



# WOMEN MEAN BUSINESS

**42%** of all U.S. businesses are owned by women  
**(nearly 13 million)**

Special Supplement to the Gladewater Mirror 2026

# Women-owned businesses are thriving

Women entrepreneurs are not to be underestimated. Data affirms that women-owned businesses are growing and thriving.

According to North One banking, women-owned firms account for more than 12 million businesses in the United States. In addition, the 2024 Wells Fargo Impact of Women-Owned Business Report, in partnership with Ventureneur, Core Women and Women Impacting Public Policy, found the number of women-owned business increased at a rate of 4.5 times between 2019 to 2025. Women-owned businesses are driving economic growth, and a deeper look at some of the numbers supports that notion.

- The Women's Business Enterprise Council says there are 12.3 million women-owned businesses in the U.S., which comprises about 40 percent of the total number of businesses.
- Women-owned businesses bring in nearly \$2 trillion every year, says the National Women's Business Council.
- During the pandemic, women-owned businesses added 1.4 million jobs and \$579.6 billion in revenue to the economy, says Wells Fargo.
- World Bank indicates that roughly one-third of principal owners of all businesses are female.
- WBENC advises that 64 percent of new women-owned businesses are started by women of color.
- Women's Business Enterprises Canada says more than 85 percent of buying decisions are influenced by women. The Canadian Minister of Small Business notes that women business ownership is growing. In 2023, approximately 18.4 percent of all businesses in Canada were majority owned by women, compared to 15.6 percent in 2017.
- According to Forbes, women-led tech companies achieve a 35 percent higher ROI.



A Forbes study with First Round Capital, a venture capital firm, found female-founded businesses in their portfolio outperformed male-founded companies by more than 60 percent.

Women-owned businesses are making a large impact on North America and around the world. Such firms continue to employ millions of people and foster strong economies.



**Rae Ann Patty, Superintendent**  
200 East Broadway  
Gladewater

[www.gladewaterisd.com](http://www.gladewaterisd.com)  
903-845-6991



**Gladewater ISD Administration**

(Standing from left to right) Vanessa McGraw - Systems Technician, Donna Montgomery-PIEMS/Inventory Coordinator, Trecia Turner - GISD Tax Assessor/Collector, Rae Ann Patty - Superintendent, Jennifer Atchley- Payroll Specialist, Debra Money- Human Resource Specialist, Rilee Fletcher- Accounts Payable. (Sitting from left to right) Andra Baggett - Director of Curriculum and Instruction, Candy Keller - Chief Financial Officer, Erica Moore - Director of Instruction Assessment, and Amanda Brown - Administrative Secretary

# Women entrepreneurs who have helped to shape the world

The business landscape is continually evolving, shaped by the relentless determination and innovative spirit of visionary leaders of industry. Entrepreneurs come in many types, and a significant percentage of trailblazers are women. Women entrepreneurs have built global empires and inspired many young girls and women to follow in their footsteps.

Global Entrepreneurship Monitor says one in three high-growth entrepreneurs and nearly two in five export-oriented startups were led by women, according to its latest report of women's progress in entrepreneurship over the past 25 years. Forty-two percent of all American firms are women-owned businesses, according to EcommerceTips.org. In many regions, women are driving forces behind new business creation. Here's a deeper look at some of the women entrepreneurs that have made their mark.

• Oprah Winfrey: It wouldn't be a complete list of women entrepreneurs without Oprah Winfrey. Despite a challenging childhood, Winfrey built a multimedia empire from the ground up, becoming a self-made entrepreneur. From her titular talk show to the founding of Harpo Productions and the Oprah Winfrey Network (OWN), Winfrey became the first Black woman to achieve billionaire status.



• Melanie Perkins: Perkins is the co-founder of the popular graphic design platform Canva. At around age 19, Perkins had the idea to make graphic design accessible to everyone, even those without many design skills. She persevered despite facing numerous rejections from investors, and now Canva is a multi-billion dollar global success story.

• Whitney Wolfe Herd: Online dating has helped pair many successful couples. Many have Herd to thank, as she is the CEO of the dating app Bumble. The concept of the app is unique from other platforms, as it requires women to make the first move, a concept that has helped empower women. At 31, Herd became the youngest woman to take a U.S. company public.

• Kiran Mazumdar-Shaw: Shaw is an Indian billionaire entrepreneur, and the executive chairperson and founder of Biocon Limited and Biocon Biologics Limited. These are biotechnology companies based in Bangalore, India. Shaw is known for being India's first woman entrepreneur and the country's richest self-made woman.

• Arianna Huffington: Huffington is a digital journalism pioneer. She is the co-founder of The Huffington Post and founder and CEO of Thrive

Global, a wellness and health platform.

DARLA FERGUSON

darla@ablesland.com

Cell: 903-841-3516

**ABLES-LAND, INC.**

*Office Supply - Furniture - Printing*

420 South Fannin • Tyler, Texas 75702  
903-593-8407 1-800-521-2439 FAX 903-593-8546

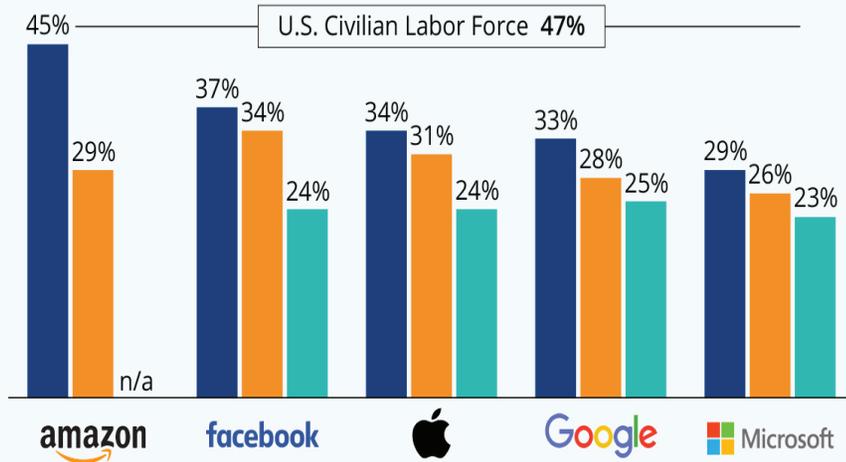
[www.ablesland.com](http://www.ablesland.com)



## Women's Representation in Big Tech

Percentage of female employees in the workforce of major tech companies\*

■ Total Workforce ■ Leadership Jobs ■ Tech Jobs



## College majors that can lead to higher earnings ...

Choosing a college major is an important decision that many students delay making until their sophomore or even junior years. Only after taking a few courses and uncovering one's interests do some college students figure out what they want to do with their lives.

