



The SENIOR INFORMANT

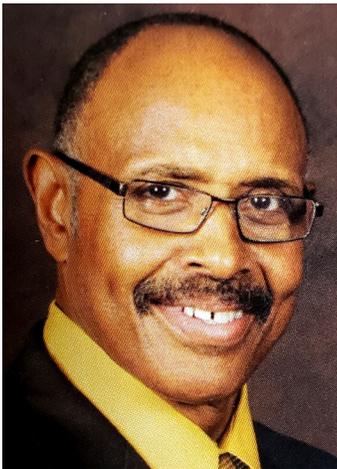
The official tri-annual newsletter published by the Young-at-Heart (YAH) of the Greenville Avenue Church of Christ

1013 South Greenville Avenue, Richardson, Texas 75081

YAH HIGHLIGHT

PRESENTING DEACON JAMES WRIGHT

Interviewed by Dr. Mildred J. Bell



JAMES WRIGHT

Congratulations to Honoree James Wright who was born on October 2, 1944, in Dallas, Texas. He and wife, Sister Sandra Wright, met in Los Angeles, California, and have been married 52 years. They have two sons, Jason Wright (Molly) and Brian Wright. Sandra and James enjoy their three grandchildren: Jalen, Branden, and Brianna.

Brother Wright has been a member of the Lord's church for 55 years. He was baptized in 1966 at the Normandie Church of Christ in Los Angeles, California. While worshipping there, he was an active member of the Worship Service Ministry. Later, he and his family moved to Dallas, Texas, and placed their membership with the Hamilton Park Church of Christ, now, the Greenville Avenue Church of Christ. As a faithful member of this congregation, the

Lord blessed him to be ordained a Deacon in 1986. During this interview, Brother Wright stated, "I love working with my wife as we serve together in the Service Group Ministry." They are the Leaders of 12 Service Groups at their church.

His work career spanned forty-plus years with his longest tenure at Skaggs Alpha Beta, presently Albertsons Grocery Store, as a Computer Operations Supervisor. While there, he received various certificates of merit and numerous awards. James also valued being a loyal employee in the world of work.

Mr. Wright was also pleased with his accomplishments outside of work. His community involvement included functioning as an active member of the Richardson Citizen Police Academy in Richardson, Texas. In addition, he proudly proclaims that he was awarded the first place winner of the Dallas Market Hall Classic and Hot Rod Show in 1988, 1989, and 2008.

When asked what is his philosophy of life, he responded, "I 'begin with the end in mind' by Stephen Covey. I try not to consider the 'now,' but the end. It helps me to maintain a proper perspective of my goal of making Heaven my home; and not to become

weary and quit in whatever I'm doing by losing sight of that goal."

Following are James' answers to a series of favorites and questions:

His **FAVORITE** "Scripture - Galatians 6:9; **Spiritual song** - 'This World Is Not My Home;' **Food** - Seafood; **Sport** - Football; **Musical instrument** - All Latin percussion instruments; and **Travel** - Sandra and I enjoyed our first cruise to the Western Caribbean several years ago as a gift from our Service Group Leaders. **What I like most about myself** - I am patient and outgoing with a great sense of humor; **What I need to improve about myself** - Change my attitude about being retired. I need to better organize my time and seize more opportunities to share the Word with those that I come in contact with. **I want to be remembered as a humble and dedicated servant of the Lord!**"✝

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YAH members' deadline to submit articles for the **May 2022** newsletter is **February 25, 2022**. Email to: marilynmcaples@gmail.com

CHRISTIAN/SPIRITUAL DEVELOPMENT

REFLECTING ON OUR BLESSINGS

by Dr. Mildred J. Bell

My dear sisters and brothers, we are all God's children, blessed beyond measure! As a result, let's commit in the Year 2022 to conscientiously reflect on the many blessings that God gives each of us daily!

I received the enclosed booklet entitled, Life's Daily Blessings, author unknown, NIV Scriptures. It says, "We hope the messages in this booklet will inspire you to share your gratitude with others as you open your heart to the daily blessings that surround you." Please know that it is my privilege and joy to do so—enjoy! Further, may this article inspire each of us to reflect on our personal daily blessings throughout this year!

