



# THE TELEGRAM

CELEBRATING 73 YEARS OF SERVING METROPOLITAN DETROIT AND THE DOWNRIVER COMMUNITY\*

## Comedian And Civil Rights Activist Dick Gregory Dies At 84



Dick Gregory at the Detroit Public Library  
Photo by Dale Rich

Dick Gregory, the comedian and civil rights crusader, died Saturday. He was 84.

His family announced the news on his public Facebook page.

"It is with enormous sadness that the Gregory family confirms that their father, comedic legend and civil rights activist Mr. Dick Gregory departed this earth tonight in Washington, DC," his son Christian Gregory said in the post. "The family appreciates the outpouring of support and love and respectfully asks for their privacy as they grieve during this very difficult time. More details will be released over the next few days."

According to The Associated Press, Gregory, who was recently in and out of the hospital, died following a severe bacterial infection. NPR has not independently confirmed the cause of death.

Gregory gained attention as a comedian in the early 1960s, and was the first black comedian to widely win plaudits from white audiences. Darryl Littleton, author of the book Black Comedians on Black Comedy, told NPR in 2009 that Gregory broke barriers with his appearances on television, just by sitting down:

"Dick Gregory is the first to recognized — and he'll say it — the first black comedian to be able to stand flat-footed, and just delivered comedy. You had other comedians back then but they always had to do a little song or a dance or whatever, Sammy Davis had to dance and sing, and then tell jokes. Same with Pearl Bailey and some of the other comedians. But Dick Gregory was able to grow

Dick Gregory - Page 7A

## New Yorkers To Protest NFL In Solidarity With Kaepernick



Colin Kaepernick took a knee during the playing of the National Anthem

The New York Justice League—helmed by famed Women's March chieftain and Time's 100 Most Influential People honoree Tamika Mallory—will hold a rally Wednesday in support of free agent quarterback Colin Kaepernick, who apparently has been "white-balled" by the National Football League for taking a stand, um, knee, for social and

racial justice in America.

"United We Stand: Rally for Kaepernick" is scheduled to begin at 5 p.m. EDT on August 23 in front of the NFL headquarters at 345 Park Avenue in New York City.

"Colin Kaepernick used his Constitutional right to free speech and took a knee on behalf of black lives," Mallory said in an email

statement to NewsOne. "Within his field — where players have been excused for egregious behaviors like violence against women—it is clear team owners are making a statement, and we as consumers, viewers and people of good moral conscience must make a statement as well."

he New York Justice League—helmed by famed Women's March

Colin Kaepernick - Page 12A

**ROLLERCADE'S 5TH ANNUAL SCHOOL SUPPLY DRIVE**

**FREE SUPPLIES**  
SUNDAY AUG. 27TH 4PM FREE HAIRCUTS LIMITED

**ROLLERCADE**  
2130 SCHAEFER HWY DETROIT. 48217

PHAT HEADZ BARBERSHOP | PAULS metroPCS Wireless for All. | MARATHON

**BACK TO SCHOOL**

**ARE YOU READY?**



**ARE YOU PAYING ATTENTION?**

**SAVE YOUR MONEY!**

**DRIVE RESPONSIBLY**

**IT'S TIME TO READ!!**

**Are you a Senior Star?**  
 We are looking for people 80 years old and older to feature in the Telegram Newspaper.  
 Call 313-928-2955 & share information about your Senior Star

**TELEGRAM**  
 Serving Detroit and the Downriver Community Since 1944  
 OFFICIAL NEWSPAPER  
 For the Cities of River Rouge, Ecorse & ADJUDICATED for the city of Inkster  
 SERVING  
 DEARBORN HEIGHTS, DELRAY, DETROIT, ECORSE, HARPER WOODS, INKSTER, LINCOLN PARK, MELVINDALE, RIVER ROUGE, ROMULUS, TAYLOR, WAYNE, WESTLAND AND WYANDOTTE  
 Published weekly on Thursday by Telegram Newspaper, Inc.  
 P.O. Box 29085 • River Rouge, MI 48218  
 General Office • 10748 W. Jefferson Ave.  
 Phone (313) 928-2955 Fax (313) 928-3014  
 Email: telegram@telegramnews.net  
 Website: telegramnews.net  
**SUBSCRIPTION RATE**  
 Home or Business Delivery 6 months - \$20.00 1 year- \$30.00  
 6 months 1st Class Mail \$40.00 1 year 1st class mail \$65.00  
**DEADLINE**  
 All news item and advertising copy submitted for publication on Thursday must be at the office of The Telegram no later than 4:00pm on Friday.

**GETTING TO KNOW OUR ELECTED OFFICIALS**

**Senator David Knezek will host Medical Marijuana Town Hall on August 31**



State Sen. David Knezek (D-Dearborn Heights) will host Medical Marijuana Town Hall meeting to talk about the rights and regulations available to local communities under Michigan's new medical marijuana laws. "Many years ago, Michigan voters approved the compassionate use of medical marijuana; unfortunately in the years after the vote, the legislature failed to enact any sort of rules and regulations surrounding dispensaries, growth, production and transport of the product," Knezek said. "In the last few years, there has developed a real Wild West mentality when it comes to medical marijuana facilities operating in the state. I identified that as a real problem when I first came into office, and my colleagues and I have started looking into developing rules and regulations while making sure patients have access to medication."

A panel of experts in the law, regulation, and patients rights areas will discuss the laws at the town hall. The informational session will be just that, Knezek said, not a forum to debate the controversial issue. "I'm not hosting a debate on whether or not you think it's good or bad or if you do or don't want it in the community," Knezek said. "It will be the City Council that decides what comes to Dearborn Heights and how much; what I want to do is bring in experts

in the legal field, regulatory departments at the state level and patient representatives. "I simply want to let folks know what control they do have as a community so they'll be up to speed on what they can and can't press local City Council members to do." The meeting is set for 6 p.m. Aug. 31 at Carl E. Stitt American Legion Post No. 232, 23850 Military, in Dearborn Heights. Guest experts will include Doug Mains of the State Bar of Michigan's Marijuana Law section; Shelly Edgerton, director of the Michigan Department of Licensing and Regulatory Affairs; and Robin Schneider, executive director of the National Patients Rights Association.

The state Legislature recently enacted the Medical Marijuana Facilities Licensing Act, which allows communities to adopt their own ordinances authorizing and regulating medical marijuana facilities within their borders. "In Detroit, we had hundreds of dispensaries popping up by churches and next to schools and we knew this wasn't folks acting in a legal way," he said. "The city was able to use the law we passed to enact their own ordinance, and that's really important. Detroit said they wanted it all to be zoned so

they can't go into a business corridor, or within 1,000 feet of a school or church. "They took over 200 dispensaries and said they could only be in such a stringent area ... that they are expected to drop to less than 10."