Each student is different, and while some may pursue a degree based on a particular passion, others may choose majors that can lead to high-paying jobs.

While men often lean toward majors like engineering and computer science that have traditionally been linked to high earnings, women have historically gravitated to lower-paying specialties like education and social sciences. But in recent years a shift has occurred, and more women have begun to choose majors associated with higher post-graduate salaries.

Reports from the career guidance site Glassdoor analyzed how much male and female professionals with the same college degree earned and identified many instances in which women went on to earn more than men in the first five years of their career. They've identified several majors where female college graduates can earn as much or more than their male counterparts and find successful careers.

- Architecture
- Pharmaceutical sciences
- Information sciences
- Chemical engineering
- Computer science
- Electrical engineering
- Mechanical engineering
- Computer engineering
- Business economics
- Civil engineering
- Sports management

Despite these findings, the college resource CollegeFactual and the U.S. Department of Education says that women remain likely to pursue education, design and applied arts, health services, and social work as career options.

# Bailey's

# ACE Hardware

1620 E. Broadway  
Gladewater, TX 75647

Check us out on

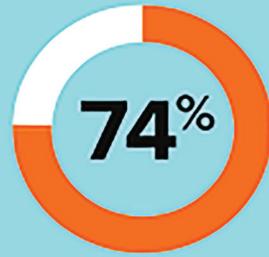
facebook

903-845-5787  
Fax: 903-845-8008

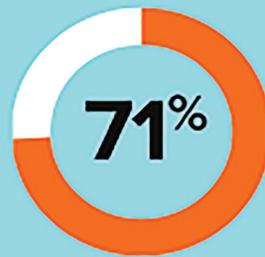


Back row: Beth Young, Zoie Reddock, and Nova Walbridge  
Front row: Kerri Olfert and Tammy Reed

# Women in Management Occupations



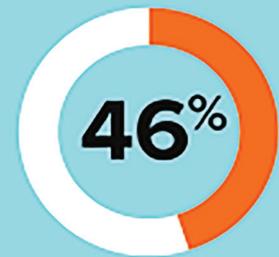
Human Resources Managers



Social and Community Service Managers



Education Administrators



Food Service Managers



Marketing and Sales Managers



Chief Executives



Computer and Information Systems Managers



Construction Managers

bls.gov

*Our dedicated ladies make the difference!*



(Left to right) Casey, Liz, Jenny & Kathy

## Brookshire's

1300 E. Broadway Ave., Gladewater  
(903) 845-2189

## We Salute Our Hard Working & Dedicated Ladies

**Peggy S. Garmon**

Attorney at Law

312 N. Titus Street  
Gilmer

**903-843-2646**

psgarmon@aol.com



*Wills, Estate Planning  
& Probate*



Barbara Wright  
& Peggy S. Garmon

# What can contribute to fatigue ...

Women serve many roles each day. From mothers to employees to spouses, women must perform a balancing act that can lead to fatigue as a side effect. According to recent research from the U.S. Centers for Disease Control & Prevention, women are more likely than men to say they're tired or even exhausted.

All of that running around certainly can contribute to fatigue, but other factors also can lead to tiredness. Getting to the root of fatigue can help women regain their energy levels.

## Insufficient sleep

Women tend to multitask and use more of their brains than men, leading to a greater need for sleep, reports the National Sleep Foundation. Even though they may require more hours of shut-eye, many women are not getting the proper rest. In order to gain more energy, NSF recommends women get regular exercise, limit their caffeine and alcohol intake, improve their sleeping environments (i.e. a dark, cool room), and establish routine sleep and wake times to promote better chances of sleeping between seven and nine per night. The NSF also notes that women are more likely than men to experience insomnia. Women whose energy levels are dwindling due to sleeplessness should seek assistance from their physicians.

## Stress

The Women's Health Network points out that constant stress or adrenal hormone imbalance can rob women of energy, leading to feelings of tiredness all the time.

Finding successful methods of relieving stress can help women regain energy. Delegating work or asking for help is one way for women to lighten their workloads. Mindfulness and meditation may help calm overactive thoughts. Exercise also is a healthy way to relieve stress and can promote the release of feel-good endorphins.



## Anemia

Anemia may be the culprit behind some women's sagging energy levels. The Mayo Clinic defines anemia as a condition in which the body does not have sufficient healthy red blood cells to carry enough oxygen to bodily tissues. Anemia may be mild or severe, temporary or chronic.

Treatment for anemia may be as simple as eating a healthy diet. Supplementation with iron or iron-rich foods may be recommended as well. Anemia also can be caused by hidden blood loss. That's why it's best to address anemia under the supervision of a doctor.

## Lack of exercise

Although it may seem like exercise would tire a person out, the opposite is true. WebMD says studies consistently show that people who exercise regularly experience less fatigue than those who do not. The reasons are not completely understood, but it could be due to exercise helping the body to work more efficiently and pumping oxygen-rich blood where it is needed.

