUNELL-MORGAN**

area of healing and provides lectures on the importance of chiropractic care before, during and after birth. As a result of her lectures, more and more parents are seeking chiropractic care for their children. Many spinal problems seen in adults began as early as birth. Even so called "natural" birthing methods can stress an infant's spine and developing nerve system. The resulting irritation to the nerve system caused by spinal and cranial misalignment can be the cause of many newborn health complaints. Colic, breathing problems, nursing difficulties, sleep disturbances, allergic reactions and chronic infections can often be traced to nerve system stress.

Trunell-Morgan will take a case history and perform a chi-

ropractic exam to determine if spinal subluxations exist. She modifies chiropractic adjusting procedures to fit a child's size, weight, and unique spinal condition. They are both gentle and specific to the child's developing spinal structures. Many parents report that their children enjoy their chiropractic adjustments and look forward to subsequent visits. They also report that their children experience a greater level of health while under regular chiropractic care.

Trunell-Morgan is dedicated to serving children and families with the utmost of care. She is the owner of Hillcrest Chiropractic Clinic. Call 254-754-4000 to make your appointment.

## LOVE | Continued from page one

made that difference for generations of students in our district. Informally, he has long been a mentor and a resource for other principals. I'm pleased that Ed will be able to focus on that work in his new role."

Under legislation passed in 2017, the five campuses that are part of the in-district charter partnership are eligible for increased per student funding from the state. Waco ISD also received a two-year, \$5 million implementation grant for Transformation Waco initiatives at those campuses. Funded by that grant, Love's position is one example of how those re-

sources are being used to provide additional support for those schools.

"Ed is already someone that our principals turn to for advice and support," Dr. Robin McDurham, Transformation Waco's chief executive officer, said. "When I heard that he was ready for a change, I instantly thought of him for this role. Our principals will benefit from his expertise and deep ties to the community, and our students will benefit from his example."

The opening for a principal at Waco High School will be posted on the Waco ISD website. Love's last day at Waco High School will be June 30, 2019.

# Save the Date!

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## Local Waco author sees success with Amazon self-publishing

Christopher Qualls, a local social worker and author, recently released his first book on Amazon. Within four days, it climbed higher than 99.7% of the 8 million books on the Amazon store!

*Body and Soul: 30 Day Devotional for Spiritual Growth and Fitness* contains thought-provoking meditations that inspire readers' spiritual growth by applying principles of physical health and fitness to sacred practices. Long has Qualls desired to be an author, and the success of his first published work is feeding his passion for writing and driving him to do more.

Seth Barnes, Amazon Bestselling author of *The Art of Listening Prayer*, had this to say:

"At a time in our history when fear is rampant and mental health is vanishing, here's an RX that will get you headed in the right direction. Qualls' devotional is excellent."

Readers can purchase Qualls' work in eBook and paperback forms on Amazon.

About the Author: Chris-



**CHRISTOPHER QUALLS**

topher Qualls is a Licensed Master Social Worker who works in community development and the nonprofit sector to fund his writing habit. With a blog that explores the intersection of Christianity and culture, he enjoys writing to elicit contemplation. He has travelled all over the world to collect meaningful and diverse human interaction.

He's available for media interviews and can be reached at [chrisqualls@gmail.com](mailto:chrisqualls@gmail.com), or you can find him on his personal website [christopherqualls.com](http://christopherqualls.com).

## The Opioid Crisis' Latest Victims: Addicted Babies

(NewsUSA) - And now the nation's opioid crisis is putting newborn babies at risk.

The use of prescription painkillers like OxyContin by women during pregnancy has resulted in what's being called "an explosion" of infants as addicted to the drugs as their mothers. Newly published data in *JAMA Pediatrics* shows the number of cases of neonatal abstinence syndrome (NAS) has risen five-fold in the U.S. from 2000 to 2012 -- that's nearly 22,000 affected infants in that last year alone -- and the reality behind those stats is heart-wrenching.

"The babies, they really suffer, just like adults do when they withdraw from narcotics," Dr. Terrie Inder, chair of pediatric newborn medicine at Boston's Brigham and Women's Hospital, told CBS News. "The babies are very irritable and sometimes have high heart rates, sweating, flushing, diarrhea. They cry a lot."

