

THE Anchor News

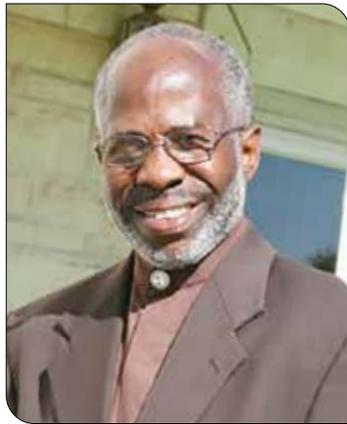
Serving the Central Texas Community Celebrating 19 Years!

JUNE 2022
Volume 19 • No. 11
Free



James Orville McCoy, forever in our hearts

Mr. James Orville McCoy never met a stranger and offered wise counsel to anyone with whom he crossed paths. His arsenal was full of topics, including wellness, nutrition, self-esteem, faith, the human connection and experience, entrepreneurship, work ethic, patience, endurance, and brotherly love. We miss James Orville McCoy. He touched so many lives. He was unselfish with his time and mentored countless young men and women about leading purposeful Christian lives.



**JAMES ORVILLE MCCOY
(1945 – 2022)**

James was born on Thursday, August 16, 1945, in Fort Worth, TX to Odie Lee McCoy, Sr. of Oakwood, TX, and Vera Pearl Person McCoy of Corsicana, TX. At the time, James' father was in the U.S. Army and stationed at Fort Leonard Wood, MO. After he was discharged from the Army, the family moved to Fort Worth where James and his older brother Odie, Jr. were born, joining his older sisters Mary Franklin and Bobbi Batton. They lived in Fort Worth

for several years before returning to Corsicana and later moving to Waco, TX. Growing up in Waco, James was educated in the Waco ISD, graduating from the historic A. J. Moore High School in 1963. At his mother's insistence, James participated in the high school marching band. He developed his lifelong skill as a musician with his favorite instrument, the saxophone.

James served in the military from 1966 to 1969. He was

honorably discharged from the Army on February 27, 1969, a distinctive date in his life history: Fifty-three years later, he transitioned to eternal rest on February 27, 2022, a soldier in the Army of the Lord.

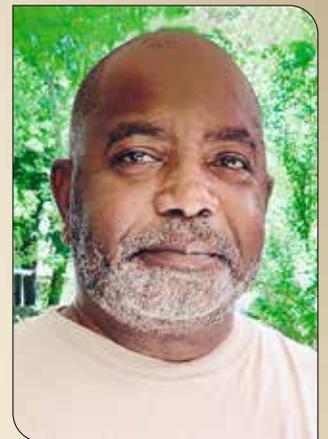
James made many lasting friendships in high school and in the community...one of which resulted in his meeting his life partner, the former Eleanor Lee Jones. They married July 1, 1972 and were blessed by the arrival of Michael Anthony, Orva Denise, and Jara Lynette who joined their oldest brother Jimmy Lee in creating a lifetime of love and respect. James always placed priority on family first. He was always the quiet background supporter of the Annual Jones Family Christmas Eve Parties, and he worked tirelessly to make memories and preserve connections by sacrificing to ensure his family could attend the Annual Hammond-Batts Family Reunion across

See **MCCOY**, pg. 15

Killeen's Willie Gunter: The perfect profile of fathering

BY W.B. GUNTER

June is a month filled with celebrations, opportunities for closures, reasons to gather, and exploring new journeys. It's a time to appreciate accomplishments, commitments, renewals, and reflections. Mr. Willie Gunter has spent most of his adulthood as a father. He is now a grandfather and gets to see some of the principles he instilled be shared with a new generation.



WILLIE GUNTER

According to Mr. Gunter, "I came from a large family. My parents, who worked hard, had other concerns. Their expectations were very structured, so I wasn't close to my father. Society had different rules."

Willie's military job required him to be away from his family. That didn't mean his responsibilities were diminished. What it did mean, was more was required of him. Willie states, "As a father, I can say it was important to be upfront and honest in all aspects of my child's learning. I have a responsibility to make truth a priority and teach all I could about life. I always gave and valued truth because as you grow up, you will be confronted with falsehoods. Telling the truth helps develop adults who won't detour from that. When children are young, adults begin filling their minds with tales of fantasy, untruths, and myths. As they grow older, ambivalence enters their decision-making. I wouldn't say it undermines the trust kids have

in the adults around them, but it does undermine reality to the point that the myths and fantasies become their reality."

To Willie, being a father is the most important job and responsibility a man can have. It means instilling proper information from birth, continued Willie. "Children learn by what they see, so to any father, should try to walk through life in ways he wants his child to grow."

When behaviors are disappointing or less than ideal, Willie says, "continue to explain to the child the importance of correcting their actions. Give them solutions and examples. You have to extend lines of communication. Kids need to feel safe and protected. Build the trust from birth, and when kids trust you, they'll know you'll be available for them."

Willie's grown son, Q, does say his dad is "cool and consistent." He goes on to say, "Well, one thing

See **GUNTER**, pg. 4

Pastor Matthew Reed celebrates 36 years with Temple of Christ Church

When Matthew Reed officially retired from public work, he stepped into the life he has been ordained to live. Since 1986, he has co-pastored a small nondenominational church in Waco, Texas, Temple of Christ, and since 1996, he has been a faithful columnist for the Anchor News. He founded an online Bible study called Facebook Church, and he has over 650 followers.

Pastor Reed's ultimate goal is to have many more followers, who will share the gos-



PASTOR MATTHEW REED

pel around the world. "I know without a doubt the doctrine of the Holy Bible can change things for the better for all mankind," declared Pastor Reed.

Currently, the pastor and congregation are in the process of building a new sanctuary. Pastor Reed's personal goal after building a new sanctuary is to support ministries that minister to the needs of

See **REED**, pg. 10



Photo by Any Given Day Photography

J.L. AND LINDA CRAWFORD

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

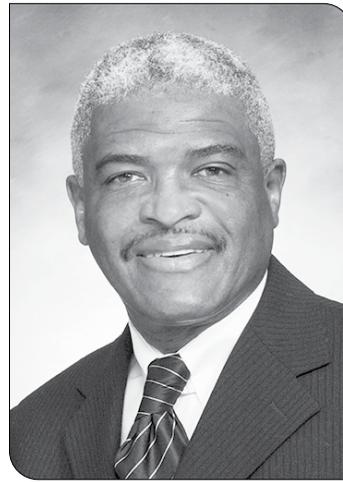
A NOTE FROM THE EDITOR...