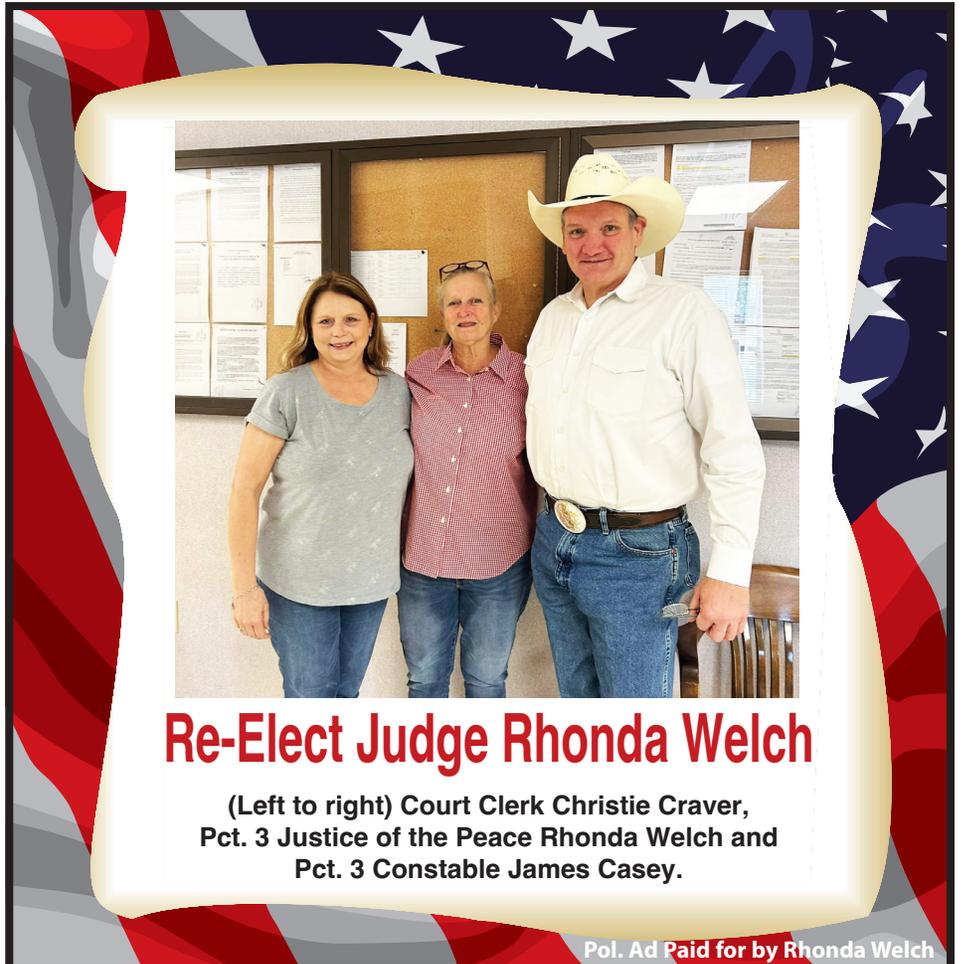


Back Row left to right: Taylor Dougan, Madison Andrews, Harlie Salter, Carly Fountain, Danyeale Ferguson, Katie Robinson, Amber West. Front Row left to right: Amber Taylor, Heather Howe, Dr. Tori Chambers, Kat Renfroe, Catom Hardeman.

**healthy**  
**paws**  
ANIMAL HOSPITAL

(903) 845-2293

1830 E. BROADWAY GLADEWATER, TEXAS 75647



**Re-Elect Judge Rhonda Welch**

(Left to right) Court Clerk Christie Craver,  
Pct. 3 Justice of the Peace Rhonda Welch and  
Pct. 3 Constable James Casey.

Pol. Ad Paid for by Rhonda Welch

## Always dress for interview success

In his masterpiece “Crime and Punishment,” author Fyodor Dostoevsky wrote, “We sometimes encounter people, even perfect strangers, who begin to interest us at first sight, somehow suddenly, all at once, before a word has been spoken.” The great Russian novelist is referring to the fact that impressions can be made even before conversations begin. This is an important notion to grasp and can do a job seeker a world of good in every interaction during the hiring process, including the interview.

Recruiters may have an understanding of you as an applicant from your résumé and other correspondences, but it is during the interview — whether it’s in person or remote — that a hiring manager can really get a sense of your energy and professionalism. While no one wants to be judged on appearance alone, what you look like and how you dress affect others’ first impression of you. Doing all you can to tip the scales in your favor may lead to favorable job outcomes. The best outfit to wear on an interview varies depending on the company and the job, according to The Balance: Money. But there are some guidelines for dressing to make the best impression.

- Follow the employer’s dress code. If you can gauge dress code in advance, dress to mirror what others are wearing and then take it up a slight notch. For example, while you wouldn’t wear a suit if you’re interviewing as a park ranger, you may eschew work boots and faded jeans for a collared polo shirt and khaki pants. For a tech start-up or creative company that favors casual wear, something that is more business casual may be appropriate for the interview.

- Err on the side of caution. If you do not know the company dress code, it is always better to be overdressed than underdressed. A sports jacket and a button-down shirt for gentlemen and tailored pants and blouse for women may fit the bill.

- Less is more. Distractions can derail an interview, and wearing too many accessories can be distracting to the interviewer and even candidates during the interview. Keep jewelry to a minimum and mute all alerts on a smartwatch and smartphone. If you have piercings, you may want to remove them until you learn more about which types of body art are ac-



ceptable at the company, which you should be able to discern when visiting the office. Distractions also can include heavy or drastic makeup and hair styles. Tone things down until you have a firm understanding of dress policies.

- Choose neutral colors. Wear neutral or classic colors over more flashy options. You want to be judged on your qualifications, and neon shirts or a busy print dress could cause an interviewer to lose focus. During a remote interview, choose a high-contrast interview outfit so that you don’t blend in with your background.

- Wear clean, tidy clothes. No matter how formal or informal the attire, it should be freshly laundered, free from wrinkles or damage, and fit properly.