Heightening experts' concern:

\* The crucial early "bonding" between mother and child is disrupted, given the babies' average hospital stay of 24 days.

\* The mothers -- often unaware of the potential collateral damage from the painkillers they've been taking -- experience what Inder calls "anxiety and guilt."

Back and neck discomfort is especially common during pregnancy since women's postural changes can result in



**DR. SHAMONICA TRUNELL-MORGAN**

spine and pelvic pain. The open question is whether this latest development -- combined with the Centers for Disease Control and Prevention's call last year for physicians to dramatical-

ly curtail prescribing opioids -- will encourage more women to seek alternatives like drug-free chiropractic care.

"All chiropractors are trained to work with women who are pregnant," the American Pregnancy Association says, lauding their expertise in "establishing pelvic balance and alignment."

As the Foundation for Chiropractic Progress notes, visits to highly educated and trained doctors of chiropractic are covered by most insurance and health plans.

Learn more at [F4CP.com/findadoctorand](http://F4CP.com/findadoctorand) call 254-754-4000 to make your appointment with Dr. Shamonica Trunell today. See the ad special offered this month in this issue.

## The 10-year fix

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

Once your home hits the 10-year mark, it's probably time for some home maintenance. Here are nine updates your home will benefit from the most, according to Zillow.

**Get new carpet.** Replace your carpet if rips, tears, stains and odors remain, even after a good cleaning.

**Replace the hot water tank.** A water heater may not show signs before it leaks or fails, but if it's been around for 10 years or more, it should be replaced.

**Update ceiling fans.** If the fan's light bulbs seem to burn out more quickly than usual, it's time for a new fan.

**Buy a new dishwasher.** You'll likely get a more energy-efficient model that'll pay for itself over time.

**Replace the garbage disposal.** The average garbage disposal lasts about 10 years because the blades become dull over time.

**Replace the washer and dryer.** The average lifespan of both appliances is eight



**LINDA MCDONALD**

years. Replace them before problems pop up.

**Repaint inside and outside.** There's no rule about when to repaint—it depends on where you live, humidity and other factors. But if it's been 10 years, it's time to repaint.

**Re-caulk the tub, shower and sinks.** It's a simple update that you can easily do yourself.

**Re-glaze windows.** Re-glazing old windows is easier and more cost-effective than replacing them.

Call Linda McDonald for all of your real estate needs: Coldwell Bankers Apex Realtors, 254-776-0000, 254-855-1717.

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## Sow now; reap later: it's harvest season

BY LINDA DAVIS

What are you wanting out of life? Have you set any short term or long term goals? Think about that for a moment! Merriam-Webster dictionary defines the word "sow" as (1) to set something in motion (2) to plant seed for growth, especially by scattering. "Reap" is defined as "to win or obtain as a consequence of one's own, or other people actions."

What seeds have you sown into your field to reap a reward or benefits? We all want to live the good life, but we must be determined to give of ourselves to obtain success.

Nothing in life is free; everything comes at a cost! There is nothing that you cannot obtain in life if you're willing and determined. I knew a young lady who finally received her GED after 10 years of failing; she never gave up! Fortunately for her, she later enrolled in college! We all have desires, and sometimes it seems as though it'll never become a reality. I want to encourage you to start sowing into your future, despite what your circumstances are.

Don't allow your present circumstances to dictate your future. It may be true that you are illiterate, addicted to drugs or alcohol, or you may even be an ex-felon. Whatever the case may be, there is hope and opportunity for you to reach your full potential. Never give up believing in yourself! With faith all things are possible for those who believe! (Mark 9:23) Allow God to be God. Stop trying to figure out all the fine details. He never asked for our help. He's God all by himself! Often-times we worry when walking in faith is trusting God to handle everything that concerns



LINDA DAVIS

us.