Father's Day is the happiest of times for some, but it is bitter-sweet for others. Many of us are missing those special men—dad, husband, brother, other relative and friend, but we rejoice in knowing we will see them again one day and wish them an awesome Heavenly Father's Day. And to those still here with us, Happy Father's Day! We hope you enjoy meeting the dads in this issue of the Anchor.

Pastor Nelson Henley and TWOL celebrating 27 years

Nelson R. Henley, was born in Waco and raised in Gholson, TX. After graduating from Aquilla ISD, He served in the U. S. Army, afterward, making Southern California his home. He was Born Again in 1981. In 1983, he met and married the former Ernestine (Lady Tina) Thomas. The Henley's started their married life together with a blended family of five children, under the covering of Dr. John H. Woods, Jr., the founder and pastor of Praise Christian Center, Pomona, California. Pastor Henley was ordained as a minister of the gospel by his pastor, on September 6, 1987, after serving as a deacon, New Members teacher, and in various helps ministry leadership roles. In 1995, The Word of Life Christian Church was birthed in the spirit. The Henley's by the direction of the Lord, moved immediately to Waco in May of 1995, to begin their new life and walk of faith.

The first Bible study of The Word of Life Christian Church, was held in a classroom of the R. L. Smith Elementary School Building, formerly known as



PASTOR NELSON HENLEY

the East Waco Community Center, on June 7, 1995. The first Sunday morning service was held on October 29, 1995 in the East Waco Community Center auditorium.

In 1998, The Word of Life Christian Church, purchased the property at 824 Longfellow Street, Waco, Texas 76710, which continues to be the current church location, under the founder and pastor, Nelson R. Henley, Sr.

Pastor Henley is a graduate of Speak The Word School of

Ministry, Minnesota Graduate School of Theology, and Sonship School of The First Born. Pastor Henley and The Word of Life Christian Church are in affiliation with Cove-

nant Connections International (CCI), for oversight. Pastor Valerie Holcomb, the pastor of The Christian House of Prayer, in Killeen, Texas, is the Overseer.

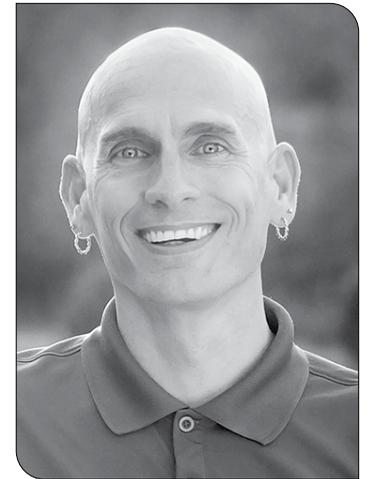
Jerry Snider, man of God, husband, father, author, entrepreneur...

Jerry Snider is an author, entrepreneur, podcast host, coach, and athlete. He attended Texas A&M University on a Track & Field scholarship and earned a degree in exercise physiology. Jerry and his wife, Jenny, married in June of 2000 and have lived in Hewitt, Texas, since 2002. They have two children, Abigail and Tai.

In 2016, Jerry opened All In Health and Wellness with a focus on proper nutrition and sports performance. As a certified Life Breakthrough Coach, Jerry believes in a functional approach to solving problems. Discovering and eliminating the true source of pain is far more important than treating the symptoms. He has been cited in several articles, blog posts, and podcasts in regards to health, fitness, wellness, and entrepreneurship.

Snider launched the Confidence Through Health podcast in 2019. Appropriately named after his first book, Confidence Through Health, the weekly episodes strive to provide insight into all areas of a healthy lifestyle. Snider released his second book, No More Sugar Coating, in December 2020.

Jerry has served in Track & Field, Cross Country, and football coaching roles with Texas Wind Athletics and Eagle Christian Academy. Several of his ath-



JERRY SNIDER

letes achieved state titles as well as the ECA cross country team winning the TAPPS 1A state title in 2021.

In 2017 Jerry developed an annual fundraiser for the Hewitt Public Library called Running for Readers. Jerry has been a member of the City of Hewitt Parks and Beautification Board since 2018, the Student Health Advisory Committee for Midway ISD since 2018, and the Hewitt Public Library Board since 2021.

As an athlete, Jerry competes nationally in Masters (over 40 yrs old) Track and Road Race events. He consistently ranks in the Top 5 to Top 20 in his age bracket depending on race distance, having achieved All-American status multiple times since 2017.

THE Anchor

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THE Anchor News



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PURPOSE

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

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

Subscriptions are \$39 a year (12 issues) and can be paid by check or money order. Send all correspondences to *The Anchor News*, P.O. Box 1206, Hewitt, Texas 76643 or email to theanchornews@aol.com.

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J.L. Crawford, the epitome of life-long learning

Originally from Waco, Texas, JL Crawford holds two associate degrees from McLennan Community College and an associate from the International School of Theology. Though he attended Prairie View A & M University in his younger days, he later earned a bachelor's degree from Tarleton State University and a master's degree from Walden University. JL has been an adjunct instructor in the Integrated Reading and Writing program at McLennan Community College for nearly 12 years. He is also a senior manager for LegalShield.

J.L. is passionate about education, believing that education knows no age barrier. He returned to college to receive his bachelor's degree at age 55 and finished at age 57. He graduated with his master's degree the day before his 65th birthday. He



J.L. CRAWFORD

was an honor student during his entire time at both institutions. Now, at 73, he is working on a PhD in education at Northcentral University. It is not unusu-

al to hear him say to a stranger, "Did you go to college?" or hear him say to an older person, "You need to get back in school," and he uses his own testimony as a lead-in to the conversation.

He is very active in the community. He is part of a husband/wife publishing team, as he and his wife, Linda, own the community newspaper, The Anchor News. They will soon celebrate its 20th anniversary. He is a member of High Point Church in Waco, where Rev. John Rambeau is the pastor. JL is one of the financial officers. He is a member of the local branch of the NAACP, serving on the scholarship committee for several years, a member of the Cen-Tex African American Chamber of Commerce, where he formerly served on the education committee, and a member of the Alpha Phi Omega Service Fraternity. In addition, he is the treasurer for the Willow Grove Cemetery Association. He served as the treasurer of the GW Carver High School Class of '66 and the William Matta campaign, and for several years, was a volunteer with Shepherd's Heart Ministry.