Makaylie Arringto, Heather Henderson  
and Mallory Woodall

*Our ladies make the difference!*

**YOUR HOMETOWN PHARMACY**  
**Free Deliveries**

We're proud to serve  
**GLADEWATER**  
alongside you!

**NIK PATEL**  
PHARMACIST

**CAREPLUS**  
PHARMACY

PHARMACY PHONE #  
**903.374.2303**

**1004 US 80, GLADEWATER, SUITE A**

## Create a greater work/life balance

A more even balance between professional and personal life is a goal for many individuals. The demands of work too often extend beyond traditional working hours, leaving many professionals to confront work-related challenges long after they've left the office or left the desks in their home offices. With work never more than a smartphone notification away, it can be hard to create and maintain work-life balance.

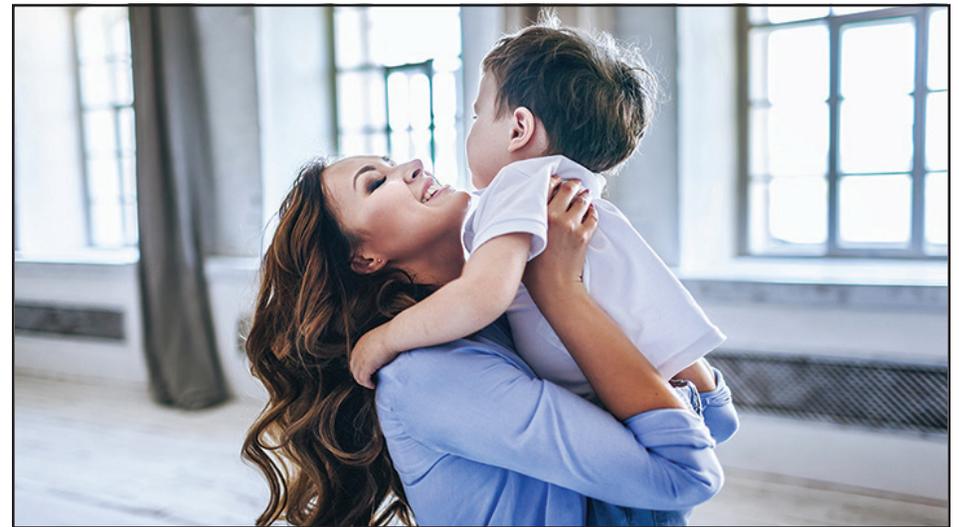
Work-life balance is rarely discussed in terms of individuals' overall health, but that could be a mistake. In fact, the organization Mental Health America® notes that when workers' lives are balanced and workers are happy, they are more productive, take fewer sick days and are more likely to remain in their jobs. Each of those things benefits workers and employers equally.

With so much to gain from creating a greater balance between work and life, professionals can consider these tips to do just that.

- Make a concerted effort to be an effective communicator. MHA notes the benefits of being honest with colleagues and superiors when challenges feel overwhelming. Open and effective communication can be a great way to solve work-related problems, but MHA urges professionals to remain calm and suggest practical alternatives when confronting such issues. Simply accepting more work or responsibilities when you already feel overwhelmed can tip the scales even further away from an even work-life balance.

- Establish manageable daily goals. MHA reports that research has found that individuals feel less stressed about work when they feel as though they have more control over it. Setting daily goals is a great way to achieve that sense of control, and this can be as simple as creating a daily to-do list.

- Seek alternatives to your working arrangement. Previously unthinkable working arrangements are now possible after companies were forced to confront pandemic-related changes to their operations. If you've found it impossible to create an equitable balance between work and



life, speak with your supervisor about alternatives to your arrangement. Flex time and hybrid working are some measures that could ensure you have as much time for your personal life as your professional life.

- Unplug at the end of the workday. One of the simpler, though not necessarily easier, ways to create and maintain a greater work-life balance is to unplug at the end of the workday. Turn off work-related smartphone notifications at the end of the work day so you aren't tempted to work during those times of day that you've earmarked for your personal life. Smartphones can be addictive, so unplugging could test your resilience. If possible, block work-related notifications automatically after a certain time each day so you don't have to turn them off manually. Once the blocking is automated, you might not think twice about all those missed emails.



Amanda Deaver

### Croley Funeral Home - Gladewater

401 North Center Street, Gladewater

(903) 845-2155 [www.croleyfh.net](http://www.croleyfh.net)



Honoring the dedicated women of

# AUSTIN BANK

Gladewater

[AustinBank.com](http://AustinBank.com)



Penny Jo Bowling and Amber Leigh Lyons

# Best Mart

807 S. Tyler Street, Gladewater

903-374-2174

Sun-Fri: 5 am-12 am

Sat: 5 am-1 am



Krispy Krunchy Chicken & Hunt Brothers Pizza

## Qualities women bring to business

Women continue to thrive in the workforce. Wells Fargo reports that, from 2019 to 2025, the growth rate of women-owned businesses outpaced the rate of men-owned businesses in relation to number of firms, rate of employment and revenue earned. LinkedIn also indicates there are 114 percent more women entrepreneurs now than there were 20 years ago.

Every business owner or employee brings something unique to the employment landscape and certain characteristics are universal, regardless of gender. Still, there are certain qualities that women bring to the workforce that can help businesses excel. Forbes indicates women employees offer traits that can help drive engagement, productivity, satisfaction, and various other attributes. The following are some of the traits women may bring to business.

### Emotional intelligence

Women First Jobs says that women often bring high emotional intelligence to the table. Emotional intelligence involves understanding and managing emotions and the emotions of others. Women may be more inclined to understand different perspectives and to help resolve conflicts and build relationships.

### Collaboration

Women employees often have traits that can foster collaboration in the workplace, such as reading non-verbal cues and willingness to take turns in conversations, indicates Forbes. This can help everyone collaborate more effectively.

### Room for improvement

Women in the workplace continually seek opportunities for improvement, advises Sparklight Business. This can involve taking advice from other workers and peers. Women leaders embrace opportunities to do things better and work to improve their skills for the greater good.