In 2009 I was facing some incriminating charges dealing with an internet scam, where I was the victim. I went to jail. That was the most humiliating experience I've ever endured. As a result, I lost my home based business and my home in Hewitt. I had to move into public housing, the Estela Maxey apartments. However grim things looked, I took a different approach to my situation. Instead of wallowing in my sorrow and despite what I was going through, at the age of 37, I enrolled in college for the first time. How many know that took an act of faith? Still, I was at peace knowing that God would see me through this situation. After enrolling with Phoenix University, I received notification that all charges against me were dismissed-no time and no probation. On April 8, 2012, my 40th birthday, I submitted my final exam and received my associate degree a month later.

God is good and in control of our destiny; however, we must take actions for a better tomorrow and trust God to guide us on this journey called life.

## 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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From The Anchor News

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---

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## Don't make these mistakes after a collision

(NewsUSA) - In the U.S. alone, there are 10 million car accidents every year, and the tense moments following a car accident, even a minor one, can be scary and stressful for everyone involved.

Drivers and passengers can feel confused and unsure of what to do. Even the most experienced and seasoned drivers can make basic mistakes after they have been involved in a traumatic event.

Simple, avoidable mistakes could cost you time and

money, or lead to personal, medical and legal issues.

Here are some of the most common mistakes to avoid after a collision:

\* Fleeing the scene: Leaving the scene of an accident could land you in serious legal trouble. You may be in shock, but the most important thing to do is stay where you are.

Check on your passengers, and once you exit your vehicle, check with the other driver involved in the accident.

Try to remain calm and wait for law enforcement to arrive on the scene. If it is safe to do so, use your cell phone to take photos of your vehicle to document the damage that resulted from the accident while you wait for police.

\* Not reporting the accident:

Even if it's just a minor collision, always report the accident to the police. Never let someone convince you to avoid calling the police.

If you decide to make a



**RICHARD KRUGER**

claim with your insurance company later on, or if you decide to pursue a legal claim, not reporting the accident could hurt your case.

\* Exchanging too much information: Do not share your driver's license or who was at fault with the other driver; however, share this information with the police along with your current insurance.

Always exchange contact information with the other

driver, get contact info from any witnesses, and obtain full insurance details from other drivers involved in the accident.

Make sure accurate information is included in the police report, and ask for a copy of the report to edit any incorrect information.

\* Failing to get medical advice: You may think that you were lucky enough to escape injury, but you should always get a medical checkup after a car accident, especially if you hit your head.

Remember, only a medical professional can rule out possible head trauma and other serious injuries.

\* Having your vehicle repaired at just any shop: You might have to make a decision on-the-spot as to where to have your vehicle repaired. Don't make a panicked decision when it comes to your safety.

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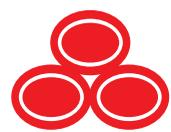


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## Sharri Pyburn representing a change!

A product of McGregor, Texas, Sharri Pyburn is the Chief Deputy at Precinct 2 McLennan County Constable's Office in Waco. She has worked directly under the elected Constable John W. Johnson since 2009. She has held the position since 2013 where she is responsible for the service and enforcement of civil citations, writs, and orders that are issued from local and other jurisdictions by the Civil and Criminal Court System. She manages the daily operations of the office as well as supervisory duties. She started her career in corrections at McLennan County Sheriff's Department where she worked for 15 years in the jail division. Holding the rank of Corporal, she was a jail training officer. She currently is an adjunct instructor at McLennan Community College where she teaches in the Law Enforcement Academy and continuing education of police officers. She will be instructing at the Heart of Texas Council of Governments for the training of law enforcement officers.

Pyburn earned a master's degree in criminal justice in leadership and management from Sam Houston State University and a bachelor's degree in business administration with an emphasis in criminal justice from Tarleton State University. She also has an Associate of Applied Science degree in legal assistant from El Paso Community College.

She is a 2011 graduate from the Texas Constable's Leadership College at the Bill Blackwood Law Enforcement Management Institute of Texas, a 2008 graduate from the McLennan Community College Law Enforcement Academy and the first recipient of the Jim White Memorial Law Enforcement Scholarship in 2005. She holds a Civil Process Proficiency Certificate, peace officer's license, jailer's license, courtroom security certification, Texas Commission on Law Enforcement Instructor's Proficiency Cer-



**SHARRI PYBURN**

tification, licensed chemical dependency counselor certification, telecommunication system operator, and terminal agency coordinator.