J.L. has received a number of awards. He received the 2017 Men of Valor award, the 2017 NAACP Community Service Award, and was a 2018 NI-SOD nominee, (a national organization promoting professional development and teaching excellence.)

He and his wife have 4 adult children, Jarrod, Jason, Ray, and Stasha; 6 grandchildren, 3 great-grandchildren, 3 daughters-in-law, and one son-in-law. J.L. is so proud of and thankful for his family and the things he has accomplished. But of all of his blessings, he says he is "most thankful for being a child of the Most High God."

Fear not

BY PASTOR MATTHEW REED



PASTOR MATTHEW AND LADY HELEN REED

Fear not the angels spake unto the shepherds (Luke 2:10 Fear not). "Fear not." That is God's word to the church today. We the church have a Savior. God didn't give the church a president, a senator, or a mayor. As a matter of fact, he didn't give us any elected official. He gave us a Savior, the man Jesus Christ. The question Jesus would ask today of his disciples is "Why are ye so fearful?"

I write to encourage you God's children. Even in times like these, be of good cheer, Jesus is yet Lord with all power in his hands.

Jesus, by the power of God. is overcoming the world today. Be of good cheer, I say. Amen!


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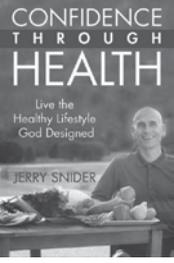
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So free must be your thoughts and actions of any trace of prejudices racial, religious, economic, national, tribal, class or cultural that even the stranger sees in you loving friends.
 Universal House of Justice, Ridván Message 2008



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Midway student selected for prestigious internship at The University of Texas to analyze NASA Earth Science Data

Midway High School student Aaron Powers has been selected for the highly regarded Student Enhancement in Earth and Space Science (SEES) summer internship to be held at

The University of Texas at Austin's Center for Space Research. This nationally competitive program sponsored by NASA's Texas Space Grant Consortium selects motivated students who are interested in increasing their knowledge of science, technology, engineering, and math through earth and space exploration.

As a rising senior accepted into the SEES internship program, Powers will have the opportunity to conduct hands-on activities and field investigations, attend presentations by NASA scientists and engineers, network with other students, and conduct research while being mentored by NASA subject matter experts all before his senior year of high school.

Almost 1,100 applications were received this year for both on-site and virtual internship positions, and the top 25% chosen for virtual internships will work remotely with their proj-



AARON POWERS

ect scientist during their internship. Powers, along with other chosen applicants, will collaborate with scientists and engineers to conduct authentic research from data received from NASA's earth-observing satellites as well as have the opportunity to design Mars habitats, work with Lunar Exploration, and analyze images from the International Space Station.

About the Student Enhancement in Earth and Space Science Internship:

The SEES internship program is a collaborative effort of Texas

Space Grant Consortium members and affiliates, NASA, and The University of Texas at Austin's Center for Space Research. The internships are organized around an aerospace or space science theme drawn from NASA's diverse engineering and scientific research programs. The program combines the strengths of its collaborators to enrich the teaching and learning of STEM.

Earth is a complex, dynamic system that is not yet fully understood, and the purpose of NASA's Earth science program is to develop a scientific understanding of Earth's system and its response to natural or human-induced changes and to improve the prediction of climate, weather, and natural hazards.

The SEES internship proves that the excitement students feel about space science is critical to enriching the fields of science, math, engineering, and technology. The internship will provide students with the rare and unique opportunity to spend two weeks working with professional scientists and engineers at the cutting edge of space exploration.

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GUNTER

Continued from page one

that Dad does that I'm still adding or practicing in my fathering style is he always makes sure to get the full picture of a situation before reacting. I think that makes most of his responses feel fair and reasonable, kind of like a shot of pure wisdom."

Willie believes "A dad is forever, and being a father is a special privilege." He also believes that spiritual teaching begins with parents. "It should be a priority. Other things are secondary."

Broken Silence

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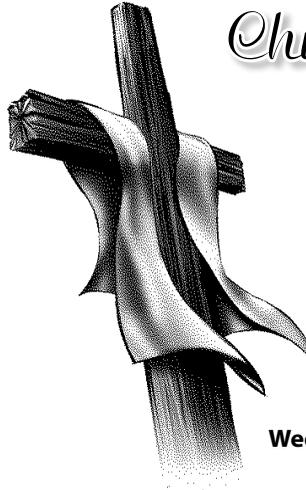
Wanda B. Gunter

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

Temple of Christ Church

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Church Services

Sunday School
10:00 AM

Morning Worship
11:15 AM

Sunday Evening
6:00 PM

Monday Bible Study
7:00 PM – 8:30 PM

Wednesday Prayer Worship
7:00 PM

Pastor Matthew Reed and Wife Helen

Leon Ivory, Jr.—serving as Hood Street minister since 1996

Brother Leon Ivory is currently the minister of Hood Street Church of Christ in Waco, Texas. He has served as minister since 1996. Ministries under this dynamic congregation that he leads include annual clothes and food giveaways, annual Back to School Supply giveaways, financial seminars, job fairs, marriage seminars, and parenting classes.

His previous ministries were in Fort Worth, Dallas, Gainesville, Texas, and Oklahoma City, Oklahoma.

Brother Ivory preaches in lectureships, conducts workshops, and speaks in gospel meetings throughout the country. Presently, he is the Chairman of the Central Texas Fellowship of the Churches of Christ who have developed Annual Man Up Conferences; Monthly First Sunday Fellowships and Virtual Victory Fellowships. Each Friday, he creates a Word of Encouragement that is texted across America.

Brother Ivory obtained an AA degree from Southwestern Christian College, a BA and MA from Madison University, and



LEON IVORY, JR.

a Ph.D. from American College. He has educational experience at Abilene Christian University.

With over twenty years of experience working in the psychiatric setting with a special interest in chemical dependency, he does premarital counseling, marriage counseling, and relational counseling for congregational members as needed.

Ivory has enjoyed over forty-three years of marriage to Margaret Leach Ivory of Oklahoma City. They have two successful adult children, Nicole and Nicholas; one wonderful

daughter-in-law, Mikeisha; and three amazing grandchildren, Niya, Ivanna, and Nicholas Van Ivory the Second.

He is the author of two books: *There's No Place Like*

Home and You Can Do It Because God Believes In You.

To order books or contact him, please email him at leon_ivory@hotmail.com.

You may listen to this dy-

namic man of God each Sunday by calling 425-436-6309. Use Access Code: 325112# and select "Recent Recording." Recordings for this year are also available.