### Communication

The IWEC Foundation, which empowers women entrepreneurs, says women tend to be effective communicators and often make great leaders because of this trait and their ability to inspire others.



Communication often is key to any relationship, whether personal or in a business setting.

### Organization and planning

Women may excel at organizing and planning. Women can look at things with a detail-oriented eye and recognize flaws in plans even before getting started. This means women can be in charge of distributing workloads or organizing the schedules of others.

### Adaptability

Even though it is a cliché, women tend to be natural multi-taskers. Handling multiple jobs at the same time means women can adapt to changing situations.

## We Salute Our Dedicated Ladies



895 E Broadway  
Ave. Gladewater  
(903) 374-2533



Check us out on  
facebook



Bobbie Rojas, Val Peralta, Kendall McFarland, Mandy Wood and Rosa Rojas.

[www.bankatcnb.bank](http://www.bankatcnb.bank)

Mon.-Thurs.: 9 AM - 4PM, Fri.: 9 AM - 5PM

Drive thru open M-F: 7:30 - 6 and Sat 9 - 12



Zana E.

(Back row:) Carla L.N., Cassandra, H., Rachel H., Nikki C., Laura L., Rhonda R., Angie P., Michelle H., Amanda R., and Jael C., (Front row:) Debrena R., Mickie S., Debra L., and Vicky B.,



## Truman W. Smith Children's Care Center

2200 West Upshur Avenue, Gladewater

Phone: 903-845-2181

Truman.Adm@nexion-health.com

[www.nexion-health.com/truman-smith-childrens-care/](http://www.nexion-health.com/truman-smith-childrens-care/)

# The importance of using vacation time

How many employees have wished for a shorter work week, especially when it's only Tuesday and Friday is nowhere in sight? Though many professionals wish they worked fewer days each week, those same individuals likely aren't taking advantage of their hard-earned vacation time.

According to the "State of the American Vacation" report from the U.S. Travel Association, more than half of all working Americans have unused paid vacation days. According to the USTA's Project Time Off, Americans are taking roughly one less week of vacation per year than they did in the mid-1970s, and the trend continues to decline.

It's not much different in Canada. An ADP survey found that 49 percent of working Canadians were taking less or no vacation time during the holiday season. Fifty percent of women and 37 percent of men reported that they took less than half of their allotted time off that year.

Workers cite several reasons for skipping vacations, including feeling an obligation to employers or worrying that taking time off may make them stack up poorly against coworkers when being reviewed for promotions or raises.

However, failing to take vacation has notable consequences that should not be ignored. Here's why individuals should make vacations priorities.

## Avoid health consequences

A study published by the National Center of Biotechnology Information found that men



who were at risk for heart disease and skipped vacation were 30 percent more likely to have heart attacks than those who took extended time off during the year. Similar effects occur in women. Taking little or no time off also could put individuals at increased risk for anxiety, depression, obesity, insomnia, and other stress-related illnesses, particularly among females. Simply taking a vacation or two per year can help tame stress and improve individuals' long-term health outlook.

## Get a brain break

Focusing attention on new scenery and activities for a week or more can improve performance upon returning to work. The USTA also indicates having a vacation to look forward to can motivate individuals to finish a project or report in a timely manner.

## Enjoy higher job satisfaction

The Society for Human Resource Management said that 78 percent of human resources directors found that employees who took more vacation days reported higher job satisfaction. That could be because vacations help people feel less stressed and generally happier, which can extend to the workplace.

## Develop strong bonds with family

Having fun with the family away from the distractions of daily life is a major advantage of vacationing. Few families have consistent time to spend together, but vacations enable everyone to take a break from the routine frenzy and focus on one another.

It's tempting to skip vacations to be more productive, but workers actually may be doing their productivity a disservice by failing to rest and recharge.



Chamber Manager Lois Reed and GEDCO Executive Director Anna Conlan



215 N Main St., Gladewater  
(903) 845-5501  
[www.gladewaterchamber.org](http://www.gladewaterchamber.org)



213 N Main St., Gladewater  
(903) 902-5441  
[www.gladwateredc.com](http://www.gladwateredc.com)

Check us out on  
[facebook](https://www.facebook.com)

# Exercise ideas for busy women

Physical activity is important for personal health. However, many women do not get the recommended levels of exercise. Health.gov says evidence shows physical activity has immediate health benefits, such as reducing anxiety and blood pressure. That is just one reason why adults should aspire to get between 150 and 300 minutes of moderate-intensity aerobic activity each week. Such activities should be paired with muscle-strengthening activities at least two days a week, according to the Move your Way® program.

Busy women may argue that they simply do not have enough time to exercise. Parental responsibilities, work obligations, long commutes, and school can get in the way of exercise. However, if people study their days, there's likely plenty of ways to incorporate exercise into the busiest of schedules without making large changes.

- Take the stairs. Skipping the escalator or elevator and taking the stairs doesn't require much time, but pays great dividends for your overall health. It guarantees a mini-workout each day, particularly if you work in an multistory office building or home. Take the stairs whenever possible.

- Walk more. Walking requires no specialized equipment and is good for the body. Instead of sending that email to a coworker, get up and walk to his desk. Rather than hopping in the car to go to the store up the street, put on your sneakers and walk there. If you drive to a store or appointment, park the car far away from the entrance and walk further to get to and from the door.

- Change your perception of exercise. Physical activity need not be limited to the gym or running around the neighborhood. Exercise can involve a half-hour dance session with the kids or walking around the park with the dog. When you make exercise about fun activities, you may be more inclined to do it regularly.

- Carry those shopping bags. Certain states around the country have banned single-use plastic shopping bags in certain stores. This means shoppers have to bring in their own reusable totes. Use this to your advantage by passing up the shopping cart and filling the totes with items, lifting and flexing your arms as you go. It's a small strength workout every time you shop.