Following is the content of Life's Daily Blessings:

The blessing of PEACE

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.
— John 14:27

The blessing of FAMILY

In family life, love is the oil that eases friction, the cement that binds closer together and the music that brings harmony.
— General Eva Burrows, The Salvation Army

The blessing of GRACE

It is by grace you have been saved, through faith – and this not from yourselves, it is the gift of God – not by works, so that no one can boast.
— Ephesians 2:8-9

The blessing of NATURE

I love to think of nature as an unlimited broadcasting station, through which God speaks to us every hour, if we only will listen. – George Washington Carver, American scientist

The blessing of GOD'S FAITHFULNESS

Your word LORD, is eternal; it stands firm in the heavens. Your faithfulness continues through all generations; you established the earth, and it endures. Your laws endure to this day, for all things serve you.
— Psalm 119:89-91

The blessing of FRIENDSHIP

Therefore encourage one another and build each other up, just as in fact you are doing.
— 1 Thessalonians 5:11

The blessing of PRAYER

But I pray to you, Lord, in the time of your favor; in your great love, O God, answer me with your sure salvation.
— Psalm 69:13

The blessing of COUNTRY

O beautiful for spacious skies, For amber waves of grain,

For purple mountain majesties Above the fruited plain! America! America! God shed His grace on thee And crown thy good with brotherhood From sea to shining sea! – "America the Beautiful," lyrics by Katherine Lee Bates.

My fellow saints, the writer of this article prays that as we reflect on all of our daily blessings, our hearts will be filled with the joy of Jesus throughout the Year 2022! †

Reflect upon your present blessings of which every man has many—not on your past misfortunes of which all men have some.

—Charles Dickens



Mildred J. Bell
Editor-in-Chief/Writer

HEALTHY LIVING

AGE-SMART TIPS FOR HEALTHIER TEETH

Submitted by Carylon Moss

Oral hygiene is the practice of keeping one's mouth clean and free of disease and other problems by regular brushing and flossing the teeth. It is important that oral hygiene be carried out on a regular basis to prevent dental diseases and bad breath. Let's look at some do-it-yourself tips for the care of *older* teeth and for treating common tooth-related problems.

We are told to floss at least once a day, and brush your teeth twice a day with a soft-bristled toothbrush. If you have mobility issues that make tooth brushing difficult, switch to an *electric* toothbrush which has a wider handle and does much of the work for you.

Your gums may bleed when you brush. This bleeding usually means there is plaque building on teeth that is inflaming the gums. Bleeding gums do not just mean potential tooth loss; the underlying inflammation increases your risk of health issues including heart disease and Alzheimer's. Brush at least twice a day for at least two minutes. Use floss or a small dental brush to reach in between teeth once a day, and use an antibacterial rinse after cleaning your teeth.

Teeth that look longer than they once did, may be partly due to brushing too hard. "People might think their teeth feel dirty, or they have not been to a dentist in a while, so they brush hard – which causes inflammation, and gums begin to recede." Use a soft bris-

ted toothbrush and imagine massaging – not scrubbing – gums.

You may suddenly find you have cavities. Nearly 1 in 5 adults 65 or older have untreated tooth decay. Fluoride is the answer. Fluoride is an ingredient that has consistently been shown to protect against tooth decay. Along with a fluoride toothpaste, use a fluoride rinse that is available at your drugstore, or your dentist may prescribe a high-concentration of fluoride paste, rinse, or varnish. The prescription has more staying power.



The most common cause of dry mouth is medication, including – but not limited to, antidepressants, anticholinergics, antihistamines and high blood pressure drugs. Dry mouth is more than an annoyance; saliva plays a big role in reducing the risk of various tooth and gum diseases. So keep water on hand to sip regularly throughout the day and stock up on sugar-free gum. Water and gum help to remove excess food particles and promote the flow of saliva.

Clean your tongue to prevent bad breath. Add tongue scraping to your morning and night routine.

Tongue scrapers are inexpensive, u-shaped devices that remove the gunky white layer which harbors the bacteria that cause bad breath. You can also brush your tongue with your toothbrush after cleaning your teeth. Be aware that chronic bad breath can be a sign of a more serious issue, such as tooth decay.