Just this week, Donald Bailey, a member of the state Medical Marijuana Licensing Board, proposed shutting down all dispensaries by Sept. 15 in order for them to be eligible for future licensing. Under a law passed last year, a new licensing system is required to be established and applications for the five categories will start being accepted Dec. 15. The board ended up postponing the decision. Knezek said he believes the proposal if passed would better serve communities. "If the state board decides to shut everything down, it gives all the more reason for cities to make sure they have robust ordinances in place to manage the outcome of what the decision is," he said. All residents of the Fifth Senate District — covering Dearborn Heights, Detroit, Garden City, Inkster, and Redford Township — are encouraged to attend the Aug. 31 town hall, which is open to all communities. Light refreshments will be provided.

State Representative **Jewell Jones** invites you to a *Job Seeker & Business Services* **Town Hall**

**Booker T. Dozier Recreation Center** Tuesday **Aug. 29**  
 2025 Middlebelt Road, Inkster | 6-7:30 p.m.

**With Special Guests:**  
 Paul Duford, CEO Employment & Training Designs, Inc. (representing SEMCA & Michigan Works!)  
 Michondra Johnson, Business Development Manager Michigan Economic Development Corporation  
 Laura Sigmon, CEO Best Practices Consulting Services, LLC

Job seekers can learn about resources available for training and placement services.  
 Current and prospective entrepreneurs will hear about financial assistance, consulting, employee sourcing and business development.

Please RSVP to my office at:  
 Toll-free: (844) DIST-011  
 E-mail: JewellJones@house.mi.gov  
 Website: Jones.HouseDems.com

State Representative District 11 **Jewell Jones**

Look for your copy of the **TELEGRAM NEWSPAPER** in:  
 Dearborn Hts, Delray, Detroit, Ecorse, Garden City, Harper Woods, Inkster, Lincoln Park, Melvindale, River Rouge, Romulus, Taylor, Wayne, Westland and Wyandotte  
 or stop by the Office located at **10748 W. Jefferson River Rouge (313) 928-2955**



# CIVIL RIGHTS TODAY

## NAACP FORWARD

### Listening Tour comes to Detroit



**Yvonne White**  
Michigan State Conference  
President



**Leon Russell**  
Chairman



**Atty Derrick Johnson**  
Interim President and CEO

The Detroit Branch NAACP and the Michigan State Conference NAACP are extremely proud to announce that the National NAACP Leadership team will kick off its first of seven National Listening Tours, called "NAACP Forward," in Detroit, Michigan on Thursday, August 24, at 6:00 PM. This historic event will be held at Greater New Mt. Moriah Missionary Baptist Church, located at 586 Owen Street, Detroit 48202 (between Brush and Oakland Street). The church's phone number is (313) 871-8025.

NAACP Forward is a part of the Association's strategic plan for the future, enhancing its mission, vision, and fight for civil rights amidst a swirling climate of political hostility, voter suppression, income inequality, mass incarceration, police brutality and anti-immigrant sentiment. The national listen-

ing tour is free and open to the public.

Leon Russell, Chairman of the NAACP National Board of Directors, and Atty. Derrick Johnson, NAACP Interim President & CEO will be in attendance to hear and record your remarks.

Greater New Mt. Moriah MBC is the church home of the former Senior Pastor and NAACP Executive Director, Rev. Dr. Benjamin Lawson Hooks. Rev. Hooks was Tennessee's first African-American criminal judge, as well as the first African-American commissioner of the FCC. He received the NAACP's Spingarn Medal in 1986 and the Presidential Medal of Freedom in 2007.

Please take advantage of this unique opportunity to help enhance the mission and strategic goals of the NAACP by attending the listening tour in

Detroit and sharing your thoughts, concerns, and/or recommendations with our leadership team. You can also assist us by disseminating this information to your local membership, family, friends, and community leaders/activists, and encourage everyone to attend.

The listening tour will not be able to visit every state conference or local unit, therefore we need to make sure that we maximize our outreach and ensure that our voices are heard on August 24.

If you have any questions and/or require additional information, contact us directly at [naacp.michigan@gmail.com](mailto:naacp.michigan@gmail.com) or (313) 871-2087. Hope to see you in Detroit.

# The hatred of...Statues??

By Jim Abeare



A pastor in Chicago wants a statue of George Washington taken down in his community because Washington owned slaves.

Knowing Rahm Emanuel, he will cave in and remove the Father of our country.

In New Orleans, a group of protesters want a statue of Saint Joan of Arc taken down.

Come on people, who can be offended by a saint?

Meanwhile in Seattle, a statue of Vladimir Lenin remains standing.

Why is there a statue of the Father of Communist Russia standing on U.S. soil?

Even the Ukraine is removing those statues.

Protesters on the left aren't going to stop at Confederate statues.

Like I said, they are already after Washington.

Then who? Jefferson, Jackson, Franklin?

Are we going to start sanitizing history so no one is offended by it?

Our history is not pretty.

The treatment of Indians, slavery, the internment of Japanese Americans during World War II.

These monuments and statues should be left alone.

They are history. If we forget it, we will be doomed to repeat it.

Or someday the statue of General Custer in Monroe will be gone.

An image of Forrest Gump on Facebook says it all, "And just like that people are made at statues".

For about a year now, maybe a bit more, people have been wanting certain statues taken down.

Particularly Confederate statues down south.

Now you could probably give me a good argument on why Confederate statues should be taken down.

I personally prefer a compromise and moving those statues to a museum so they can still be seen and studied by those that wish to see them.

The ones at Gettysburg should be left alone.

Removing those would be like taking the Tomb of the Unknown Soldier out of Arlington.

But lately, people aren't waiting for cities to take care of the statues.

Last week in North Carolina a Confederate statue was torn down by a group of protesters.

And now it is starting to get crazy.

**NAACP FORWARD**  
NAACP NATIONAL LISTENING TOUR  
Thursday, August 24, 2017

Join us to be a part of the strategic plan that enhances the NAACP's vision and paves the way forward for the future.