- Exercise while sitting. You can fit in a little exercise even if you're chilling out watching a movie or doing your remote work in your home office. Keep a lightweight dumbbell nearby and do a few bicep and triceps curls. Or invest in a portable cycling device to stow under the desk and clock miles that way.



401 S. Tyler St.

Gladewater

telesrestaurants.com

(903) 845-5999

Check us out on

facebook



Veronica Ramirez, Bertha Chavez, Heather Drew  
and Celia Pineda



Nora Peralta and  
Hossana Shipton

*Our dedicated ladies  
make the difference!*

# A health care guide for young women

Health and wellness may not be foremost on the minds of most girls and young women. This time in their lives is full of big emotions and significant changes. As a result, health is not often prioritized, or might be a cause of embarrassment for those who are seeking answers.

A recent analysis of KFF Women's Health Survey data, which studied women between the ages of 18 and 35 with a clinical visit in the past two years, found that more than 45 percent report experiencing a negative interaction during those visits. Common complaints include personnel who are dismissive of patients' concerns. As a result, many women, and particularly young women, often go online to address common concerns instead of making a health care appointment.

Although no advice can replace the expertise of a qualified and caring doctor, nurse practitioner or physician's assistant, young women can be mindful of these health issues.

- **Anxiety and depression:** Feelings of sadness or nervousness are experienced by just about everyone at some point. When these feelings become chronic or are negatively affecting a woman's life, they may be a byproduct of anxiety or depression. These conditions tend to be different sides of the same coin. Mental health experts have determined that women tend to have higher rates of these common mental issues than men. The good news is that these conditions are highly treatable.

- **Sweating and body odor:** As hormones fluctuate, the body changes in different ways. Excessive sweating and/or the development of stronger body odor may be a symptom. Body odor occurs when sweat mixes with natural bacteria on the skin. Taking showers



regularly, wearing cotton or natural fabrics, using an antiperspirant/deodorant, and drinking plenty of water may help.

- **Irregular periods:** It is normal to experience irregular periods for the first few years of menstruation, and sometimes even longer, says Nemours Health. The average menstrual cycle will last between 21 and 35 days. Excessive exercise, failure to eat enough calories, certain medicines, stress, and other conditions may lead to irregularity. The only way to know what is going on is to visit a provider.

- **Breast health:** Breast development differs for girls. Some will develop early, while others, such as those heavy into sports, may see a delay in puberty and breast development. Stretch marks may form from rapid growth of the breasts. Young women should be mindful of any changes in the breasts, including discharge, skin redness or lumps. Breast care that starts early on can lead to a routine that continues later in life.

- **Healthy diet and exercise:** Cardiovascular disease is the leading killer of women, indicates the Centers for Disease Control and Prevention. Young women should keep this in mind and develop healthy eating and exercise habits that can promote good heart health throughout life.

- **Energy drinks:** In October 2023, a college student with a heart condition perished after consuming a caffeine-enhanced lemonade at a popular franchise food chain. She did not realize the drink contained more caffeine than many energy drinks. The Center for Women's Health advises that energy drinks are not recommended for teens, and that combining energy drinks with alcohol can be extremely dangerous.

Women's health advocacy should begin early on to set the course for a lifetime of good habits.



Back row left to right: Lisa B., Susie S., Missie S., Faye H.,  
Front Chairs: Ashleigh D., Amber K.

## We Salute Our Hard Working & Dedicated Ladies



1110 E Broadway Ave, Gladewater  
[www.bdc Chevy.com](http://www.bdc Chevy.com)  
(903) 374-0384

# More women becoming primary financial providers

Women are increasingly becoming the primary breadwinners in their homes.

In a recent Prudential survey, more than 3,000 Americans between the ages of 25 and 70 for its “Financial Wellness Census.” The survey indicated that 54 percent of women are the primary breadwinners in their family, while 30 percent are married breadwinners who are producing more than half of their household income. This marks an increase from when the Center for American Progress found 42 percent of women were sole or primary breadwinners — bringing in at least half of their families’ earnings. This represents a long-running trend that indicates women’s earnings and economic contributions to their families are of growing importance.

Studies show how much more likely it is for today’s mothers and working females to provide essential financial support to their families compared to earlier generations. It can be empowering to be a sole or primary earner. However, this role also may place extra pressure on women who also want to be ideal mothers. While gender roles have become much more egalitarian, the traditional household dynamic, in which women take on more responsibilities around the house, remains predominant in many families. That can contribute to stress for women who work.

There are several ways to address and cope with feelings that arise from an increase in female breadwinners.

- Stay open-minded. Couples need not fall into dated ways of thinking regarding gender roles. If they adjust their roles accordingly and continue to adapt, things can work out just fine.
- Divide tasks evenly. Evenly divvy up tasks around the house so that neither partner feels as if they are doing more than the other.



- Share financial goals. Even if one person is bringing in more money, the overall household should be the main priority. That means that all adults have an equal say in financial goals, regardless of who earns the most money.
- Many women are now the primary breadwinners in their households.

*We salute our hard working ladies who help to keep our citizens safe*



**Brannon  
Robertson**  
*White Oak  
Chief of Police*



## White Oak Police Department

**Carolyn Smith - Communications**  
**Laci Barnes - Communications**  
**Miranda Evans - Communications**

103 E Old Hwy 80, White Oak - (903) 759-0106  
[www.cityofwhiteoak.com/departments/police](http://www.cityofwhiteoak.com/departments/police)

# Women who transformed the United States



Women born in the United States have had a profound impact on the nation's history. Women have led social revolutions, pioneered scientific discoveries and broken various glass ceilings. Here's a look at a handful of noteworthy women who have helped to shape the United States.

## Susan B. Anthony

Anthony was a central figure in the women's suffrage movement, traveling the country giving speeches and organizing for the right to vote. Although Anthony died before the Nineteenth Amendment was passed in 1920, it is often referred to as the "Susan B. Anthony Amendment."

