



Frankly Speaking –

Hope for the Weary!

by Frank Jordan

America is now being assaulted by stress at every level from personal to family to nation. No one escapes stress from poor health, money issues, government intrusion, employment uncertainties, family strains and other relationships. How can we better cope and be happy despite seemingly endless stress? There is hope!

First, recognize stress, anxiety and worry are not caused by lack of a prescription drug! We now too often seek as our stress solution a prescription for peace in a bottle. Take prescription medicines only after careful evaluation of risk/reward by your physician, realizing serious side effects and the risk of addiction occur often in anti-depression drugs. Do not stop using anti-depression drugs except under doc-

tor supervision.

Worry divides the mind. The biblical word for worry is “merimnao” – a compound of two Greek words: “merizo” meaning “to divide” and “nous” translated as “the mind.” Anxiety saps our energy by focusing on what may occur in the future versus what is happening now. The Bible has sage advice: “You cannot add any time to your life by worrying about it.” *Matthew 6:27*

The result of worry is a loss of focus and clarity of thought needed for good decisions. While worrying is not a disease, excessive worry causes serious health issues. Excess stress contributes to high blood pressure, heart problems, immune response decline, migraine headaches, asthma, allergies, thyroid and adrenal malfunctions, ulcers, diges-

tive disorders, rapid aging and much more.

To help your body fight excess stress, implement at minimum a low sugar diet, multiple vitamins daily, and moderate exercise. Physical activities such as massage, moderate exercise and deep breathing can be beneficial to reduce anxiety and control panic attacks.

Begin your victory over worry by acknowledging anxiety is useless in finding solutions for your troubles. Worry has never brightened a day, solved a problem, or cured a disease. Determine and know the cause of your worry through quiet and honest reflection without emotion.

List and prioritize the factors you believe are creating your worry and stress. Attempt to establish reasoned steps to resolve the issues causing the stress, while considering possible alternatives to overcome obstacles. Be realistic but optimistic through positive thinking.

Practical solutions need a calm, organized mind and realistic approach. Seek solutions through friends, associates, the web, and sources of professional help. If drastic action is required, do it. Don't procrastinate. Yesterday's gone so deal in the present. Recognize that three steps for-

ward with two back is still progress!

I have personally encountered life-threatening health problems, bankruptcy, divorce, sudden unemployment and loss of both parents. Any and all are frightening. But don't lose hope. Discover the peace offered by Jesus that will calm you, while sincere prayer brings clarity in finding possible solutions. Christ and the Apostle Paul tell us, “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*

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” *Philippians 4:6*

Frankly speaking, claim this hope and peace of mind necessary to address and resolve negative challenges faced by everyone at times. Start taking your free prescription from the Great Physician and know you are not alone in facing, coping with, and overcoming in a positive manner whatever is impeding your happiness.

OBITUARY

• JOHN HAROLD LEE

It is with deep sadness to announce his passing at the age of 93. Glenda Weaver, his love of over 40 years, was by his side as he entered eternal rest. John was born to James William Lee and Margaret Winnie Bertch in Kansas City, Missouri on February 10, 1933. He was the youngest of five children, all of whom preceded him in death. As a child, he delivered morning newspapers and then served mass at Cathedral of the Immaculate Conception Catholic Church in Kansas City. He graduated from Nevada Missouri High School where he was a star running back and track star. After high school he worked his way through the University of Southern California and Harvard Business School. He was a retired CFA. He founded Pension Management Company in Houston in 1970. He served in the US Navy during the Korean War and was a true Patriot for the country that he loved. He was always up for a good game of pool and won many tournaments in the Houston area and on several cruises. He loved watching the USC Trojans, University of Texas Longhorns, Houston Texans, and Liberty High School football. He was a long-time member of the University Club and Houston Club. He was preceded in death by his parents and siblings, Richard, Bob,



Norma and Don and mother of his children, Deloris. He is survived by Glenda Weaver; children, John, Suzanne, Jim and Margaret, and grandchildren, Bryan, David, Sara Grace, Hunter, Harrison and Tara Rose. He is also survived by two great-grandchildren, Brooks and Lucy, and several nieces and nephews. A mass of Christian Burial was held Monday, June 1, 2026, at 10 o'clock in the morning at St. Vincent de Paul Catholic Church, 6800 Buffalo Speedway in Houston. Those honored to serve as casket bearers during the service were Bryan Lee, David Lee, Hunter Lee, Harrison Lee, Jason Kelly, and Brice Nelson. His family gives thanks to Dr. Mohammad Attar, Dr. Garth Beinart and Dr. Bin Teh and all the other physicians and healthcare workers for their care over the years.

Lemelle receives MBA degree from Centenary College

SHREVEPORT, LA - Robin Lemelle of Liberty was awarded a Master of Business Administration from Centenary College of Louisiana. Commencement was held May 9, at the Gold Dome, in which diplomas were awarded to more than 100 students of the spring class of 2026; the largest graduating class since 2013

Purse Bingo to be two-night event

DAYTON - Get ready for an unforgettable weekend at Casino Royale Purse Bingo benefiting Bridgehaven Children's Advocacy Center. The fun event returns Friday, June 26, and Saturday, June 27, to the Dayton Community Center. Doors open at 5:30 p.m. both nights with bingo from 7-9 p.m. This year's event is brought to you by CRM Cowboy's Ready Mix.

This exciting two-night event promises entertainment for all attendees with designer purse bingo games, delicious food, drinks, silent auctions, and incredible prizes throughout the night. Dress to impress in your cocktail best, add a touch of sparkle, and prepare for a high-stakes night filled with glamour and giving.