Other suggestions for healthy teeth and gums are to replace your toothbrush every three or four months or sooner, eat a healthy diet, avoid sweets and sweetened drinks, and do not smoke. If your oral hygiene and habits are good, your dentist may have you to come in once every nine to twelve months. But if you have gum disease, diabetes, or cardiovascular disease, your dentist may instruct you to come in more often, perhaps three or four times a year.

Oral health is the ability to smile, speak, chew, swallow, touch, and express feelings and emotions without pain, discomfort, and disease. It gives you the confidence to live, work, and play.†

Jessica Migala
AARP BULLETIN, October 2021



Carylon Moss
Editorial News Gathering
Coordinator/Writer

MEDICAL INSIGHT

HEALTH BENEFITS OF EATING BEANS

Submitted by Joyce Cook

Thank God; my dad, mom, five siblings, and I grew up eating beans regularly! We ate them mainly because they were *economical*, delicious, and satiated our hunger pains. Though we were unaware of the health benefits of this product, God always knew!



According to Trusted Research Sources, some benefits include:

Protein: This vital nutrient plays a key role in maintaining and repairing the body. Beans are high in amino acids, an excellent source of protein for vegetarians and vegans. They are also lower in *calories* and saturated fat than some other protein sources, such as meat and full fat or low fat dairy products.

Folate: Beans contain several vital nutrients, including *folate*, which is beneficial for overall health to make healthy red blood cells.

Antioxidants: Beans contain antioxidants which help the body remove free radicals that can cause cell damage resulting in various diseases. *Research* published in 2015 analyzed whether beans might have antioxidant properties that fight intestinal cancer. The results suggested that black beans had the highest antioxidant activity. A 2016 *study* also found that

chemicals in black beans in North-east China could slow the growth of *colorectal cancer* by preventing cancer cells from multiplying.

Heart health: Consuming beans regularly may help prevent cardiovascular problems and may aid in lowering cholesterol. High cholesterol is a risk factor for heart disease and heart attacks.

Diabetes and glucose metabolism: Beans may *help stabilize* blood glucose levels or even prevent *diabetes*. Beans are high in fiber, which can help lower blood glucose. A 2018 review concluded that consuming a high fiber diet could reduce the risk of *type 2 diabetes*. There was also evidence that it may help lower blood sugar in people who already have the condition. Another *study* looked specifically at the effect of adding a cup of *legumes* to the daily diet of people with type 2 diabetes. This study showed a reduction in blood sugar levels and lower blood pressures in the group who ate beans over the control group who included more whole wheat fiber.

Preventing fatty liver: Fatty liver happens when fats accumulate in the liver. It can develop alongside *obesity*, high cholesterol, *high blood pressure*, and other aspects of metabolic syndrome. Doctors base the treatment of fatty liver disease on weight loss and controlling blood sugars, as well as reducing blood levels of fats, such as triglycerides and low-density lipoprotein (LDL), or bad cholesterol.

Replacing higher fat animal proteins with beans is a good step towards better liver health.

Controlling appetite: When beans are consumed, the fiber and healthful starches they contain can help create a feeling of fullness and satisfaction. As a long-term dietary strategy, this could help prevent overeating and may lead to weight loss.

Risks: Take care when consuming beans or other members of the legume family, such as peanuts and soy, because they are common triggers of allergic reactions. Many beans and pulses contain lectins, which are proteins that are potentially toxic to humans. Soaking and boiling beans reduce the lectin content. Beans should be boiled for at least *10 minutes* to ensure they are safe. The most common side effects of eating beans are gas and intestinal discomfort. These are not dangerous, but can be unpleasant and even painful for some people. When adding beans to your diet, be sure to increase the amount gradually to give your gut time to adjust. Beans may not be suitable for persons with *irritable bowel syndrome* (IBS). †

<https://www.medicalnewstoday.com>



Joyce Cook
Assistant News Gathering Coordinator/
Publications Assistant / Writer

MIND EXERCISE

BLESSED BY GOD*Submitted by Marilyn Caples*

This exercise asks you to complete Bible verses (NIV) about those who are blessed by God. Try to fill in each missing word without looking up each reference. May these uplifting scriptures bless you!