## Katherine Johnson

Johnson's calculations of orbital mechanics were critical to the success of the first and subsequent U.S. crewed space flights. A brilliant mathematician at NASA, Johnson's work was essential for the Apollo 11 mission, which helped to land the first humans on the moon.

## Sandra Day O'Connor

When she was appointed to the U.S. Supreme Court by President Ronald Regan in 1981, O'Connor became the first woman Associate Justice of the Supreme Court of the United States. O'Connor served for 24 years and frequently became the swing vote on many noteworthy cases.

## Eleanor Roosevelt

Roosevelt was one of the most active First Ladies in history. She redefined the role by becoming a diplomat, politician and activist in her own right. Roosevelt became the first chair of the UN Commission on Human Rights and was a champion of civil rights.

## Serena Williams

Widely considered one of the greatest athletes of all time, Williams won 23 Grand Slam singles tennis titles. Apart from her work on the tennis courts, Williams is a prominent advocate for maternal health and a successful venture capitalist.

## Rosa Parks

When she refused to give up her seat to a white passenger on a Montgomery, Alabama, bus in 1955, Parks became a key figure in the Civil Rights Movement. Her quiet defiance sparked the Montgomery Bus Boycott and served as a pivotal moment that helped end legal segregation in the U.S.

## Alexandria Ocasio-Cortez

Ocasio-Cortez, widely referred to as "AOC," is the youngest woman ever to serve in the U.S. Congress. She was elected at age 29 and has become a leading voice for a new generation of progressives. She has championed issues like climate change and economic inequality.



Trinity 3 Tax Services Co-owners: Cindy Cavel & Sabra Mitchell  
Office: Angela Fitch

**Mitchell Fence Company**  
**Mitchell Seal & Stain**  
**903-806-9031**

Gates & Openers Installed and Repaired  
Seal All Wood Products

Sabra Mitchell - Owner/Donnie Mitchell - Project Mgr.

[mitchellfenceco@yahoo.com](mailto:mitchellfenceco@yahoo.com)

[www.facebook.com/mitchellfenceco](https://www.facebook.com/mitchellfenceco)

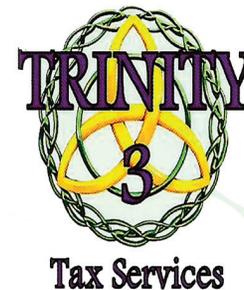
**FREE**  
**ESTIMATES**

Sabra Adams Mitchell  
903-806-9031

Cindy Cavel  
903-738-1144

Fax: 903-303-2352  
e-mail: [trinity3inc@yahoo.com](mailto:trinity3inc@yahoo.com)

Thank  
You!



Tax Services

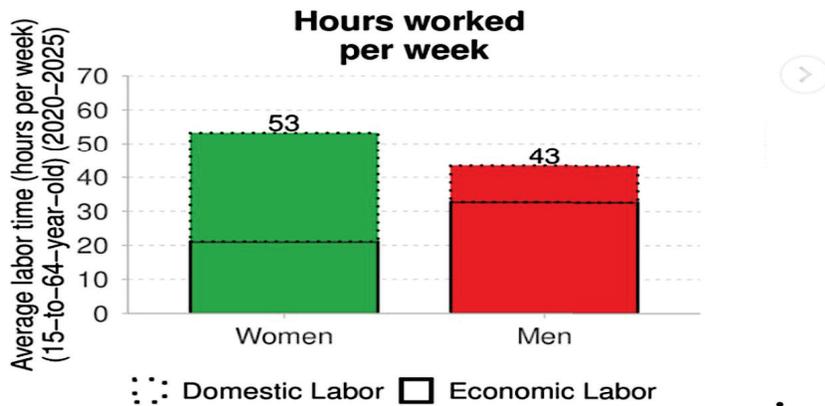
903-759-5244

1420 N. Main St. Ste. 104  
Gladewater, TX 75647

2026 WORLD INEQUALITY REPORT

# WOMEN WORK MORE THAN MEN

WHEN PAID WORK AND UNPAID DOMESTIC AND CARE WORK ARE COUNTED



Data source: World Inequality Report 2026, CC BY-NC-SA 4.0

WORLD INEQUALITY LAB

*Putting People First Award 2025*

TEXAS REAL ESTATE EXECUTIVES  
*The Daniels Group*

Sharon Smith Hammer

Cathy Daniels - Broker and Sharon Smith Hammer - Realtor

TEXAS REAL ESTATE EXECUTIVES SHARON SMITH HAMMER  
903-635-5021  
sharonsmithrealtor@gmail.com

*The Daniels Group*

Mobil 1 PENNZOIL

**\$5 OFF** GATEWAY QUICKLUBE

**ALL OIL CHANGES**

Expires: 03/31/2026 Gladewater & Liberty City, Texas

**THANK YOU**

801 N Main St., Gladewater  
(903) 374-2048

Shea Vogel and Lisa Spencer

FINANCIAL ADVISOR  
**Dallas D Long** CFP®  
www.edwardjones.com/us-en/financial-advisor/dallas-long

(903) 845-6680  
1420 N Main St.  
Suite 101  
Gladewater

## How empty nesters can overcome boredom

Raising children is a significant responsibility. Parents know there's no such thing as a day off, which is why the first day they come home to an empty nest can be so confounding.

After roughly two busy and likely hectic decades or more of looking after their children, parents whose sons or daughters have left home for the first time may experience feelings of sadness and loss. That's not unusual, as the Mayo Clinic notes it's a phenomenon known as "empty nest syndrome." Though it's not a clinical diagnosis, empty nest syndrome can be a difficult hurdle to overcome, especially for parents who find themselves suddenly bored after years of being so busy. Empty nesters looking to banish boredom can consider these strategies.

- Give your home a new look. Parents go to great lengths to make their homes welcoming safe havens for their children. Moms and dads often joke that, between play rooms and study areas, kids get the bulk of the real estate under their roofs. Now that the children have moved out, parents can take back that space and refresh their homes. A home that's adapted for empty nesters will look quite different from one designed for families with young children. So a renovation or redesign can provide plenty of work that can fill idle time and instill a sense of excitement about the future.