Thank you, but the words are inadequate to express the feelings

BY DEXTER HALL

"Thank you" doesn't begin to measure my feelings and sentiments to so many in our Greater Waco community.

You continue to show how big your heart is on issues that matter in ensuring the financial security for ALL Wacoans as we work together to ensure that all are able to transfer generational wealth and build upon it for generations to come.

Our recent event at Magnolia Table to shed light on the "Tangled Title" dilemma facing so many members of our low-to-moderate-income (LMI) community showcases the care, concern, and commitment we have for one another in Waco.

In addition, I must say thank you to many individuals who have reached out and shared their own stories related to having a Tangled Title issue within



DEXTER HALL

their own families. They have offered encouragement and support while illustrating the need for this three-phase Initiative that will help people navigate the processes from title clearing to estate planning.

Dr. Martin Luther King Jr. stat-

ed, "It's all right to tell a man to lift himself by his own bootstraps, but it is cruel jest to say to a bootless man that he ought to lift himself by his own bootstraps."

Thank you for your vested interest in helping all our community members obtain the "boots needed to be able to pull themselves up by their bootstraps."

If you have any more questions about this wonderful cause, please don't hesitate to contact Dexter Hall at dexter@prosperwaco.org or (707) 235-6526.

We welcome you to help support this vital work in our community. Below is more information if you would like to contribute more to this wonderful cause or forward this link to other friends and colleagues!

Text "Give" to (833) 971-9226 or call 707-235-6526 for more ways to give.

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My Container Gardening Secrets

BY MARGARET IVORY

In last month's issue, we discussed why container gardening is the easiest method for senior citizens. This type of gardening requires no stooping, no bending,

no aches, and no pains in growing tasty veggies and fruit.

To recap last month's suggestions, get cinder blocks and Home Depot buckets. Burn a row of holes in the front of the bucket that is

three inches up and about two inches apart. This allows the plant to get water during our 100+ degree Texas weather. Sit each bucket on a cinder block. I keep the cinder blocks about three feet apart.

Today, we will discuss a great way to compost container plants. Save all of your empty apple juice bottles. Clean and rinse them out. Cut off the bottom of the bottle but keep the bottle cap. Take off all labels. Insert the cut apple juice bottles into the soil on the side of the Home Depot bucket.

Save all your veggie and fruit scraps. Dice up for easy insertion.



MARGARET IVORY

Insert the scraps through the bottle cap opening. This is called Composting in Place. Plants like to be fed too. They even like eggshells, coffee grinds, and chicken bones... lol!

Similarly, keep empty water bottles and burn two tiny holes three inches up and two inches apart. Do not cut the bottom off; instead, fill the bottom with gravel. Insert the water bottle on the side of the soil-filled Home Depot bucket. Fill with water. This is called Watering in Place.

Are you ready for my secret soil mixture? Here it is: A third each of KOWs Manure; Compost Mix and Potting Soil from Home Depot. To this mixture, I add Worm Castings and Blood Meal. That's it! Works for me but you may have a different mixture that works better for you.

The key is for us to grow our own food and eat our own food. Don't let anyone dictate when and what you can eat. God has given us fruit and vegetables as our food. Enjoy all of the colors of veggies and fruit to get the many health benefits of all His nutritious tasty life-giving food.

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Thank you, Linda and J. L. Crawford, for
TWENTY YEARS
of selfless service to our community!

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An Extraordinary Union: A Novel of the Civil War by Alyssa Cole

BY JIM MCKEOWN

Alyssa Cole is a science editor, pop culture nerd, and romance junkie who recently moved to the Caribbean and occasionally returns to her fast-paced NYC life. Her writing has been featured in several magazines. When she is not busy writing, traveling, and learning French, she can be found watching anime with her real-life romance hero or tending to her herds of pets. An Extraordinary Union is her first novel.

She begins with a shortened prologue. *"April 1862 Baltimore, Maryland. 'It will be an easy assignment, a simple passing on of information. One that even a girl such as yourself should be able to handle.'* Elle suppressed a bitter laugh as she recalled her Loyal League master La Valle's briefing from a few days before. // *Easy? //* Either her superior had dreadfully underestimated the Southern male's love of an opportunity to do violence, or he'd purposely set her in the middle of danger. [...] Her skin prickled

with unease as she watched men stream into Baltimore's Bolton Street Station, egging each other on as they awaited the train carrying those first brave souls to answer Lincoln's call for volunteers after the abomination at Fort Sumter. [] Elle pressed her back to the wall and hoped the dingy gray frock and head wrap common to slave women would help her blend into the shadows" (1).

Chapter One. "Something akin to fear shivered down Elle's spine—but true fear was rooted in the unknown. The secessionist of Baltimore had already ripped up the railroad tracks and torn down the telegraph lines, cutting off the city from the capital and showing that they meant every threat they uttered. They were plotting death and discord. Elle knew exactly what would happen if any of them suspected the black woman in the corner was in possession of ciphers that, once decoded, would bring many of their ilk before the justice of the Army of the Potomac. Baltimore had a secessionist



JIM MCKEOWN

problem, and Elle was there to solve it—if she wasn't found out first" (1-2).

Chapter Two. *January 1862 Richmond Virginia. 'No man can put a chain about the ankle of his fellow man without at least finding the other end fastened about his own neck.'* "The tract of text popped into Elle's mind as she tries to remain calm in the face of yet another indignity. She surely hoped Mr. Douglas was right; she had to believe he was, or else she would give into the

angry fantasies that plagued her every time she was forced into the presence of her mistress. She sill had half a mind to dump the steaming cup of tea in her hands directly onto Susie Caffrey's damned head, but that wouldn't have been acceptable even when she was a free woman. BeChapter Three. "Elle reached the meeting point, a secluded bluff Overlooking the James. The setting sun stretched its fingers down the length of the river, its fiery caress tinting the waves with dabs of orange and gold. // Elle Admired the water as it churned by, powerful enough to break free of nearly any restraint, and she was envious. She pulled her cloak closer and shivered in the river breeze as a familiar weariness descended upon her. She pushed through it, fighting the undertow that tugged at her skirts and her eyelids. There was a time for fatigue, and that was when the infernal war was over. She'd be a lot more tired working a field all day if the Union were to fall, that was certain. // A

twig snapped behind her and she whirled. // Standing before her, once again, was McCall. The last rays of winter sunlight glinted off the buttons of his jacket, like a warning flash from afar. Had he followed her? Perhaps his earlier deference had been a misdirection. // 'Miss Elle? What the devil are you doing here?' [] 'Are you here for some rendezvous?' he asked. He took a step toward her, and she tried to discern if he had been tipped off about her meeting, and whether she could reach the blade in her garter quickly enough. If he rushed her, she could give him a quick jab and redirect his momentum and use it to send him over the edge of the cliff--.