NAACP Members • Community Organizers • Labor • Elected Officials  
Clergy • Business Leaders • Social Justice Advocates

Leon Russell, Chairman, NAACP National Board of Directors • Derrick Johnson, Interim President, NAACP • Yvonne White, President, Michigan State Conference NAACP  
Rev. Dr. Wendell Anthony, President, Detroit Branch NAACP • Donnell R. White, Executive Director, Detroit Branch NAACP

**Free and Open to the Public**  
/ 6pm **Greater New Mt. Moriah**  
586 Owen St. Detroit, MI 48202 /

DETROIT BRANCH NAACP DETROITNAACP DETNAACP  
Detroit Branch NAACP | 8220 Second Avenue Detroit, Michigan 48202  
WWW.DETROITNAACP.ORG

**Coop's**  
**Casual Wear**  
**MOVING SALE**  
1/2 Off or Less

217 Middlebelt Rd - Garden City  
"Where the Casual People Go"  
313-903-7255

**GMO SERVICES**  
3409 W. Jefferson, Ecorse  
Tues-Fri 1-5 PM  
Fax - \$1.00  
B&W Copies - 10 cent or less  
Color Copies - 30 cent  
(313) 381-9303 or [gmoservice.com](http://gmoservice.com)

# I Like What I See

By Janine Folks - Religion Columnist



"...I like what I see when I'm looking at me when I'm walking pass the mirror..." (Mary J. Blige)

How cool is it to think and believe that?! When you feel good about yourself, you are a force to be reckoned with! Unstoppable. That's called a positive self-image. We all need that in order to be what we need to be.

If for some reason your self-image is not all that you wish it to be, then prayerfully consider what you can do to make improvements. Identify areas that you are not particularly proud of and begin to work on them. We are all a work in progress, constantly facing challenges and changes, but for the most part, we should be happy about who we are, even with our imperfections.

Our God created us in His very own image! An image is a reflection. It's what stares back at us when we look at our reflection. So, if we desire a glimpse of God, we can look at our image to see what He created to be like Him. God dwells in each one of us. We are His temple (I Cor. 6:19). With this being so, there is no room in our lives for self-hate. Even when we do things we hate, we need to hate that action, but not ourselves. Repent and be cleanses of the hated deed (I John 1:9). The One who loves you cleans you up. You are a beautiful sight to see.

A dear woman I know

says, "That's why I have mirrors posted throughout my home. I am made in God's image and I like to see my image." This woman is about 80 years old, her hair is gray, and because she seldom leaves the house, she does not dress up much. Her hair is a bit unkempt, wearing her housecoat and bedroom shoes, she sees something beautiful in the mirror. So much so, that she has mirrors posted at every turn. She sees beyond external vanity. She sees love. She sees God.

Her smile lights up the room. The warmth from her speech warms my heart and compels me to adore her. She loves who she is because she loves God, who made her. After a talk with her, I cannot help but love myself too. She speaks so highly of God and how much she loves Him. The fact that He chose to make us in His image blows my mind. As flawed as I am, He still sees me as perfect, behind the blood of Christ.

My dear friend believes she is fabulous. Know that you are fabulous too. God thinks you're fabulous. He thought highly enough of you to send his only begotten son down to earth to die for you, to save you (John 3:16). He left you with comfort, promises, power, and authority. This makes you nothing short of fabulous! How much convincing do you need? When you walk pass a mirror and glance at it, you should absolutely love what you see! You're looking at a miracle! Fall in love with God and fall in love with your fabulous self! How could you now? He made you in His image. Recognize Him in you. God bless.

Janine Folks  
Minister. Writer. Author. Chaplain  
www.janinefolks.com  
Inspired to write; Writing to inspire

**PRAY FOR YOUR FAMILY**

## KNOW YOUR PURPOSE!

**Fews Memorial Christian Methodist Episcopal Church**  
456 Palmerston Street, River Rouge  
Rev. A. Richard Doss, I Pastor  
Morning Worship Service - 11:00 AM  
Sunday School--9:30 AM  
Bible Study-Wednesday at 6:00 PM  
*Give thanks unto the Lord*

**FIRST BAPTIST CHURCH, ECORSE**  
3837 - 15th St. Ecorse  
Rev. Alfred L. Davis, Jr. Pastor  
313-381-2700

7:30am Service 1st & 5th Sunday  
9:00am Sunday School  
10:45am Morning Worship  
Wednesday Bible Study 11:00am & 6:00pm  
fbcecorse@att.net  
*And if you're looking for the LORD*  
*He's in the HOLY PLACE.*  
**FIRST BAPTIST CHURCH ECORSE**



All are Welcome

**Mt. Nebo Baptist Church**  
4411 5th Street Ecorse  
313-382-8577  
Rev. Marcus Johnson Pastor  
Sunday Morning Service - 11:00am  
**Everyone is welcome**

**Place your Loved One's Obituary in the TELEGRAM NEWSPAPER**  
For more information call 313-928-2955

**Ecorse Seventh-day Adventist Church**  
3834 10th St Ecorse, MI  
(Corner of 10th & Francis Streets)  
Dr. Errol Liverpool, Pastor

Sabbath Worship Service (Saturday) 9:15 a.m.  
Sabbath School (Saturday) 11:00 a.m.  
Prayer Meeting (Wednesday) 6:00 p.m.

**Community Services Food Distribution**  
Every Third Wednesday  
9:30 a.m. until 1:00 p.m.  
**(313) 928-9212**

**St. John African Methodist Episcopal Church**  
505 Beechwood River Rouge  
Phone: (313) 386-2288 \*Fax 313-386-5986



Rev. Arnita M. Traylor, Pastor  
Services

Sunday Bible Cafe .. 9:00am Worship Service..11:00am  
Mid-Week  
Wed. Noon Bible Study-12 noon Wed. Pastor's Bible Study 6pm  
"St. John, the place to be All God Wants You to Be!"

### Jehovah Jireh Ministries

Mercy House 15 E. Charlotte Ecorse 313-282-9508

Sunday- Fulfillment Hour 10am Worship 11am & 6pm  
Monday -Bible Study 7pm  
Wednesday - Prayer and Praise 7pm  
**Rev. Everett Thomas Pastor**

*"Transforming Lives Spirit, Soul and Body  
We proclaim Jesus is Savior and Lord!"*

**Mt. Zion Missionary Baptist Church**  
3936 12th Street Ecorse, MI 48229  
CHURCH PHONE # (313) 383-1069 FAX: (313) 383-2842  
Pastor - Rev. Kevin B. Mack



#### WORSHIP SERVICES

Sundays:  
Early Morning Worship .....7:30 a.m.  
Church School at Study .....9:30 a.m.  
Mid-Morning Worship .....10:50 a.m.  
First Sunday: Baptism & Communion Service.....10:30 a.m.  
Mid-Week:  
Wednesday - Bible Study ... 7:00 p.m.