- Become a weekend road warrior. Newly minted empty nesters are likely still working full-time. But now that there's no soccer practices or band recitals taking up valuable real estate on your weekend schedule, Saturdays and Sundays can provide perfect opportunities to travel. Plan routine weekend getaways, choosing different locales for each trip. Visit a city one weekend and devote a subsequent trip to the great outdoors.

- Reconnect with old friends. Some individuals experiencing empty nest syndrome may be hesitant to admit they're experiencing feelings of sadness and loneliness. But a recent Sky Mobile study of parents of teenagers in England found that 47 percent were fretting about having an empty nest. So it's likely that old friends and fellow parents are experiencing feelings



associated with empty nest syndrome. Reaching out to old friends is a great way to reconnect and can provide an outlet to discuss feelings parents might be hesitant to share with others. But empty nesters who experience significant feelings of sadness and loneliness are urged to speak with a health care professional as well.

- Replace kids' activities with your own. After years of toting kids from one extracurricular activity to another, empty nesters can now do the same for themselves. Visit local community centers and libraries and ask about classes for adults. Many offer classes on everything from crafts to sports. Adults also can research continuing education programs at local colleges and universities if they're interested in a career change or pursuing an advanced degree for personal enrichment.

Newly minted empty nesters can look at their empty nest as an opportunity to engage in activities that pique their interests after years of catering to the needs and wants of their children.

A photograph of Stacie Bynum, the owner of Big Feeds, sitting on a stack of hay bales. She is wearing a plaid shirt and jeans. Behind her is a large sign for "BIG FEEDS" with the text "QUALITY AND SERVICE", "4B FEED & SUPPLY", and "907 S Tyler St. Gladewater". A cat is perched on the hay bales next to her.

**Stacie Bynum - Owner**

(903) 844-5001 907 S Tyler St. Gladewater

The logo for the Gladewater Police Department, featuring a star with "GLADEWATER POLICE OFFICER" and "POL" around it.

**GLADEWATER**  
**Police Department**

*We salute our hard working ladies  
who help to keep our citizens safe*

**Penny Ramsey - Administrative Asst.**  
**Courtney Carrington - Patrol Officer**  
**Elizabeth Chacon - Patrol Officer**  
**Nicole Cowan - Telecommunications**  
**Kristy Duncan - Dispatch Supervisor**  
**Crystal Mims - Telecommunications**  
**MaKenna Caldwell - Telecommunications**

511 S. Tyler St., Gladewater  
(903) 845-2166 [www.gladewaterpd.com](http://www.gladewaterpd.com)

# Trailblazing women who changed the world

Throughout history, many dedicated, intelligent and perseverant women have made an impact that not only affected their lives, but also the lives of millions of others. Many of these noteworthy women blazed trails and opened doors for others, forever changing the world with their efforts.

## Marie Curie

Curie founded the science of radioactivity, which proved vital in treating cancer. Curie also was the first woman to win a Nobel Prize and the first woman professor at the University of Paris. Curie also holds the distinction of being the first person to win a second Nobel Prize.

## Jane Austen

Few students will make it through a high school or college English seminar without reading at least one Jane Austen book. In fact, Austen may be credited with establishing the romantic comedy genre that still has its devotees in the twenty-first century. Her "Pride and Prejudice" remains a popular novel and has been adapted to film and television many times.

## Grace Hopper

After earning a doctorate in mathematics, Hopper became one of the very few women to obtain such a degree. She became a rear admiral in the United States Navy, and helped develop a compiler that was a precursor to the COBOL language used for computers.

## Lucille Ball

Not only a prolific woman comic, which was not so common during her tenure, Ball also was a savvy business woman. She and her husband spearheaded her own production company. Ball also was known for tackling groundbreaking topics (at the time) on her

television show, including women in the workforce, marital issues and pregnancy.

## Sally Ride

Ride was an American physicist and astronaut who joined NASA in 1978. She was the first American woman and the third woman to fly into space.

## Diana, Princess of Wales

Diana Spencer was the first wife of Charles, heir apparent to the British throne, who has since become King of England. The Princess won acclaim for her charitable work for children and for raising awareness for HIV/AIDS and mental illnesses.

## Ruth Bader Ginsburg

Ginsburg made history as the first Jewish woman to be appointed to the United States Supreme Court. She was a strong women's rights activist, and she co-founded the Women's Rights Project at the American Civil Liberties Union.

## Lola Baldwin

Baldwin became the first sworn woman police officer in 1908, when she was hired to work in Portland, Oregon. Her work mainly revolved around protecting women, including acting as a lobbyist for laws to protect women and advising other departments on women's law enforcement issues.

## Elizabeth Blackwell

In 1849, Blackwell became the first woman in the United States to earn a medical degree. Blackwell was inspired to become a doctor after a deathly ill friend insisted she would have received better care from a female doctor.

## *We Salute Our Hard Working & Dedicated Ladies*



### FOE #4125 Ladies Auxiliary



Join the Auxiliary to Make a  
Difference in Your Community

House of Hope, Type 1 Diabetes,  
Texas Special Children, Alzheimer's

1206 Alpine Rd. Longview, Tx. 75601  
903-806-9032



### Fraternal Order of Eagles Ladies Auxiliary

Sabra Mitchell  
President

Angela Fitch  
Chaplin

Cindy Cavel  
Auditor

*We salute and thank  
our hard working  
ladies who keep your  
city running*



519 E Broadway Ave., Gladewater  
(903) 845-2196 [www.cityofgladewater.com](http://www.cityofgladewater.com)



**Judy V. - City Secretary**



**Meghan F. - City Treasurer**



**Roxanne S. - Administrative Asst.**



**Cindy B. - Court Clerk**



**Pam P. - Admin, Assistant**



**Brandy W. - Library Director**



**Dotti M. - Librarian**