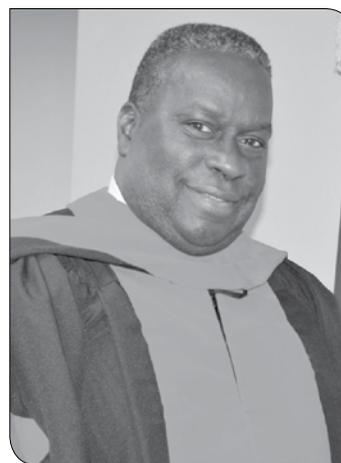
Still, she is convinced that her most important achievement in her life is her faith. She is a member of East Third Street Church of Christ in McGregor. The

See **PYBURN** pg. 16

## Frank Rush shares gifts in the church and the courtroom

Bishop Dr. Frank A. Rush is well-known in ministry and in the legal profession. For over thirty years he has been the pastor of Houston Praise and Worship Center. His wife, Dr. JoAnn Vallie Rush, a former NBC news anchor, is the co-pastor. Rush oversees three other church locations: Conroe, Spring, and Nairobi, Kenya. He has been a criminal and family attorney for well over 30 years. A familiar face at the Harris County Courthouse, Rush is well-respected throughout the city of Houston. He is licensed to practice law in both the state and federal courts, with current emphasis on helping his clients avoid or overcome foreclosure.

Rush grew up in Waco, Texas. A 1970 graduate of A.J. Moore High, Rush's leadership skills were apparent during his years in high school as he was president of his class. He ranked fourth among the graduates and received a scholarship to attend Texas Southern University.



**BISHOP FRANK RUSH, ATTORNEY AT LAW**

While at Texas Southern University, he received a Crown-Zellerbach Scholarship to attend the University of California at Berkeley. He graduated from Berkeley with dual degrees in English and African American studies. Then he returned to Houston on a Herbert Lehman Scholarship, obtaining a law degree from TSU Thurgood Marshall School of Law. Rush was also president of his law school class. Later, he

interned at Gulf Oil Corporation.

Rush is senior pastor and founder of Houston Praise and Worship Center and founder of the Bishop's Circle, a pastoral and minister's training school. He is also recognized by the State of Texas as a Senior Religious Advisor.

Rush has written a leadership training program for Houston ISD students in 8th grade through high school. In addition, he has received three honorary doctorates, a Doctorate of Divinity from St. Thomas Christian College in Florida, and two doctorates, in theology and divinity from St. Raphael Christian University in Louisiana.

Very concerned about urban renewal, Rush is an active community leader, a role model, a youth mentor and the author of *How Christians Should Handle Stress*. The Rushes have two adult children, Gerren and Cherish and two young grandchildren. Gerren and Cherish are actively involved in ministry.

# WHERE CAN I PICK UP AN ANCHOR?



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- Marilyn's Gift Gallery
- Mitch's Corner Stop
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- Public Library off Austin Street
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- Sascee's
- Texas Star Properties (Pro-Life Office on Waco Drive)

Tony DeMaria's Bar-B-Que

—HEWITT—

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# Networking Assertiveness

BY MONA DUNKIN

Networking is a vital part of social capital. As in all areas of business, we want to be both effective and efficient. Following are ideas for disengaging from the prolonged networker.

**Set limits.** If there seems to be no end to the saga, hold your hand up as if to indicate, "Stop". Jump in with the assumption that this could take a while and that you have other obligations. Smile and graciously go on your way.

**Ask for a conclusion.** Assertively set boundaries by asking him to skip the details and briefly give the result. Firmness shows respect for you and kindness shows respect for the bore.

**Use Archie Bunker humor.** Rather than gesture hanging yourself, in a playful manner act as though you are dozing off. Make your exit and go home to go to bed or the washroom to splash cool water in your face. No other ex-



MONA DUNKIN

planations necessary.