Friday night's event is limited to those 18 and older, while Saturday night is open to all ages, giving families an opportunity to join in on the excitement. Those interested in attending can purchase tickets online. Friday night tickets are available at <https://givebutter.com/2026casinoroyalebingofri-18-only>, and Saturday night tickets can be purchased

at <https://givebutter.com/2026casinoroyalebingosat>.

Table sales are underway and sponsorship opportunities are still available for businesses and individuals looking to make a meaningful impact in the community.

For additional information and sponsorship details, contact Jo McGinnis at (936) 258-0400 or jmcginnis@bridgehavencac.org.



Fri., June 26 (18+)



Sat., June 27 (all ages)



Liberty library summer reading coming

LIBERTY - It is that time of year again to create new experiences at the Liberty Municipal Library with the Summer Reading Program. This year's theme is “Unearth a Story” with programming available for children, teens and adults.

There is no cost to participate in the summer program and corresponding activities. Online registration for children, teens, and adults is underway online or register by using the QR code or inside the library. Registration and library cards are free to Texas residents.

The summer reading gets a jumpstart on June 11 at 2:30 p.m. at Liberty Center (city hall) with Orbit from the Houston Astros. Officially the summer reading programs begin June 15 for all ages to come in and pick up reading logs, bookmarks, and SRP information.

Children (ages 0-12) - Programs begin June 18 at 2:30 p.m. with John O'Bryant and his magic show in the Liberty Center. Game Day takes place June 26 from 10 a.m.-12 p.m. in the Liberty Center. Children can enjoy snow cones on the back lawn of the Geraldine Humphreys Cultural Center on July 2 at 2:30 p.m. Local police and fire departments will be participating in this event.

On July 9, Wild Things Zoo-fari comes to the Liberty Center at 2:30 p.m. The Mad Hatter Bubble Show is July 16 at 2:30 p.m. and Movie Day is July 25 from 10 a.m.-4 p.m. in the theater of the Geraldine D. Humphreys Cultural Center. Make sure to turn in your time logs to qualify for top reader and prizes by July 25.

Teens (ages 13-18) - Programs begin June 12 at 11 a.m. with Laser Tag and Nerf in the library. More activities include Craft Day on June 18 at 2 p.m., a Mario Kart Tournament on June 26 at 2 p.m. and free snow cones on July 2 at 2:30 p.m. on the back lawn of the library. Bring extra clothing and expect

to get wet on July 10 at 2 p.m. with water slide, water balloons, and water guns. For extra fun bring your own water guns. The Jurassic World Trilogy of movies is July 17 from 10 a.m. to 4 p.m. in the theater. A Smash Bros. Tournament will round out the program on July 24 at 2 p.m.

Adults (ages 18+) - Programs begin June 15. Enjoy a Jurassic Park Trilogy of movies (Jurassic Park 10 a.m.; Jurassic Park II at 12:10 p.m.; Jurassic Park III at 2:25 p.m.) on June 20. There's T-Rex games on June 26 at 6 p.m. and Painting in the Dark on July 1 at 6 p.m. The Dinosaur Safari and a city-wide Scavenger Hunt take place from July 6-11. A Dino Hunt with laser tag takes place on July 17 at 6 p.m. Rounding out the program on July 24 at 6 p.m. is Jurassic Trivia with a Twist.

The library welcomes back The Dinosaur George Museum, a traveling dinosaur museum and gift shop on July 28 from 8 a.m. until 7 p.m. at the Liberty Center.

The Liberty Municipal Library is located at 1710 Sam Houston Street in Liberty, inside the Geraldine D. Humphreys Cultural Center. Library hours are Monday through Thursday, 10 a.m. to 6 p.m., Friday 1 to 5 p.m., and Saturday 10 a.m. to 4 p.m. For more information, please call the Liberty Municipal Library at 936-336-8901. Follow the library on Facebook about upcoming events at www.facebook.com/Liberty-MunicipalLibrary/.



Notice of Public Hearing on Liberty County Appraisal District Budget and Reappraisal Plan

The Liberty County Appraisal District Board of Directors will hold a public hearing on a Proposed Budget and Reappraisal Plan for the 2027 fiscal year.

The public hearing will be held on **June 25, 2026**, at 9:30 A.M. at the Taxpayer Services Office located at 303 Fannin St., Liberty, Texas.

A summary of the appraisal district budget as follows:

The total amount of the proposed budget.	\$ 5,370,724
The total amount of increase over the current year's budget.	\$ 203,183
The number of employees compensated the proposed budget.	41 <i>(full-time equivalent)</i>
The number of employees compensated the current budget.	42 <i>(full-time equivalent)</i>

The Appraisal District is supported solely by payments from the local taxing units served by the Appraisal District.

If approved by the Appraisal District Board of Directors at the public hearing, this proposed budget will take effect automatically unless disapproved by the governing bodies of the county, school districts, cities, and towns served by the appraisal district.

The Reappraisal Plan will take effect upon approval of the Appraisal District Board of Directors.

A copy of the Proposed Budget and Reappraisal Plan is available for public inspection in the office of each of those governing bodies. A copy is also available for public inspection at the Appraisal District.

Liberty Church of Christ
Bryant Perkins, Minister

Join us this Sunday for Bible Classes for all ages at 9 a.m. and stay for Worship at 10 a.m.

We meet Sunday night at 5 p.m. and Wednesdays at 6:30 p.m.

We meet at 3201 North Main Street and have a parking space just for you.

We'd love to see you soon. We've saved you a seat!

3201 N. Main St., Liberty • 936.336.2213 • libertycofc.org