1. The Lord bless you and _____ you; the Lord make his face _____ on you and be _____ to you; the Lord turn his face to you and give you _____. (**Num. 6:24-26**)
2. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he _____ on the seventh day. Therefore the LORD blessed the _____ day and made it _____. (**Ex. 20:11**)
3. Blessed is the one who _____ in the LORD, who does not look to the _____, to those who turn aside to false gods. (**Ps. 40:4**)
4. Blessed is the _____ whose God is the LORD, the people he chose for his _____. (**Ps. 33:12**)
5. Hosanna to the _____ of David! Blessed is he who comes in the _____ of the Lord! Hosanna in the highest _____! (**Matt. 21:9**)
6. Blessed are the _____ in spirit, for theirs is the _____ of heaven. (**Matt. 5:3**)
7. God blessed them and said, "Be _____ and increase in _____ and fill the water in the seas, and let the _____ increase on the earth." (**Gen. 1:22**)
8. Bless those who _____ you; bless and do not curse. (**Rom. 12:14**)
9. Blessed are those who _____ in your house; they are ever _____ you. (**Ps. 84:4**)
10. In a loud voice [Elizabeth] exclaimed: "Blessed are you among _____, and blessed is the _____ you will _____!" (**Luke 1:42**)

MONEY MATTERS

INVESTIGATING SCAMS

Adapted by Elizabeth Diane Afriyie

Recently a friend was a victim of a scam. That started me thinking about scams and how we can avoid becoming a victim.

TYPES OF SCAMS

Some of the types of scams are:

- **Covid-19 scams** vary. There are Robo calls, emails and texts promoting cures, stimulus checks, help with credit, student loans, and many others.
- **Banking scams** include messages saying your account is overdrawn, or there is unusual activity, and you need to [click on this link to confirm this is you.](#)
- **Census scams** may be portrayed as job posts, letters, or calls to collect information.
- **Government Grant scams** state, “You qualified for this grant...” - a grant you never applied for or even knew about.
- **Investment scams** promise to double your money in a few days.
- **Lottery and Sweepstake scams** notify you that you are the winner. All you must do is pay the taxes.
- **Charity scams** play on your sympathies, but the charities are not legitimate.

- **Pyramid or Ponzi scams** funnel earnings from lower levels to the top of the organization and usually are associated with *fraudulent* operations.
- **Romance scams** pretend to have romantic feelings to gain affection and good will to get your money.
- **Car warranty scams** come in the form of emails, texts or phone calls that your manufacturer warranty is about to expire or has expired and offer you an extended warranty.

SCAMMERS LOOK FOR WEAK SPOTS

Why are some people susceptible to scams?

AARP reported that stress plays a key role in our *susceptibility* to fraud. The report further stated that individuals experiencing stressful life events are more likely to become a victim of scams.

Just as Satan looks at our weak spots, so do scammers. They probe us about stressful life events to keep us *off balance*. Victims are usually less social, limited or no family support, have strong emotions about things, more exposure to scammers, and more likely to buy from TV ads and on-line sites that they know nothing about. The scammers’ goal is to get and keep us unbalanced *cognitively* and *emotionally*.



How do you Protect yourself?

- Install protective software on computers and devices
- Sign up for the **National Do Not Call Registry**
- Set up Identity Theft Monitoring
- Freeze your Credit at the three major credit reporting agencies
- Vary your passwords on all on-line accounts and change them every few months †

AARP.ORG Money

AARP Report: Stress Plays Key Role in Fraud Susceptibility by Katherine Sikba
AARP October 27,2021. [Investopedia.com](https://www.investopedia.com)



*Elizabeth Diane Afriyie
Executive Secretary/
Publications Assistant/
Writer*

A WORD FROM OUR ELDER

HOW DOES GOD SEE ME?