#### CORPORATE PRAYER

Sun 6am Wed 6pm

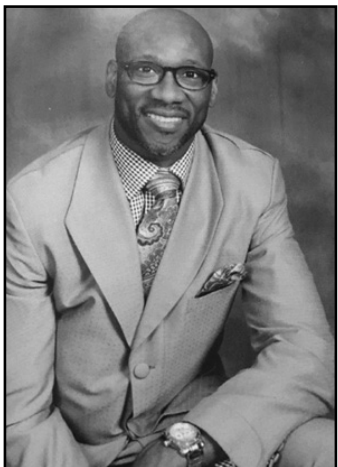
They that trust in the LORD shall be as Mount Zion, which cannot be removed, but abideth for ever.

Psalms 125:1

**ALL ARE WELCOME**

**Which church will you and your family visit next week?**

## Rev. Duckworth to celebrate 15th Anniversary



Rev. Dr. John E. Duckworth  
Pastor  
Gethsemane MBC  
29066 Eton  
Westland, MI 48186

On June 22, 2002, the Rev. Dr. John E. Duckworth was anointed, appointed, and selected to build on the foundation that was laid by Pastor Emeritus W. W. Davis. Dr. John E. Duckworth is a teacher, scholar, and pastor. He's a bold and uncensored ambassador for the Lord. God has laid on his heart three elements to an effective, meaningful, and relevant ministry; an ENERGIZED CHURCH, EMPOWERED FAMILY, and an ENCOUNTER WITH THE COMMUNITY.

God is not looking for ordinary churches, which are ineffective, outdated, and stooped in tradition. God is looking for churches which are sensitive to the ministry and relevant to the movement of the Holy Spirit. The only way God's vision for Gethsemane will come to fruition is for us to get sensitive, serious, and sincere about kingdom building! Gethsemane, God wants our Holistic Ministry to thrive as a 1st Class Church.

Saturday, September 30, 2017 we will celebrate our Pastor's fifteenth anniversary at Crystal Gardens Banquet Center, located at 16703 Fort Street, Southgate, MI 48195. The banquet starts at 5:00 p.m., semi-formal attire (shades of blue), with a \$50 donation. For further information, please contact Gethsemane Missionary Baptist Church at (734) 721-2557.

## St. Marks

**Missionary Baptist Church**

3860 Inkster Rd, Inkster \* 734-351-1365



Rev. Dr. Alford D. Sample

#### Services:

Sunday School 9:30am  
Morning Worship/Youth Church 11:00 am  
Bible Class/Youth Church 6:30 pm  
Bus Pickup Available

**II Timothy 2:25**  
*Study to show thyself approved unto God;*

## Community AME Church

4010 17th St, Ecorse, MI 313-386-4340

Rev. Paul M. Mugala, Sr. - Servant Pastor  
Rev. Faith S. Mugala, Asst to the Pastor



Sunday School 10am Sunday Worship 11am  
Wed Bible Class 6pm



**TELEGRAM**  
**Church Directory**  
 Call 313-928-2955  
*Announcements are given  
 priority to churches listed in the directory*

**PENTECOST MBC IS  
 CELEBRATING THEIR  
 65TH ANNIVERSARY**

**SUNDAY, AUGUST**  
 35625 Vinewood, Romulus  
 Service begins at 11:00am

**BIBLE VERSE**

28 Hast thou not known? hast thou not heard, that the everlasting God, the Lord, the Creator of the ends of the earth, fainteth not, neither is weary? there is no searching of his understanding.  
 29 He giveth power to the faint; and to them that have no might he increaseth strength.  
 30 Even the youths shall faint and be weary, and the young men shall utterly fall:  
 31 But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.  
 Isaiah 28-31 - KJV

**Runner For Christ**

27085 W. Outer Drive, Ecorse

**Sunday School**  
 8:30 am

**Sunday Worship**  
 9:30 am

**Bible Classes**  
**Monday:**  
 Bible Reading 6:00 PM  
**Thursday:**  
 Advance Bible 6:30 PM

Pastor: Gerald Overall  
 (313) 381-9303  
 www.rfcm.org

**Love Joy Missionary Baptist Church**

332 Polk street  
 River Rouge,

**SERVICES:**  
 Sunday School - 9:30 AM  
 Sunday Worship - 11:00 AM  
 Wednesday Prayer & Bible Class - 6:30 PM

Rev Darryl Bynum, Pastor  
 Phone: 313 516-2482  
 Email: Pastordbynum@gmail.com  
**ALL ARE WELCOME**

**Born Again Ministries**  
 is hosting a  
**CITY PRAYER**

All citizens of River Rouge are encouraged to attend.

When: Saturday, August 26th  
 What time: 12 noon-2 pm  
 Where: Memorial Park

Let's come out and pray for our city!

All Pastors in River Rouge have been invited!

For more information call Rev. Alex Jackson at (313) 989-3978

**IF YOU'VE GOT SOMETHING TO SALE**

**PLACE! THE GOT WE'VE SALE**

Friday - August 25, 2017  
 Saturday - August 26, 2017  
 beginning at 10 a.m.

clothes\* computers\* art\* furniture shoes baked goods\* jewelry\* hats

@ Church of the Resurrection, Ecorse  
 On Outer Drive / bet 10th & 11th St.

\$10 each for tables INDOOR  
 \$15 each for tables OUTDOOR

call Martha @ (313) 382-8635  
 or call Jenevie @ (313) 388-5524  
 to reserve your spot!

sponsored by the episcopal church women

**CHURCH ANNOUNCEMENTS**

**St. Marks MBC**  
 Inkster Rd  
 host

**Pastor & Mother Sample**  
 19th Church Anniversary during the month of August  
 Aug. 20th & Aug. 27.  
 All services begin at 3:30pm  
 Their Banquet will be held on Fri., Aug. 25th at 6:00pm at  
 Old Kelly's Banquet Hall 23663 Park St in Dearborn 48124  
 Donation  
 \$30.00 - Adult  
 \$25.00 - Youth 10 & under  
 For more information call 734-351-1365

**FIRST BAPTIST MISSIONARY BAPTIST CHURCH**  
 3837 15TH STREET  
 ECORSE  
**ANNUAL WOMEN'S DAY PROGRAM**

**Guest Speaker: Sis. Deborah Daniels**  
 Women of Faith  
 Shining their Light for Jesus  
**SUN., AUGUST 27TH**  
**Guest Speaker: Sis. Deborah Daniels**  
**REV. ALFRED L. JR., PASTOR**

**Christian Faith Ministries**  
 27500 Marquette, Garden City, MI 48135  
 734-525-0022

**Sunday-** Worship Cafe 9:30am  
 Morning Worship 10:30am  
**Mid Week Bible Study**  
 Wednesday 7pm

**Rev. John D. Hearn Jr. Pastor**

*"You are the light of the world. A city on a hill cannot hide"*  
 (Matthew 5:14)