The amazing strength of this young woman enabled her to become a heroine beyond all measure. This brief view of some of Elle's adventures will keep you awake for many a night.

Jim McKeown is an MCC retired English Professor. He is also a husband, dad, and very proud grandfather.



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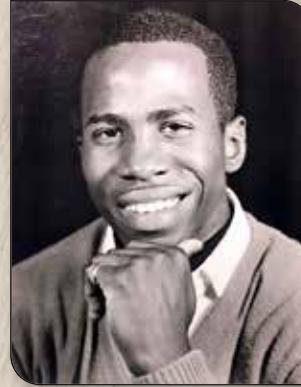
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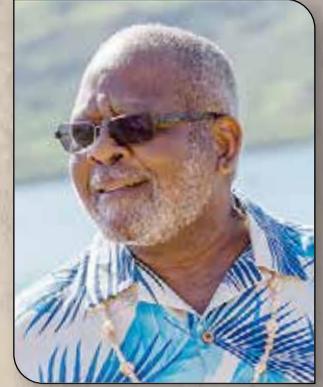
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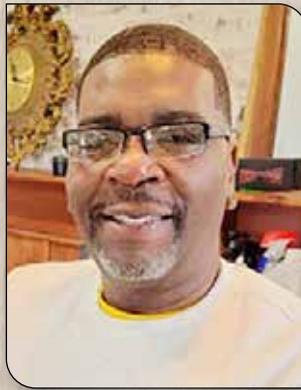
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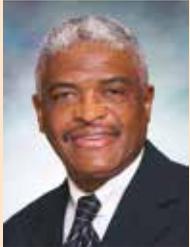
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Garland Dunkin, the Great Dad

BY MONA DUNKIN

My Dad works for me.
My Dad suplys for me.
My Dad Loves me.
My Dad cares for me.
And I Love him regardless.

By: Melinda DUNKIN (His Shorty)

Garland Dunkin is as good a guy as they come. He has a tender heart, a generous soul, and a quick wit. And I certainly agree with our (then young) daughter, that he is "Garland, the Great Dad," as well as a lot of other greats like a family



MONA DUNKIN

man, friend, neighbor, worker, and confidant.

Garland was born in Austin, TX, the first of four children, and attended first grade where he remembers being fingerprinted and signed up for a Savings Account in which to deposit .25 cents weekly. In 1950 the Dunkin family was transferred to Waco for his dad's job as a Highway Patrol Dispatcher. Garland entered 2nd Grade at Bells Hill, bringing along a \$13.75 treasure. You do the math.

With the move, Garland



GARLAND DUNKIN

Garland's career path was retail sales. He joined Safeway Stores, working his way up to Store Manager, one of the youngest advanced to that position. When Safeway Stores left Texas, the employees joined together to form Apple Tree Grocery. In 2003, Garland retired from Dollar General, as Store Manager and Area Training Officer.

His civic service includes six months of Army active duty then six years US National Guard, Little League Baseball Assistant Coach, Volunteer Firefighter, Toastmasters, Pipe-Smokers Club, plus church activities and leadership.

Garland, the Great Dad is a great Pawpaw to our five grandchildren. Happy Father's Day to all men who make a positive impact on the younger generation. Many blessings to you and yours.

Invite Mona to speak to your group. Whether business, organizational, civic, or faith-based, you will be entertained with her humor, challenged by her gift of uncommon insights, and motivated by her thought-provoking poems. 254-749-6594 monadunkin@gmail.com www.monadunkin.com.

met neighbor Robert Paul Holder. They became fast friends leaving a trail between their homes; there was always an extra plate at the table for a brother-by-choice. Paul taught Garland the delicacy of mayo sandwiches and Garland taught Paul to put ketchup on French Fries.

Years later, our families enjoyed many adventures together - fishing, camping trips, and other vacationing. The biggest fly-catch for Garland was hooking Paul's earlobe. They remain fast friends to this day, sharing weekly phone calls plus noon meals every Wednesday.



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Continued from page one

poor Jews, dig water wells, and provide medical care for the poor in Africa and third-world countries.

Pastor Reed and Lady Helen have been married 48 years. They have five children: Sharron, Maynard, Matthew Jr, Dena, and Michele; five grandchildren: Jordan, Terreon, Bridgette, Gabriel, and Chance; and a new great-grandson, Little Roman.

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Pastor Reed is proud of his achievements thus far, but there is one that is closest to his heart. "My biggest achievement has been to become a born-again believer in God almighty through Jesus Christ."

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Staying healthy in the sun

BY JERRY SNIDER

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

Summer is here! For us in Central Texas, summertime typically means hot temperatures and lots of sunshine. The sunshine is great because spending time outside in nature is a key component to a healthy lifestyle. Exposing yourself to temperatures above 95 or even 100 degrees could be detrimental to your health. It's a balancing act to be able to get the time needed outdoors each day without seeing negative effects from the heat.

This month, I thought I would share some tips for safely enjoying the outdoors in the summer. As with other parts of a healthy lifestyle, it sometimes means pre-planning.

The most important piece of enjoying the outdoors in the heat of the summer is hydration. Making sure that you

are drinking enough water is critical. It helps keep your body temperature regulated and your internal organs and muscles working well. Waiting until you get outside and hot to drink is too late. Your body won't be able to process enough water to catch up once it gets overheated until you remove yourself from the heat. An easy way to stay on track with hydration is to drink 2 oz of water every 15 minutes you are awake.

Wearing the proper clothing for the temperature and time frame you will be outdoors will help keep you cool as well. Stay away from fabrics that are heavy and absorb heat. Light fabrics that breath, allowing air to move to your skin.

Slowly build up the amount of time you spend outdoors in the heat of the day. If you spend every weekday afternoon working indoors, avoid spending all afternoon on Saturday or Sunday outdoors in the sun. The heat exposure will drain you far more than



JERRY SNIDER

you expect. If you must be outside for a long period of time, find some shade to be under periodically or have an umbrella handy.