**Act as if.** Give the individual an easy out by acting as if you have been monopolizing his time and offer to let him go. Then do it.

**Stand up** - physically as well as for yourself. If you are seated, stand up. Whether in an office setting, your living room or a barstool, when you stand up it gives a powerful non-verbal message that the encounter is over. In a stand-

ing encounter, give the physical stance of departure.

**Pass the buck.** I hesitate to suggest this, even though I have used it on more than one occasion. Using the networking strategy of acting the host, draw another person into the conversation then make an amiable exit (to entertain others, of course). Later, make it up to your unsuspecting pawn by taking her to lunch.

Even though bores are boring, they are still human beings so treat them kindly. Be firm without being rude. Be more cautious the next time you are around them to practice amiable avoidance.

*For all your speaking and training needs, contact Mona Dunkin, Motivational Speaker and Personal Success Coach, monadunkin@gmail.com www.monadunkin.com." Basic Intensive Training, Introduction of Choice Theory Psychology scheduled in Waco, Tx for June 22-24 Call me today. 254-749-6594.*

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-Mrs. Sue Connor

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## Critical information about divorce

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

Reasons for divorce differ widely and, while couples and their children may be better off after a divorce than before, the unfortunate fact is that all parties lose something. Divorce can be emotionally and financially devastating for everyone involved. It is vital that you understand some important legal issues that frequently arise during a divorce. If you are considering divorce or have any ques-

tions call your LegalShield provider law firm and speak with an attorney.

- **Early Intervention** – Starting divorce counseling early in the process may help couples, particularly those with children, create an atmosphere in the divorce that will minimize anger and enmity. Mediation and counseling also help improve communication between the couple and lead to more amicable and less costly divorce proceedings.

- **"No Fault" Divorce** – A "no fault" divorce means that

neither party is considered at fault for the dissolution of the marriage. State or provincial requirements may vary. Some laws may require the parties to live separate and apart for a period of months before the divorce is granted. This period may be extended if there are minor children of the marriage. Talk to your LegalShield provider about the laws where you live.

- **Uncontested Divorce** – In an uncontested divorce the parties agree on the distribution of property, terms of support and custody without court intervention. Just because spouses agree to a divorce does not mean the divorce is uncontested; they must also agree on all the divorce settlement terms. Uncontested divorces are less costly and may benefit both parties. It is important to speak with an attorney, even in cases of uncontested divorce, to understand the laws in the jurisdiction where the divorce will be filed and because circumstances may change if a dispute arises while negotiating the settlement.

- **Contested Divorce** – Contested divorces are those where there are disputes over spousal support, child support, property distribution, child custody or visitation. Most attorneys require minimum retainers of at least \$4,000 and sometimes up to \$10,000 to begin a contested divorce. Attorneys may also charge rates exceeding \$250 per hour. Early mediation can help reduce or eliminate the contested issues, significantly reducing the final cost of the divorce. More conflict in a divorce will result in a high-



**J.L. CRAWFORD**

er cost for everyone involved.

- **Discovery** – Contested divorces in which spousal or child support or distribution of property is contested will often include extensive discovery of all the financial, insurance, retirement funds, investment funds, real estate, car titles and employment records of each party for several years prior to the filing of the divorce. The time and expense associated with discovery will drastically increase the cost of your divorce.

- **Punishment** – Divorce proceedings are intended only to dissolve the marriage, distribute property and provide for the best interests of the children. Courts will not use the proceeding to "punish" a spouse. Discuss your legal options with your attorney to make sure your decisions are based on legal merit rather than anger and frustration.

- **Unpredictable Outcomes** – Some states do not have a set formula for spousal support or property division in a contested divorce. This may make contested divorces in those state highly unpredictable and costly. Working out a settlement before going to court will help

avoid surprises.

- **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. A breach of attorney-client privilege can seriously harm your divorce case. Avoid discussing your case with anyone other than your attorney.

- **Social Media** – Social media posts and email communications are increasingly being used as evidence in divorce and child custody cases. These communications are not protected by attorney-client confidentiality. No matter what your intention when posting something online, consider how it could come back to haunt you in court. The best advice is to take a break from Facebook or other social media during a divorce or custody dispute.