**United Church of Faith Methodist**  
 6064 Fourth St, Romulus

**Sunday Worship**  
 11:30am

**Bible Classes**  
 Wed-6:00 PM

Rev. Mark R. Zockheem (734) 765-5335  
 Pastor  
**Welcome Home!**

**Baker's Bible & Book Store**

**10200 Grand River Ave**  
 (at the corner of I-96 & Grand River)  
**Detroit**  
**(313) 933-5507**

\*Mention this ad for \$3 off on name engraving on bible



DEATH NOTICES \* DEATH NOTICES



**DELORES ELUM JONES**  
April 9, 1948-July 2, 2017

Delores Elum-Jones was born in Detroit. Delores graduated from Southwestern High School and later worked in the home health care industry until her retirement in 2017. She was a compassionate and caring person. She had a strong passion for helping those in need. She leaves to cherish her memory, her husband, Dwight Jones, her daughter Kimberly Renee (Paul), five grandsons, four sisters: Edrena Selmon (Carl), Jacqueline Browning (Nazree), Linda Elum and Silvia Jackson. Two brothers, Charles Elum (Hatatu) and Michael Elum. One sister-in-law Cheryl Elum and a host of nieces, nephews, cousins, and friends.

*Final arrangements were entrusted to Trinity Chapel Funeral Homes, Inc. 1939 S. Fort St. Detroit*



**LUTHER TERRY**

Nov. 20, 1941-June 30, 2017

Luther Terry was born in Kosciusko, Mississippi. Luther known to his family and friends as "Lil Brother" moved to Detroit with his family at a young age. Luther was educated in the Detroit Public School system. He joined the United States Army and served his country honorably from 1964-1966. He was a bus driver out of the Wayne Terminal for SEMTA, now known as Suburban Mobility Authority for Regional Transportation (SMART) until retirement. Luther possessed a magnetic personality that drew people to him, never meeting a stranger. He enjoyed life and would lend a hand to anyone in need. Luther leaves to cherish his memory: daughter, Deatrice; son, Alex; grandson, Jason; brother, James; sisters-in-law, Evelyn and Fannie; and a host of relatives and friends.

*Final arrangements were entrusted to Trinity Chapel Funeral Home 1939 S. Fort St. Detroit*



**RUBEN WILLIAMS JR.**  
May 10, 1930-July 4, 2017

Ruben Williams Jr. was born in

Greenwood, Mississippi. He migrated from Mississippi to Hamtramck, Michigan in the late 1940s with his family. Not long after his family moved to the North End of Detroit. Ruben served in the Korean War and was honorably discharged in October 1954. Ruben was employed by GM and for 32 years he worked for Cadillac Motors. Ruben's favorite pastime was playing cards with anyone, eating good food, and going to church. Ruben was the giver. He gave to any and everyone who needed anything. His memory will be cherished by his sister, Essie Williams; brother-in-law, Earnest Sanford, Sr.; his devoted niece, Bernadette Holloway (Ron); 11 nieces; 6 nephews, Gardell (Carolyn) Odell, Kevin, Ernest (Nancy), Darryl (Doris) and Dalton; and a host of friends. His card playing friends at Park at Trowbridge; thanking his caregiver, Jennifer Fenderson for her never-ending care.

*Final arrangements were entrusted to Stinson Funeral Home 16540 Meyers Detroit*



**FLORINE KELLY**

Nov. 24, 1923-July 9, 2017

Florine Kelly was born in Widener, Arkansas. Florine was educated in Forrest City, Arkansas. She worked as a para-professional in the Ecorse Public School system for many years. Florine later worked as a Librarian Assistant at Ecorse Public Library well into her eighties. She married the love of her life, Leo Kelly. Florine was saved in 1959 under the leadership of the late Superintendent William Elum at Fellowship Church Christ of God in Christ. She remained a member until her death. She was very independent and humorous. Florine loved the Lord, her family, friends, fishing, cooking and gardening. She leaves to cherish her memory four daughters- Marva Dozier, Deborah Smith, Grace Barnes and Sherry Kelly; and one son, Kevin Kelly (Gayle). Eleven grandchildren; thirteen great-grandchildren; four sisters; and two brothers. She also leaves many nieces, nephews, cousins, friends, and an "adopted" son, Oliver Sanders.

*Final arrangements were entrusted to Trinity Chapel Funeral Homes, Inc. 1939 S. Fort St. Detroit.*



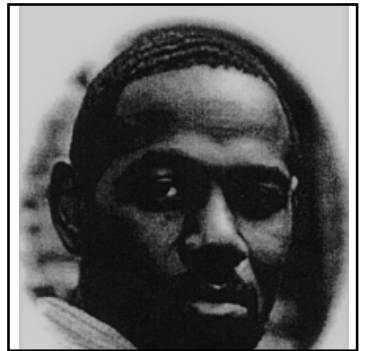
**GERALDINE "DEENA" STEVENS-HOUSTON**

April 4, 1940-Aug. 5, 2017

Geraldine was born in Chattanooga, Tennessee. Deena graduated from Inkster Public Schools

in 1958. Deena studied to also become a Surgical Technician. She was employed with the United States Postal Service for 16 years. For over 40 years, Deena dedicated herself to a "Card Ministry." Deena would pack and collect a comprehensive collection of books and take the knowledge to her meetings, which enhanced the spiritual and personal development of those who attended. Deena was also a 19-year breast cancer survivor and a proud member of the Sister's Network. Cherishing her memory are her two daughters, Sandi Stevens-Gebo and Dee Dee (David) Williams; five grandchildren; eleven great grandchildren; three great, great grandchildren; her siblings: Emory, Jr., Cordie, Calvin (Eleanor), Michaela (Tommie), Michael (Sharon), Deborah, Renee, Valerie, Carmen (Kenneth), and Kathy, as well as a host of other relatives and friends.

*Final arrangements were entrusted to Penn Funeral Home 3015 Inkster Rd. Inkster*

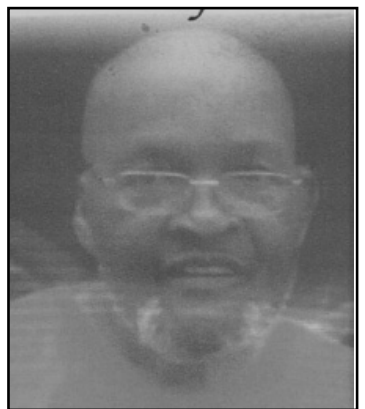


**WILLIAM L. BONNER**

March 9, 1969-July, 29, 2017

William was born in Wayne, MI. He lived in Inkster, MI all of his life and attended Inkster Public Schools where he was lovingly known by his nickname "Wee Wee." When he would walk into a room you knew he was there because his presence could light up an entire room. He leaves to cherish his memory his loving parents, Bernard and Morlene Rives; one brother, Bernard (LaToya) Bonner; one sister, Zerada Bonner, and one favorite nephew, Bernard Bonner Jr. and a host of loving family and friends.