Submitted by Frederick Green, Elder

I was speaking with someone the other day who informed me that psychologists say 60% of people's thoughts are focused on them, and another 30% are focused on how others *affect* them. To sum it up, it's all about *me*. Christianity is a religion that centers around Christ, not self. Jesus said in Matthew 16:24, "*If anyone wishes to come after Me, he must deny himself, and take up his cross and follow Me*". Following Jesus is about Him, not me. This concept is easy to understand, but sometimes difficult to live out. Often our relationship with God becomes about how we see Him and not how He sees us. The question on the floor is "*How does God see me?*" Does He see me as denying self or full of self? Could God describe me the same as He does some of those written in Scripture?

Remember Satan made a statement describing the relationship between God and His servant Job (Job 1:10): "*Have you not made a hedge about him and his house and all that he has, on every side? You blessed the*

work of his hands, and his possessions have increased in the land." How many of us would love to fall in this category, to be under the protection of God and have our works blessed?

Do you remember the description of the servant in the parable of the talents? Matthew 25:21 "*His master said to him well done, good and faithful servant. You were faithful over a few things, I will put you in charge of many things; enter into the joy of your master.*" Does God see us as a faithful steward with the things He has given us?

James says in James 2:23 that Abraham believed God, and it was *reckoned* to him as righteousness, and he was called the friend of God. What would we give to be called the friend of God?

Most believers are searching for these types of relationships with God. We want to know that we are in a right relationship with Him. Many passages of scripture give us assurances of the relationship we can have with God, but everything

is conditional upon us. God promises protection, blessings, strength, and salvation. He is serious! We are the ones who must believe that He is a rewarder of those who seek Him.

I don't necessarily want those things we sing about on Sunday mornings – *A Mansion Robe and Crown*, or to *walk streets of gold*. I'll sleep on the floor in heaven! I just want to see God's face! I want to enter His rest. I want to take advantage of what Jesus did for me so that I might appear before Him, sinless without spot or wrinkle, and hear the words: "*Well done...enter into the joy of your master.*" That's how I want God to see me! †



Fred Green, Elder

A WORD FROM THE LORD

CHOOSE THE WORD

by Elores Stephens

Romans 12: 2 (KJV) "*And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect will of God.*"

Christians, as living epistles, have an opportunity to demonstrate to the world God's perfect will for all people – to be reconciled back to Him! Therefore, everything we do and say must depict His goodness and mercy. We cannot allow the "*cares*" of this world to dictate our decisions and actions. We must read His Word daily for refreshment and renewal of our minds. We must ask ourselves, "*Will it be the World or God's Word?*" It's each Christian's choice! †

Elores Stephens
Publications Coordinator/
Writer

NEWS AND NOTES

WHAT WILL YOU DO IN 2022

Submitted by Elores Stephens

In listening to the wisdom of our Leadership as they encourage the flock towards gaining, grounding, growing, and glorifying God, I thought about our commitment to “serve” as we share with others the Gospel of Christ.

With that in mind, some YAH members were asked: *What will you do in 2022 to serve others and thus bring honor to God?*

Their Responses Follow:

Paul Baccus – I will put the Good News out there about the Goodness of Christ as I meet the physical needs of others.

LaValle Clark – If God smiles down on me in 2022, my desire is to bless others by donating to Christian non-profit organizations that aide women, orphans, and missionaries. We are blessed in order to be a blessing.

Randall Clark – In 2022, if the Lord is willing, my plan is to continue to serve others by teaching and preaching His Word to the people of Africa. It is a mighty work, and I am honored to do it.

James Harris – I will continue to do Bible studies with non-Christians; most recently a childhood friend I had not seen in 30 years.

Linda Harris – I will continue to serve whatever needs are brought to my attention, for example, taking meals to the hungry and writing encouragement cards to others.

Carolyn Johnson – I will reach out to touch more lives by *helping, healing hearts, encouraging souls, lifting spirits, and persuading souls to come to Christ.*

Deborah Lewis – I will remember to always have a “Servant Heart” in everything I do for others.

Kathlyn Odle – I will first meet the physical need, if I have it, and use that opportunity to share the Word of God.

Linda Robinson – I will, as a member of the Encouragement Ministry, continue to help with physical needs of others and especially encourage those in Service Group 9 who ask for prayers.

Richard Robinson – I will continue to encourage members to practice all safety measures in the midst of this Pandemic. I strongly encourage everyone to wear a mask and get vaccinated.