There are many other issues that affect the emotional and financial cost of a divorce. If you are considering divorce, call your LegalShield provider law firm first. The caring attorneys at the firm will answer your questions and do all they can to reduce the emotional and financial cost of divorce.

If you do not yet have an IDShield membership visit [www.idshield.com](http://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.

## Business Directory

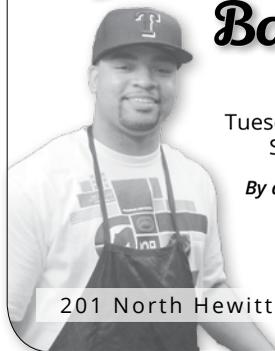


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**Wanda B.  
Gunter**

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:**

Last summer I struggled to deal with the heat. I was always tired, I got a lot of headaches, and I had a really tough time being outside during the day. Since it's almost summer, I was wondering if there is something I can change with my health that could help me. I love doing things outdoors but don't want to be in pain like last summer. Thanks, Jim.

**ANSWER:**

Hi Jim,

I appreciate your love of the outdoors. Spending time outside in the warmer summer months is one of my favorite things to do.

While there could be a few different culprits for your heat related issues, it sounds most like what happens to people that are dehydrated. It is real-



**JERRY SNIDER**

ly easy to become dehydrated in the summer in Texas, especially since a majority of people live in a constant state of dehydration to begin with.

One of the quickest and simplest cures for headaches is water. Proper hydration improves blood flow by changing the viscosity of the blood, which helps decrease the occurrences of headaches.

This helps with the tired factor in much the same way. Improved blood flow helps

feed the cells in your body more efficiently. When your cells are nourished properly, they work better which means they produce energy at higher levels. A by-product of this higher energy level is improved sleep. Because you are hydrated properly, your blood is able to remove waste from your cells properly. This also allows your cells to work more efficiently.

As far as the time you were able to spend outside last summer, hydration is key to being outside in Texas during the late spring, summer and early fall months. Most people hydrate improperly and this is what gets them in trouble. If you wait until you start sweating to drink water, it's too late.

To properly hydrate, especially if you are doing anything active outside, you need to drink water long before going outside. Incorporate a 3 hour rule into your summer outings. What this means is you want to be fully hydrated 3 hours before going outside. You can easily tell if you are simply by

going to the bathroom. If your urine is clear and lightly tinted then you are properly hydrated. If there is anything more than a light tint to it you need water. From that 3 hour mark, continue drinking water at a rate of about 2 ounces every 15-20 minutes. That is enough to keep you hydrated as your body continues to filter fluid out of your body.

And don't forget to continue drinking water while you

are outside in the summer. Getting ahead of the hydration curve is important but you have to stay there as well.

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

Visit [www.allinhealthandwellness.com](http://www.allinhealthandwellness.com) to learn more about Jerry Snider. You can also purchase his book *Confidence Through Health* on Amazon.

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

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

### CHAPTER 1: THIS TOO SHALL PASS, BUT WHEN?

I was almost out of breath by the time I made it to the car. Though it was just a few feet away, it seemed like

100 miles. I had parked my car in the back yard to hide it from the bank. Let's face it. It was an old piece of stick-shift junk, but it was all I had, and I was behind on the payments. But tonight, in my panic to get out of the house, maybe the backyard wasn't so smart. Dressed in a gown, house shoes, and a thin jacket, I gripped the keys that were pinned inside my bra. Oh yes, my bra. That was the safest place to keep my valuables, like my car keys and what little money I had. I had learned a lot in my 29 years. With lightning speed, I dashed out the backdoor, tripping over the threshold, but still holding my balance and determination. Thank God



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.

- Buyer and seller sign all documents and funds are disbursed per the Purchase Contract.

- You get the keys to your DREAM HOME!

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## Walking in divine health and blessings, Part 2

BY RUBY MCCRAY

*Continued from the April issue of The Anchor News.*

"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers." (3 John 2)

In Part 1, we learned that the Word of God is like medicine. It brings healing to our whole body. If the Word of God can heal a body, the Word of God can prevent a body from getting sick.