*Final arrangements were entrusted to Penn Funeral Home 3015 Inkster Rd. Inkster*



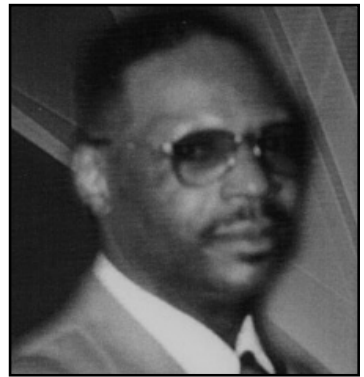
**LAWRENCE MILLS**

Oct. 31, 1944-Aug. 7, 2017

Lawrence Mills was born in Anniston, Alabama. After his service to the army he was employed at several factories but retired from the Budd Company after 40 years. Lawrence married Wanda Wardlaw in 1986. This union blessed him with a daughter and son. Lawrence "Granddad" loved his family especially his grands. He leaves to cherish his memory his loving wife of 32 years, Wanda; his children Lawrence Jr., Tamika, Devon and honorary daughter, Karen (niece); four grandchildren; one great grandchild; four sisters, Grace, Rose, Nellie, and Clistrene;

one brother, James; three sister-in-law's JoAnn (John), Joyce (James) and Richie Ann and other family and friends.

*Final arrangements were entrusted to Penn Funeral Home 3015 Inkster Rd. Inkster*



**ZACHARY FRAZIER**

April 11, 1950-July 31, 2017

Zachary Frazier affectionately called "Zach" was born in Detroit. Zachary completed his education in the Highland Park School System graduating in 1968. He came from a musical family and began showing his talents early, his musical inclination excelled and he continued to further a renowned career as a "great" drummer and percussionist. Zachary worked and recorded with some of the finest singers and musicians known to mankind, including Chuck Overton and Belita Woods of "Brainstorm", "Fred Payne", "Aretha Franklin", "Chaka Khan & Rufus", and many more. Zachary's drums could be heard all over the world, then and now. Zachary was introduced to the institute of Divine Metaphysical Research, (IDMR) in 1977 where he learned of his heavenly father, Yahweh, Elohim, Yahshua The Messiah His Savior. He leaves to cherish his memory, his loving wife Theresa Nolan-Frazier, step-father, Alvin Waddles, two sisters, Michelle (Dewayne) Frazier-Townsend, Marsha (David) Frazier-Lathan and three brothers, Herbert A. Frazier Jr., Marvin (Terra Francis) B. Frazier and Mandell Frazier, a host of nieces, nephews, granddaughter, relatives, friends, musicians and brethren.

*Final arrangements were entrusted to Trinity Chapel Funeral Home 20226 W. McNichols Rd. Detroit.*

Look for your copy of the TELEGRAM NEWSPAPER in: Dearborn Hts, Delray, Detroit, Ecorse, Garden City, Harper Woods, Inkster, Lincoln Park, Melvindale, River Rouge, Romulus, Taylor, Wayne, Westland and Wyandotte or stop by the Office located at 10748 W. Jefferson River Rouge Call (313) 928-2955

DRIVE SAFELY!

INTERNATIONAL FREE & ACCEPTED MODERN MASONS, INC AND ORDER OF THE EASTERN STAR WANTS YOU!



Hall Available for rent 255 Burke St River Rouge

Wedding Receptions, Funeral Repass, Birthday Parties, Meetings, etc.

For more information contact Illustrious Brock Power 313.737.8383

HOW MANY TIMES DOES YOUR DOLLAR TRAVEL AROUND YOUR COMMUNITY?

You have the power!!! Now use it!

WANT TO HAVE YOUR CHURCH INCLUDED IN THE FAITH LISTING? 313-949-3133

## Introducing our Summer Intern Lauren Session

By Brittney Rivers & Emily Arellano - Telegram Interns



### How did you develop an interest in Journalism?

I've always had an interest in writing and taking pictures so I thought it would be interesting to pursue photo journalism.

### Where are you from, what city were you born in and where do you live? How does your environment affect your desire to work in the communications industry?

I was born and raised in the Westside of Detroit. I currently live there now. I want to build connections in the communication industry because I don't really know anyone in that field from my neighborhood.

### What high school did you graduate from? What college are you attending and what are you specializing? What do you want to do as your career? Short or long term.

I graduated from Cass Technical High School in 2016. I am a sophomore at Michigan State and I am studying Media and Information. Short term, I would like to work at a local newspaper reporting and writing articles. I would like to see myself someday working in at a big broadcasting company such as Time Magazine or CNN.

### Who inspires you in your life?

My mother inspires me because she is a really strong person and she encourages me to do my best. I admire

that. I also admire Channel 4 news reporter Rhonda Walker because she always gives back to her community and I would like to do that one day. And she also went to MSU. Go Green!

### What you are favorite subjects to write about?

I like to write a little bit of everything. But my favorite would be arts and entertainment. I like to stay informed on the excited things happening locally.

### It is important that we reach back and help others, have you had an opportunity to be a mentor? If not, do you plan on being a mentor at some point, and why?

Last year I coached middle school volleyball through Detroit PAL. I taught then the fundamentals of volleyball as well as life lessons too. I really enjoyed my experience and I would like to mentor young children again if I am given the opportunity.

### What issues do you feel Generation Y are interested in?

I like that our generation is interested in social justice issues and police brutality. You see it every day on the news and I believe that this problem needs to be put to an end.

### Under the Affordable Care Act, people 26 years and younger could stay on their parent's insurance. Does the new health plan passed by the House and proposed by the Senate include this provision? How important is that to you?

From what I read, the new healthcare plan currently being drafted does not include this provision. This is very damaging to college students such as myself that can't afford health insurance on my own. Healthcare is important for people to stay healthy and strong.

## Dick Gregory

From Page 1A

on television, sit down on the Jack Paar show — and sit on the couch and actually have a discussion, and that it never happened in the history of television." Gregory "opened the door" for Bill Cosby to rise to fame, Littleton said.

He was noted for his political and social activism, beginning in the civil rights movement in the 1960s. He attended the historic 1963 March on Washington. Forty years later, Gregory told Tavis Smiley on NPR about his experience at the march, describing it as "joy. It was festivity, and as far as the human eye could see."