Leola Simmons – I will serve others by feeding them food to nourish the *body* and then I will be able to touch the *soul*.

Carolyn Sutter – First and foremost, I need my light to shine brightly so that others may see Christ in me; thus making me approachable as I allow the Holy Spirit to direct my words and deeds.

Linda Thompson – I will remind people when they pray to ask the Lord to open their eyes, ears, and understanding for wisdom and to ask His forgiveness of sin.

Dianne Vaughn – I will continue to serve and help meet the physical needs of children through charities and volunteerism. †

MIND EXERCISE SOLUTION (FROM PAGE 5)

1. keep, shine, gracious, peace
2. rested, Sabbath, holy
3. trusts, proud
4. nation, inheritance
5. Son, name, heaven
6. poor, kingdom
7. fruitful, number, birds
8. persecute
9. dwell, praising
10. women, child, bear



Marilyn Caples
Assoc. Editor-in-Chief/
Design and Production
Manager/Writer

YAH EVENTS

2021 YAH ACCOLADES AND NOTEWORTHY ACTIVITIES



LINDA Y. GREEN
United Real Estate
Dallas, Texas

Linda Green A Five Star Professional Legend

Sister Linda Green is a **Forbes 2021 FIVE STAR LEGEND!** This means that Linda is *one of* THE NATION'S OUTSTANDING **Real Estate Agents** who has been researched and recognized in Forbes magazine and won the Five Star Real Estate Professional Award 10 years **in a row!** **CONGRATULATIONS, dear sister, on meeting Forbes' rigorous standards for this godly honor, year-after-year! Hallelujah!**

*The Briellard's Turned 80!
August*



Elder Fred & Linda Green present Clement and Marinett the YAH traditional Elite Necklace and Cufflinks

*The Cooks Enjoy Vacation in Hawaii
November 23 - December 6*



Tony & Joyce

*YAH's Holiday Gift Drive-by at GACC
Saturday, December 18th*



Fred & Linda Green, YAH Leaders & Organizers



Rebecca Tinner, YAH Photographer

YAH EVENTS

Some of the Attendees Happily Receiving Their YAH Gifts



David Phillips



Marilyn Caples & Stephanie (daughter)