"Don't be impressed with your own wisdom. Instead, fear the LORD and turn away from evil. Then you will have healing for your body and strength for your bones." (Proverbs 3:7, 8)

Why does the Word of God have so much power? Because it is a Living Word. It's Alive! Hebrews 4:12 says, "For the Word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires." The Word is Jesus!

"In the beginning the Word already existed. The Word was with God, and the Word was God. He existed in the beginning with God. God created

everything through him, and nothing was created except through him. The Word gave life to everything that was created, and his life brought light to everyone. The light shines in the darkness, and the darkness can never extinguish it." (John 1:1-5) Wherever Jesus is, there will be life in abundance. That includes health, happiness, deliverance, salvation, preservation, wholeness and every other good thing that you can name. You'll be blessed beyond measure.

If anybody tells you that reading the Bible too much will drive you crazy, don't believe him/her. It will never happen. The New King James Version of Isaiah 26:3 says, "You [GOD] will keep him in perfect peace whose mind is stayed on You, because he trusts in You." If it were possible that you could keep your mind on Jesus 24/7, your mind would still be in perfect peace. The more Word you consume, the more sanctified you become (John 17:17; Ephesians 5:25-27).

If you really want to have a lifestyle of health and blessings, you must live holy. Holiness is not for a certain group of people or for a certain de-



EVANGELIST  
RUBY MCCRAY

nomination. Holiness is a lifestyle that God commands for all of His children. He said, "You must live as God's obedient children. Don't slip back into your old ways of living to satisfy your own desires. You didn't know any better then. But now you must be holy in everything you do, just as God who chose you is holy. For the Scriptures say, 'You must be holy because I am holy.' And remember that the heavenly Father to whom you pray has no favorites. He will judge or reward you according to what you do. So you must live in reverent fear of him during your time as

foreigners in the land." (1 Peter 1:14-17) Remember, everybody is not a child of God, only His creation. That was covered extensively in 12 articles during the entire year of 2018.

Holiness means that you are simply set apart for God's use. You can't handle any and everything, and any and everything can't handle you—not even people. You can't watch anything on your smart devices, and you can't go everywhere. God told His children not to love worldly pleasure, because they are not from Him, but from this world's system (1 John 2:15-17).

If you have trouble deciding which things are of the world and which things are not, allow me to shed a little light on the matter.

If you are watching something on TV, Facebook, Netflix, your computer, iPad, iPhone, etc., and look up to see JESUS watching you while you're watching it, will you continue to watch or turn it off? Be honest! We are all created in the image of God; therefore, we have His DNA and know when something isn't right if we are a certain age and have all of our mental faculties.

You need to know that

you can't fool God because He knows whether or not you know (Proverbs 24:11, 12). He even knows what you're going to think before you ever think it. He knows everywhere you go or even intend to go. There is no escaping Him (Psalm 139:1-24). If He thought that we couldn't be Holy, He never would have commanded it.

John, writing under the inspiration of the Holy Ghost, told us not to sin. He said in case we did, we have Jesus Christ, the righteous one, our advocate who pleads our case before the Father (1 John 2:1, 2). God wouldn't tell us not to sin if we couldn't help it. It's all about choices. There will always be two doors opened, "Good" and "Evil."

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

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

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**New Fashions Arriving!**

## Michael McCoy named first African American Dougherty County Administrator

Growing up on Pine Street in Waco with his parents, James and Eleanor McCoy, by way of his grandmother, who lived on Hood Street, Michael A. McCoy was a product of the East Waco and North Waco cultures. A graduate of Waco High, he is now a resident of Albany, Georgia, where he recently celebrated a historic first.

On Monday, January 7, 2019, the Dougherty County Commission announced McCoy as Dougherty County administrator, the first African American to ever gain this distinction. Commissioner Victor Edwards made the motion and Commissioner Lamar Hudgins seconded it. Chairman Chris Cohilas and Commissioners Lamar Hudgins, Victor Edwards, Clinton Johnson, Russell Gray and Anthony Jones endorsed him.