How you sleep will also prepare you for dealing with the heat of a summer afternoon. Making sure you get 7-8 hours of sleep will allow enough time for your body to repair and recover from the previous day. It helps your body to regulate its internal temperature correctly. This sets you up for success when you wake up. A rest-

ed body is better prepared for the extremes you may expose it to.

We all know the heat of the summer is coming every year. When we prepare our body's for the heat properly; we can survive, thrive, and enjoy the outdoors in the summer.

Have a question for Jerry? Send it to jerry@allinhealthandwellness.com. Jerry Snider is an exercise physiologist, health coach, and owner of All In Health and Wellness. He has authored two

books available on Amazon: *No More Sugar Coating and Confidence Through Health*, and is the host of the podcast *Confidence Through Health*. Visit www.allinhealthandwellness.com to learn more about Jerry Snider.

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Let's not give the devil legal rights, Part 6

BY EVANGELIST
RUBY MCCRAY

Continued from the May edition of The Anchor News. To review the previous article, please go to www.the-anchornews.com, click "Archives," then the year and finally, the month.

"Therefore, putting away lying, 'Let each one of you speak truth with his neighbor,' for we are members of one another. 'Be angry, and do not sin': do not let the sun go down on your wrath, nor give place to the devil." Ephesians 4:25-27

SIN is the only thing that gives the devil legal rights; therefore, we must purpose in our heart to live a life free from sin. The devil is before God day and night accusing us of wrong doings. Revelation 12:10 Let us not forget that anything that isn't right is sin. 1 John 5:17 So, if you know that you should do a thing in a certain way and don't do it, it is a sin. James 4:17

Here's an account in the Book of Second Kings, Chapter 5 about a man named Naaman who had leprosy. God had allowed the king of Syria through Naaman, the com-

mander of the army and a mighty man of valor, to take some of the people of Israel into captivity because of their sins. Naaman's wife had taken a young Israeli girl as her maid.

One day, the girl told Naaman's wife that she wished that Naaman could go to Samaria, because there's a prophet, a man of God who would heal him. Naturally, his wife told him, and he in turn told the king who gave him permission to go back to Israel.

Naaman didn't go empty-handed to seek the prophet's help. He carried gifts of 750 pounds of silver, 150 pounds of gold and ten sets of clothing and a letter to the king of Israel. The letter told the king that the gifts were for Naaman's healing. The Israeli king was so afraid that he tore his clothes and made it known that he was not God who is the One to give and take life. He thought that it was a set-up from the king of Syria to seek another occasion to capture more of them.

When Elisha, the man of God, heard about what the king had done, he sent a messenger to him to ask why he



EVANGELIST
RUBY MCCRAY

was so upset. He told the king to send Naaman to him so that he would realize that there is a true prophet of God in Israel.

Naaman went to Elisha and expected him to at least lay his hand on him, but he didn't even go to the door. He sent his servant, Gehazi, to tell him to go dip himself seven times in the Jordan River. Naaman was furious because he said that their rivers in Syria were much cleaner than the Jordan River. He decided to return to Syria, but his officer persuaded him to do it. He went to the river and dipped himself. On the seventh time, his skin became like that of a little child.

Naaman and all his aids returned to Elisha and confessed that he knows that there is no God in all the earth except in Israel. He offered and even urged Elisha to take a gift, but he refused.

Naaman asked Elisha for two mule loads of earth, because he no longer wanted to offer sacrifice to any other gods, only to the God of Israel. He asked that God forgive him when he has to go into the temple of Rimmon with his king to worship. He said that the king would lean on his hand, and they would bow down together. Elisha told him to go in peace.

Naaman had gone a short distance; Gehazi didn't want to believe that Elisha hadn't taken a gift, so he pursued him. When Naaman saw him running after him, he got down from his chariot and asked if everything was alright. He said everything was alright. Then he LIED, which gave the devil legal rights to do what he purposed.

Gehazi said that Elisha sent him because two young men of the sons of the prophets had just come from Ephraim, and to ask for 75 pounds of sil-

ver and two sets of clothing for them. Naaman gave him twice as much silver and the two sets of clothing. He even had two of his servants to carry it for him.

When Gehazi arrived, he took the gifts, sent the men back, and he went inside the house. Elisha asked where he had been. Gehazi lied again and said that he hadn't been anywhere. Elisha let him know that his heart was right there with him and saw everything.

Elisha said that it wasn't a time to receive gifts; "Therefore, the leprosy of Naaman shall cling to you and your descendants forever." Gehazi left Elisha's presence as white as snow.

Please join me in July as we continue this series. All Scripture is taken from the New King James Version of the Bible unless otherwise stated. You may not believe me, but... just what if I'm right!

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

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Tips and trends for homeowners, buyers and sellers

**SUBMITTED BY
LINDA MCDONALD**

Some people view a front door as simply a utility—a way in and out. However, the entrance to your home can speak to both guests who come to visit and to your own creativity. Here are a few ways to make your door stand out.

Style — The first thing you need to address is what style of door you want. Depending on what your home looks like and your own personal tastes, there are a range of options to choose. From a tradition-



LINDA MCDONALD

al door that you see on most houses as you drive around your neighborhood, to a modern look that makes the door really pop from the sidewalk or street, to a niche-style, like country cottage or beach bungalow, you must decide how the door will fit in with the rest of the home design.

Color — While you can choose from a wide variety of colors, some fit in better with certain styles. For instance, a traditional door usually is a dark shade, like black, gray or navy, while a modern door can be as bold as lime green, or-

ange or magenta.

Bells and whistles — Consider some less-thought-about features of your doorway. Are you going to have a door knocker? A mail slot? Do you want knobs or handles? You even need to think about what font you want your street number to be written in, if you have it posted on the front of your home. For all of these features, you then need to think about what materials they'll be constructed from. Brass, gold or silver can really accentuate your door and make these extra elements shine.

Finishing touches — Complete your entryway with a few extra personal touches, like a tasteful doormat or bench/seating area on your porch or stoop. They may not be the most important features while you're planning your front door design, but these accessories can certainly tie all design elements together and create the perfect entryway experience.

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Mail-In Ballots in McLennan County, putting the magic number in the magic box

BY CHERYL FOSTER

SB1 passed by the Texas legislature in 2021 created confusion and chaos over mail-in ballots. The new procedures have been tested in the first 3 elections of 2022 but the volume was slight compared to the expected turnout in November. Mail-In ballots must now be verified by an ID number rather than a signature (although signatures are still required). The ID number on the ballot Carrier-envelope must match the ID number on the mail-in ballot application or previous applications in the

McLennan County voter system.