Tim Shields



Lorenza Jackson



Darrell Rainey



Raymond Hart



Beverly Dill with The Greens

YAH EVENTS



Beverly & Herbert Fisher



Janet Threadgill & Marinett Briellard



Alma Edwards



Patricia Chappell



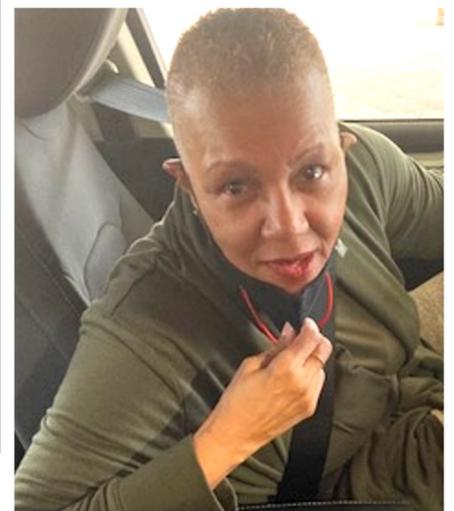
Willie Brown



*Lorece Stagers & Carylon Moss,
Linda looking in...*



Laveria Harper



Roslyn Williams

YAH EVENTS



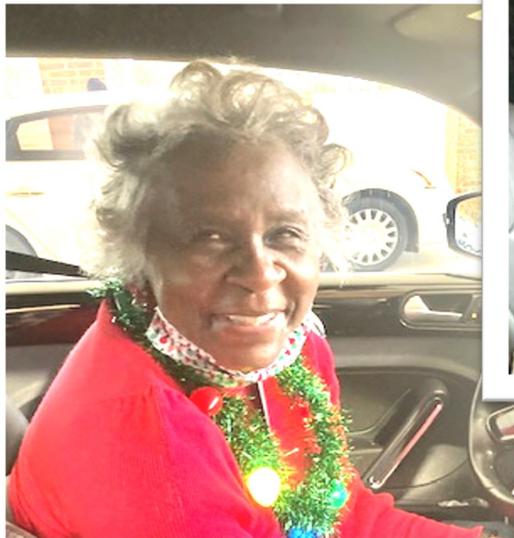
Margie Edwards



Gail Clemons



Richard Robinson



Lora Dacus



Harold Bell



Johnny & Leona Moore



Dorothy Graves

YAH EVENTS



Sabrina Smith



Linda Elam



Joseph McMillan



Maxine Taylor



Jeaneen Kizzee-Mims



Larry Washington

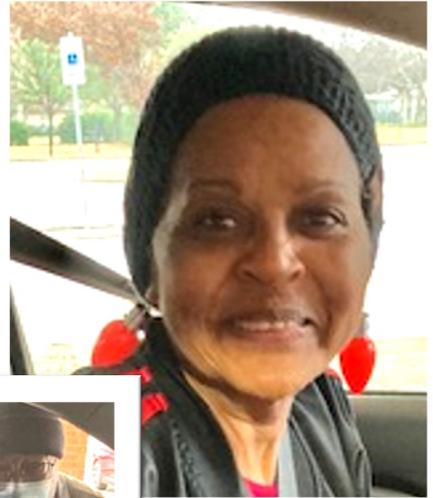


Michael Spencer

YAH EVENTS



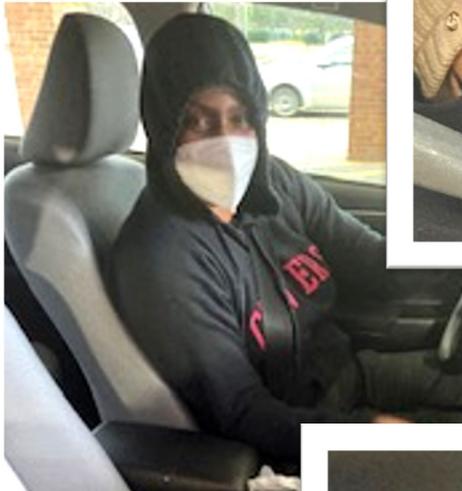
Mattie Sue Stewart



Deborah Knoten



Tony & Joyce Cook, Fred waving...



Yvonne Dubose



Jimmy Hackett



Jim & Elaine Adams - Linda still looking on....

YAH EVENTS



Isha Zeno



Lemmie Brown



Sheryl Dudley



Anthony Autry



Camelia Adkins



Charlene Dawson, Jerry & Dorothy Woolridge

YOUNG-at-HEART Newsletter**Founder:** Elder Frederick Green, YAH Leader**Established:** The YAH newsletter was developed and named *The*SENIOR INFORMANT by the following original YAH Committee in 2014: Mildred Bell, Structure and Seal, Editor-in-Chief; Marilyn Caples, Secretary, Assistant Editor-in-Chief; Quint Hopkins, News Gathering Coordinator, Janice Swanson, Assistant; Margaret Johnson, Communications Coordinator; and Elores Stephens, Publications Coordinator, Elizabeth Afriyie, Assistant**Publisher:** The Greenville Avenue Church of Christ, Richardson, Texas

The purpose of *The*SENIOR INFORMANT is to keep the YAH members and other GACC members informed of the general YAH activities. It will be mailed to all active YAH members and the GACC leadership on the Tuesday prior to the second Sunday of that month for each issue, and manually distributed to the Greenville Avenue congregation on the second Sunday of that month.

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Winter Issue: January**Summer Issue:** May**Fall Issue:** September**CURRENT STAFF DIRECTORY:**Editor-in-Chief / Writer: **Mildred Bell**Assoc. Editor-in-Chief / Design and Production Manager / Writer: **Marilyn Caples**Executive Secretary / Publications Assistant / Writer: **Elizabeth Afriyie**Assistant News Gathering Coordinator / Publications Assistant / Writer: **Joyce Cook**Editorial News Gathering Coordinator / Writer: **Carylon Moss**Publications Coordinator / Writer: **Elores Stephens**Photographer: **Rebecca Tinner**Editor's Technical Relayer: **Cherie McMillan**