Gregory talked in 2003 about his experience trying to integrate a restaurant in Mississippi before the march, showing he could inject some humor into a serious story:

"We tried to integrate a restaurant, and they said, 'We don't serve colored folk here,' and I said, 'Well, I don't eat colored folk nowhere. Bring me some pork chops.' And then Ku Klux Klan come in, and the woman say, 'We don't have no pork chops,' so I say, 'Well, bring me a whole fried chicken.' And then the Klan walked up to me when they put that whole fried chicken in front of me, and they say, 'Whatever you do to that chicken, boy, we're going to do to you.' So I opened up its legs and kissed it in the rump and tell you all, 'Be my guest.'"

He was direct in his language about race. He co-wrote with Robert Lipsyte the book nigger: An Autobiography — the "n" is lowercase — in 1964. Gregory explained to NPR why he chose that title:

"So this word 'nigger' was one of the most well-used words in America, particularly among black folks. And I said, 'Well, let's pull it out the closet. Let's lay it out here. Let's deal with it. Let's dissect it.' Now the problem I have today is people call it the N-word. It should never be called the N-word. You see, how do you talk about a swastika by using another term?" Gregory called the U.S. "the number-one most racist system on the planet. ... And I hope that America is willing to take this shoe of racism off and deal with racism and deal with sexism."

He ran for mayor of Chicago in 1967 and ran for president in 1968 under the Freedom and Peace Party. He was on the ballot in eight states and got 47,133 votes, as Ken Rudin wrote for NPR.

Hunger strikes were a frequent activist tool for Gregory. He told Juan Williams on Talk of the Nation that he went without solid food for two and a half years to protest the war in Vietnam.

At one point, he said he weighed 365 pounds. But he lost a lot of weight fasting to protest the war. "I went on a fast, 40 days of water. Forty days of fruit juice. Forty days of fruit. And then 40 days of water again," Gregory told NPR.

In 2000, Gregory went on a hunger strike to protest police brutality, long before the current wave of activism.

Gregory promoted some conspiracy theories, telling NPR in 2005 about conspiracies involving the death of Princess Diana and the

## Detroit as they see it. Detroit as we see it.

by David Rambeau

- \*We go to rallies with bibles, prayers and spirituals. They come with guns, clubs and torches.
  - \* We think it's a picnic. They know it's a war.
  - \* We come from a church. They come from a combat training program.
  - >\*Our ideology is democracy. Their ideology is fascism.
  - \* We believe in equality. They believe in domination.
  - \* We want our streets swept. They want our jobs, property and water.
  - \*Their leaders steal billions. Our leaders steal dollar bills.
  - \* Our entrepreneurs want a corner store. Their entrepreneurs want international capitalism.
  - \* We want a millage. They want a tax subsidy. We want a grocery store. They want a food chain.
  - \* They want Hollywood and Broadway. We want a role in a show.
  - \* We buy a house. They build a subdivision. We have candidates. They have political parties.
  - \* Am I right about it.....
  - \* We want a seat at the table. They want to run the entire process.
  - \* We have ad hoc meetings. They have cartels.
  - \* We want to play on a team. They have a league.
  - \* We want a paycheck. They want a bank.
  - \* We want a loan. They want a currency. We want a luxury car. They want a car-line.
  - \* We want to do a play. They want to do a theater season. We protest. They plan.
  - \* We comment and complain. They consult and command. We do rhetoric. They do research.
  - \* We underwrite weekend parties. They underwrite elections.
  - \* Am I right about it.....
  - \* We prepare for Saturday night. They plan for twenty years.
  - \* We want 40 acres and a mule. They want plantations.
  - \* We want an education. They want a school district.
  - \* We want to integrate. They want to separate.
  - \* We want one Detroit. They have two Detroits. They say one Detroit. We have two Detroits.
  - \* We want credit. They have capital. They kill and continue. We forgive and forget.
  - \* We want Justice. They want prosecution.
  - \* We want rehabilitation. They want incarceration.
  - \* They want the dollar. We get a dime.
  - \* We want freedom. They want control. We steal. They appropriate.
  - \* We're confused. They're consolidated.
  - \* We hold conventions. They own the hotels. We accumulate. They confiscate.
  - \* We are us. They are them.
  - \* Am I right about it.....
- Prove otherwise.

**TELEGRAM NEWSPAPER**

*Informing \* Educating \* Empowering \* Uplighting*

10748 W. Jefferson Ave River Rouge, MI 48218  
Phone: (313) 928-2955 Fax: (313) 928-3014

Email: telegram@telegramnews.net  
Website: www.telegramnews.net

Gina C. Wilson Steward Publisher  
JC Wall Founder

**Serving Detroit and the Downriver Community  
for 73 years**

**Zenith Lunch**

Breakfast \* Lunch & Dinner

**2 + 2+ 2 Breakfast Specials**

11295 W. Jefferson Ave. River Rouge  
(313) 849-0833  
*Your Friendly Family Restaurant*

**Styles of Fashion**

Shirts • Ties • Bowties • Cufflinks  
Pins & Suits

K. B. STEWARD • CEO

18461 W. McNichols  
Detroit, MI 48219  
313-310-7813

kbsteward124@gmail.com

@stylesoffashion1 f



# WHAT'S YOUR NUMBER?



There are special numbers that we always look forward to. We picked them. We own them. We love them. We play them. They're our Daily 3&4 numbers.

Try your luck on Michigan Lottery Daily 3&4 games. Daily 3 wagers are 50¢ and \$1, and you can win up to \$500; a \$1 wager for Daily 4 has a top prize of \$5,000. Drawings are twice a day, seven days a week at 12:59 pm and 7:29 pm. So, visit your favorite Lottery retailer and play Daily 3&4.



Odds of winning: Daily 3: Straight: 1 in 1,000; 3-Way Box: 1 in 333; 6-Way Box: 1 in 167; 1-Off Straight: 1 in 1,000; 1-Off One Digit: 1 in 167. Daily 4: Straight: 1 in 10,000; 4-Way Box: 1 in 2,500; 6-Way Box: 1 in 1,666; 12-Way Box: 1 in 833; 24-Way Box: 1 in 416; 1-Off Straight: 1 in 10,000; 1-Off One Digit: 1 in 1,250. Knowing your limits is always the best bet. Call the Michigan Problem Gambling Helpline for confidential help at 1-800-270-7117.