McCoy's service to Dougherty County began more than 20 years ago at the County Landfill. He later became the solid waste director. This position utilized skills he learned securing his bachelor's degree at Prairie View A & M University. When McCoy was later tapped to serve as Interim Dougherty County Administrator, his supervisor Richard Crowdis, noted the same leadership and organizational skills that McCoy learned when he earned his master's degree in public administration at Clark Atlanta University. These



**MICHAEL MCCOY**

skills coalesced in January 2017 when two devastating storms hit Albany and injured Crowdis, sidelining him from work.

McCoy worked diligently with multijurisdictional entities within a high-pressured environment to address the critical needs of the community via the Emergency Operations Center. In May 2018, his efforts were recognized. Among the 22 entries received, American Public Works Association, Georgia Chapter, named McCoy the Administrative Manager of the Year by the American Public Works Association, Georgia Chapter.

Dougherty County welcomes McCoy's professionalism and demonstrated community service as he assists the county in moving forward to a brighter future. McCoy and his wife, Mona, are the proud parents of two Dougherty County public school students, Myles and Madison.

## In the war zone

BY MATTHEW REED

Revelation 12:17 says, "The dragon was wroth with the woman, and went to make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Jesus Christ." This is just a reminder to the church that from the time you elect to make Jesus your Lord and Savior and you begin to keep his words, you enter into a war with the devil himself. There is not one second of a day that he is not looking to destroy you.

Remember this. In war there is no such thing as fair, so the devil is going to try and get you down any way he can. Now you are to get him down the only way you can, by keeping God's word. Let me remind you if you want to save your soul, the fight is something you have to do). Paul instructed Timothy that he should not get involved with the affairs of this life. In II Timothy 2:4, the Word specifically says, "No man that warreth entangles himself with the affairs of this life, that he may please him who hath chosen him to be a soldier." He was instructed to endure hardship as a good soldier.

You see, keeping God's word isn't about your being good; it's about hav-



**PASTOR MATTHEW AND LADY HELEN REED**

ing power over the enemy, winning the battles, and ultimately winning the war. May I remind you soldiers of the Lord, that you have your weapons and their strength? II Corinthians 10:4 says, "For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds."

There are periods that we go for a while without an attack of the devil. During these times, we sometimes tend to get lax in our discipline. We are not praying as we ought; we stop meditat-

ing on God's word. In those times we give place to the devil and he attacks, catching us off guard. Just remember that as long as you live, you are in a war. The devil is always the enemy; there is never a period of truce or no ceasefire.

So my advice to the church is found in the Word of God. I Peter 5:8 says you should "Be sober, and be vigilant, because your adversary the devil, is as a roaring lion, walking about, seeking whom he may devour. Amen.

*Advertise in The Anchor News and get article space too!*

The Anchor publishes on the 15th of each month. Submission deadline is the 6th.



# WHERE CAN I PICK UP AN ANCHOR?



**—WACO—**

- 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

## PYBURN

Continued from page seven

daughter of William and Sharon Nance, Pyburn also has a son, Byon Jr. She loves volunteering for the LaVega Jr. Police Academy, taking part in the Beverly Hills Elections and being a member of Real Talk with Real women group with Mia Thomas. She is an avid basketball fan and has a genuine interest in supporting and encouraging our youth in positive activities. One of her most memorable accomplishments is being a member of the Southern Little League Committee which achieved the construction of a new concession stand and improving the baseball complex as well as watching our boys win State in 2010.

Pyburn lives by the motto: "Treat people how you want to be treated. Talk to people the way you want to be talked to." Respect is earned, not given, says Pyburn.

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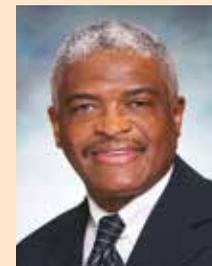
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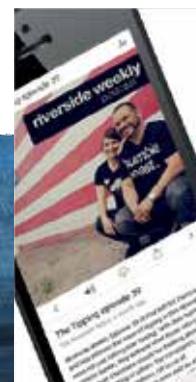
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