McLennan County rejected between 6% to 10% of all mail-in ballots sent in during the March 1st, May 7th, and May 24th elections. Prior to the passage of SB1, the rejection rate was well below 1%. Almost all these rejections were due to the lack of an ID on the Carrier-envelope.

The Carrier-envelope is the white/purple envelope that you mail the ballot back in (it has the Elections office address on the front). The Carrier-envelope has a dual flap system. One flap to seal

in the ballot and one to cover the boxes where the voter writes in their ID number(s). The instructions on the carrier-envelope are quite tiny and hard to read, but there are 3 boxes above the signature box for the ID numbers. The numbers required are your Texas driver's license OR the last four digits of your Social Security Number OR your Texas ID number issued by DPS. While the law says 'OR' it is safer to put in both your DL/ID 'AND' SSN. And always include your phone number so an elections worker can call you with any questions. A note regard-

ing Texas ID numbers issued by DPS: The elections office does not have access to the DPS ID system. If you have been issued a TX ID number for voting purposes, be sure to submit a new Voter Registration form with that number so that it will be put into the McLennan County voter system.

If your ballot has been rejected, you will get a call from an elections worker (if they have your phone number) and a Corrective Action Form in the mail. Note that the Secretary of State has ruled that you cannot

fix a mail-in ballot by mail. If you receive a Corrective Action Form you have to come into the Elections office at 214 N 4th street (in the basement office facing 4th street) to correct your ballot. If you have mobility issues, the staff will bring your ballot to your car so you can fix it. There is also a way to fix your ballot at VoteTexas.GOV by selecting the 'Track my Ballot' option. Note that this system requires both your Driver's License/TX ID AND your Social Security number to process your correction.

From the Desk of Attorney E. Shank (Candidate for the Texas House)

Hello Friends and Neighbors.

My name is Erin Shank and I am running to represent you in The Texas House of Representatives. House District 56 is a large district and in order to reach as many voters as I can before the November 8, 2022 election, I have decided to write a bi-monthly column introducing myself to our community and talking briefly about the issues.

In this first column, I want to briefly tell the readers a little about myself. I am a mother, the wife of a veteran, a lawyer, the owner of two small businesses, and a Christian. I believe that I am very qualified to represent our community in the Texas House because I have three college degrees, from three separate Texas universities, all with an emphasis in law and politics. I have a bachelor's degree from Trinity University in San Antonio with a double major in political science and journalism. I have a master's degree in public administration from Southern Methodist University in Dallas. Finally, I have a law degree from Texas Tech University School of Law in Lubbock, Texas. My opponent has a degree in veterinary science.

As a practicing attorney, I have represented over 6,000 Central Texans in federal court proceedings in Waco and in countless out-of-court settlements and mediations. I have represented individuals, families, and small businesses from all over McLennan County. Chances are, I have represent-



**ERIN SHANK AND
HER DAUGHTER**

ed a friend, colleague, relative, or neighbor of yours over the past several decades. My opponent never represented anyone before he was elected to this seat. He was a practicing veterinarian. In fact, he was my puppy's veterinarian! Veterinary science is a great profession, but I believe multiple years of university study in politics and law, along with years of actually representing individuals and small businesses in our community, make me the more qualified candidate to represent you in the Texas House of Representatives.

To learn more about my campaign, please visit our website at www.erinshankfortexashouse.com and on Facebook and Instagram at Erin4Tx. It would be my honor and privilege to represent you and our community in the Texas House of Representatives.

Remember to vote for Erin Shank for Texas House on November 8, 2022.

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JUNETEENTH

WEEKEND EXTRAVAGANZA

SATURDAY, JUNE 18



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CAR SHOW-OFF 1 PM
FAMILY FUN DAY [at] BRAZOS PARK EAST



VENDOR ZONES 2 PM
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FAMILY FUN DAY [at] BRAZOS PARK EAST

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McCOY | Continued from page one

the country every single July for over 40+ years. Despite economic circumstances, which sometimes were very challenging, he tuned up his trusty 1978 Brown & Green Dodge Maxi-Van and then his comfy 1998 Tan Suburban SUV and ensured his family reached destinations both far and near... Las Vegas, Detroit, Los Angeles, Dallas-Fort Worth, New Orleans, Washington DC, the Bahamas, Cozumel (Mexico), and down-home to Hammond, TX, just to name a few locations. He traveled thousands of miles so that the children and grandchildren could learn about their rich family history.

James shared a ministry through song throughout his life and recorded four CD's, most notably his first release in 2011, After the Storm. This first release includes original vocals and saxophone by James and encourages those who are facing a season of sorrow. The release and acclaim for After the Storm inspired him to formalize his efforts by launching Shamgar Productions. Shamgar Productions' latest release is the inspirational "James McCoy Live at East Waco

Farmers Market."

As loyal members of Tolver Chapel Missionary Baptist Church, James and older brother Odie, Jr. sang on many occasions while youngest brother Curtis shared his poetic talent. Special projects included the regionally recognized McCoy Brothers Gospel Group with James, Brother Odie, and Musician Doris Ellis, the Don Degrade Delegation, and vocal performances with daughter Jara.

Being an excellent provider and with an entrepreneurial spirit, James was a blessing to countless citizens in the City of Waco as a housing inspector for the Waco Housing Authority for 25+ years. James also owned McCoy's Roofing, Picture Perfect Photography, and Shamgar (Music) Productions which all offered incomparable customer service and value to Central Texas over many decades.

He attributed his long and full life to his love of wellness and fitness and enjoyed prayer, meditation, communing with nature, running, playing tennis, boating, jet skiing, and most of all kayaking along the Brazos

River. He completed his first 5K Run at 55 years old and 20 years and many 5K's later, also celebrated his 75th birthday with a 5K Run!

Having nurtured family bonds throughout the years, James will be greatly missed by his loving wife Eleanor Lee Jones McCoy "Ella," Children Jimmy Lee Parhm (Tammy) of Grand Prairie, TX, Michael Anthony McCoy (Mona) of Albany, GA, Orva Denise McCoy and Jara Lynette McCoy (Nolan) both of Waco, TX; Grand-Children Raeshun Denise McCoy Presha, Cameron Alexander Parhm, Myles Stevenson McCoy, Madison Jones McCoy, and Tristan James McCoy-Hawkins; Great-Grandson Khyrin Presha Williams; Brothers Odie Lee McCoy, Jr. (Vivian) of Waco, TX and Curtis Weldon McCoy of Cedar Hill, TX; Sisters Mary Franklin of Los Angeles, CA and Bobbi Batton of Sacramento, CA; Sisters-in-Law Allene Jones Johnson and Carolyn Jones King both of Waco, TX; Uncle Orville Daniel Person, Sr. (Nell) of Fort Worth, TX; Special Friends Jeannie Anderson, Lilla Benson, Doris Bilton, Bill "Boomer" Collins, Sam Ellis, and Johnnie Mary Talton; and many nieces, nephews, cousins, special classmates, tennis partners and countless sorrowing friends and adopted daughters and sons. He is preceded in death by Grandparents Frank James Person Sr., Ethel English Person, Thomas McCoy, and Uzzie Brown McCoy; devoted father Odie Lee McCoy, Sr. and loving mother Vera Pearl Person McCoy with whom he celebrated her Centennial "100th" birthday in 2021; Father-in-Law Leonard Jones, Jr., Mother-in-Law Eula Brown-Jones, and Brother-in-Law Charles Lyndon Jones; Aunts Arizona McCoy, Cherry McCoy Speed, Odessa McCoy Thomas, and Laverne Person Livingston; Uncles Casey McCoy and Frank James Person, Jr. The legacy lives on for a life well-lived.

In a special proclamation delivered by McLennan County Commissioner Patricia Chisolm on Sunday, February 20, 2022, James' commitment, dedicated life work, and singular community contributions were honored. They included his service as one of the organizers of the initial Juneteenth Celebration on Elm in Waco and the Doris Miller Memorial Fundraiser. We love him. We miss him, and we look forward to seeing him again one day.

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Linda McDonald, ABR



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254-749-6594
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Conducted under the auspices of
Glasser Institute for Choice Theory

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

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

CHAPTER 1: THIS TOO SHALL PASS, BUT WHEN?

I was almost out of breath by the time I made it to the car. Though it was just a few feet away, it seemed like 100 miles. I had parked my car in the back yard to hide it from the bank. Let's face it. It was an old piece of stick-shift junk, but it was all I had, and I was behind on the payments. But tonight, in my panic to get out of the house, maybe the backyard wasn't so smart. Dressed in a gown, house shoes, and a thin jacket, I gripped the keys that were pinned inside my bra. Oh yes, my bra. That was the safest place to keep my valuables, like my car keys and what little money I had. I had learned a lot in my 29 years. With lightning speed, I dashed out the backdoor, tripping over the threshold, but still holding my balance and determination. Thank God my boy was spending the night with a friend. It was pitch-black dark outside, as I had no time to flip on the outside lights. I just needed to get out. Once inside my car, I let out a sigh, unaware that I had been holding my breath. Quickly locking the car doors, I knew I was on my way. The car was run down and bent up, but it was my path to freedom tonight and my only means of transportation. I'll never forget it. It was a gray and black Toyota, well...a fading gray and a fading black,

a hatchback, about 8 years old at the time, and a stick. Ha! A stick. That could be a holdup since I was still in the learning stage, but I could handle it. I tried to crank the old trap, but it just clicked. I tried again, combining my efforts with a plea. "Please God, I need my car!" Just as the motor turned over, I heard that dreadful sound, a swatch-type sound, like an old screen door dragging. My God! He knew I was going to try to get away. He knew, so he had unlocked the hatch back, ahead of time! He was in the back so fast; all I could do was bite my lip and jerk forward. "Stop the car, Lynn, and give me the money!" he yelled, as he swiftly crawled into the back seat. He lurched through the bucket seats so fast that my head literally seemed to spin, like the girl in the Exorcist. Grabbing the steering wheel, he yelled again, "Gimme the money, Lynn!" The Exorcist...I was sure that his voice changed. But tonight...no, not tonight. I kept driving, the car swerving across into the other the lane and back again as he, too, gripped the wheel. We came within inches of hitting a minivan. I saw head lights of an 18 wheeler that we also barely missed as we sped into the on-coming traffic. Hands pinned to the wheel, I was driving to my pastor's house, and no one was stopping me. That was the life I lived for most of my 16 years of marriage to a crack addict, one that was much different from my single days of the quiet, country, church girl. I had never touched drugs in my life. I smoked only one cigarette that nearly killed me. And here I was, 29 years old, married to a drug addict. I had so many similar stories to contend with, jumping fences to get my car back from the drug dealers, standing toe-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



LINDA MASON CRAWFORD

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>.

Playing and enjoying the game of life

BY MONA DUNKIN

Life is sometimes referred to as a game. Do you know of any game that does not have rules?

There are do's and do not's that govern what happens on the playing field. Rules add to the enjoyment of the game for the participant as well as for spectator. Boundaries contribute to the freedom and enjoyment of the game. When a line is crossed, play stops. Referees watch for fair play and call a foul when one member is hurt or wrongly inhibited. When a player does not adhere to the rules of the game, problems ensue.

Fair play also applies to life. In non-nurturing environments, rules are assumed more than stated. Punishment ensues for disobeying. Individuality is disavowed. Confrontation is either aggressively pursued or passively avoided. The no-rules rule is extremely stressful, and no one can effectively live it.

Determine your play beforehand. Think through difficult plays and project your response. Be forearmed to defuse the attack.

- "Thank you for your input. I will consider it."
- "That is not the way I see it."
- "Because I choose to."



MONA DUNKIN

- "I will not allow you to treat me that way."
- "I ask you to (be specific)."
- "I believe that is my decision."
- "The discussion is over."
- "I choose to not respond to the accusations."

Speak. Then reinforce. Stating once is enough. The offender did not forget your stance. S/he is choosing to ignore it. Reinforce with as few words as possible, and do so in a pleasant, yet firm tone. Firmness reinforces respect for you and pleasantness reinforces respect for the offender. Bring a conclusion by politely changing the subject or leaving the room.

Take a break. We are intelligent beings. We are also emotional beings. And when

the emotions take over, thinking takes a holiday. The secret to keeping both is found in breathing. Slow. Deep. Purposely. Deliberately. Allow incoming oxygen to calm the passion and send blood flow to the brain to re-engage rational thinking. Use it for yourself. Gently give it to your companion. Without fanfare, allow him to take a minute to calm down. Do not demand answers. In heightened emotions, we do not have answers anyway; we only have rationalization and justification (that engenders frustration on both sides).

Are you enjoying the game of life? The more we adhere to the rules of fair play, the more fun it becomes. And always, always, be a good sport about fouls. Remember, rules do not hinder the activity or the athlete.

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