**COMPUTER TROUBLE?**  
**(313) 218-4888**  
**\*\*NEW LOCATION\*\***  
 6450 MICHIGAN AVE DETROIT 48210

**D & J TIRES AND TOWING**  
 NEW & USED TIRES • FLAT REPAIR  
 2681 S Schaefer Detroit 48217

**ALIGNMENT**  
**HIGH SPEED BALANCE**  
**BRAKES & MUFFLERS**  
**SHOCKS & STRUTS**  
**AXLES**  
**MINOR REPAIRS**

**WE BUY JUNK CARS!!**  
 K. DREW 313-478-6299  
 M. PRATHER 313-978-3716  
 J. DREW 313-412-7258

**LET'S WORK TO HELP KEEP OUR LOCAL BUSINESSES OPEN**

**K-Laundromat**  
**439 Visger, Ecorse**  
 \*FREE SOAP on SUNDAYS & MONDAYS\*



**Hours of Operation**  
 Monday - Saturday 8:00am - 9:30pm  
 Last Load in Washers at 8:30pm  
 Sunday Hours 8:00am - 6:00pm  
 Last Load in Washers at 5:30pm




**Millennium Laundry**




Same Day Service \*Washers up to 80 lbs.  
 \*Drop Off Service \*Maytag Equipment  
 \*Commercial Accounts Welcome

Last Load at 9:00pm  
 969 Southfield Rd  
 Lincoln Park  
 (313) 388-5003  
 Hours: 8am-11pm

**Accepting all Major Credit Cards & EBT**

**It's not all About the Pole:  
 The Life of a Detroit Fireman**

By: Lauren Session – Telegram Intern



A day with a Detroit Fire Fighter

Being a firefighter is not an easy job. These men and women put their lives on the line daily to keep our cities safe. But how much do we really know about the job? I sat down with my dad, Wayman Session, a Detroit fireman, and found out what it's like to work for the Detroit Fire Department.

**Why did you want to become a fireman?**  
 I wanted to become a fireman because I like to help people. There are also many different avenues that you get into through the fire department, like being an Arson Investigator or a Fire Prevention Inspector.

**fireman?**  
 I started at the fire department in 1990, so I'm going on 27 years at the D.F.D.

**What's the most exciting part of the job?**  
 There are many exciting parts. Going into fires, driving the rig, and just getting to the scene and helping save properties and lives.

**What is your rank? How to you get promoted to different ranks?**  
 My rank is F.E.O., which is a Fire Engine Operator. So my job is to make sure that the fire rig is clean and everything is in working order. I also have to

get all of the fire personnel to and from all runs safely, and provide all the water that is needed to extinguish fires of any kind. Promotions in the firefighter division are seniority based. So as people retire, you move up in rank. In divisions like arson, you have to take a test to be promoted.

**Describe a typical day at the fire house.**  
 The first thing we do when we come in is put our gear on the rig, so if we have a run, everything is already there. But we do basic things like cleaning up the fire house, cleaning the trucks, and making sure we

How long have you been a

Firefighter - Page 10A

**AFFORDABLE RENTAL COMMUNITIES FOR SENIORS**

For 70 years as a mission driven non-profit, CSI exists solely to provide the highest quality, affordable housing communities possible for seniors.



**ECORSE MANOR CO-OP**  
 4560 9th St, Ecorse  
 Just West off Southfield Rd.  
 To schedule a tour call:  
 Monday—Friday  
 3pm-5pm (313) 388-8793

**WHISPERING WILLOWS CO-OP**  
 11100 Wayne Rd, Romulus  
 Just South off I-94  
 To schedule a tour call:  
 Monday, Wednesday, Thursday  
 9am-11am (734) 941-6908




**AMENITIES**

- Rent Subsidized
- Secured Entry
- Most Utilities Included
- On-Site Laundry
- Individual Heating & Cooling
- Emergency In Unit Pull Cords
- Utility Allowance

Our Resident Members Benefit From:

- Diversity & Open Membership
- Democratic Control
- Senior Empowerment
- Not-For-Profit Operation
- Continuing Education
- Social Interaction

[www.CSI.coop](http://www.CSI.coop)  
 (800) 593-3052 TDD (800) 348-7011






# Red Cross, Lincoln Park Police partner to help save lives

Eligible donors encouraged to give blood Aug. 29



LINCOLN PARK, — The American Red Cross and the Lincoln Park Police Department are hosting a blood drive Aug. 29 at the Lincoln Park Skating Center. The Red Cross has an urgent need for blood and platelet donors and is calling on eligible blood donors of all types to give now and help save lives.

"We are thrilled to once again partner with local law enforcement and the Lincoln Park Skating Center," said Beth Harris, donor recruitment representative for the American Red Cross. "The entire Lincoln Park community has been very supportive of this blood drive for many years and we appreciate it."

The summer months can be among the most challenging times of year for blood and platelet donations as regular donors delay giving while they take vacations and participate in summer activities. On aver-

age, the Red Cross must collect 14,000 blood donations every day for patients at about 2,600 hospitals and transfusion centers across the country.

As a special thank you, everyone who comes to donate will be emailed a \$5 Target eGift-Card™.\* In addition, all who come to donate will receive a \$15 Kroger gift card, a Red Cross drawstring bag (while supplies last) and a free meal courtesy of the Lincoln Park Police Department.

**Lincoln Park Skating Center Blood Drive**

**Tuesday, Aug. 29  
8:00 a.m. – 7:45 p.m.  
Lincoln Park Skating Center  
1419 Southfield Road  
Lincoln Park, Mich. 48146**

How to donate blood  
Simply download the American Red Cross Blood Donor App, visit [redcrossblood.org](http://redcrossblood.org) and enter sponsor code: LPCP or call 1-800-RED CROSS (1-800-733-2767) to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age (16 with parental consent in some states), weigh at least

110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Blood donors can now save time at their next donation by using RapidPass to complete their pre-donation reading and health history questionnaire online, on the day of their donation, prior to arriving at the blood drive. To get started and learn more, visit [redcrossblood.org/RapidPass](http://redcrossblood.org/RapidPass) and follow the instructions on the site.

About the American Red Cross  
The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit [redcross.org](http://redcross.org) or [cruzrojaamericana.org](http://cruzrojaamericana.org), or visit us on Twitter at @RedCross.

**BASSETT USED CARS LLC**  
313-739-6390

**MARTHA** BUY HERE, PAY HERE  
Office Manager/Sales

Fax: 313-307-7184 | 16500 Grand River Ave.  
[www.bassettusedcars.com](http://www.bassettusedcars.com) | Detroit 48227  
NO INTEREST IS ALSO AVAILABLE

**Coop's Casual Wear**  
**MOVING SALE**  
1/2 Off or Less

**217 Middlebelt Rd - Garden City**  
*"Where the Casual People Go"*  
313-903-7255

## Firefighter

From Page 9A

have all of our tools. We usually go grocery shopping too because we cook every day. Most of the time we're on standby, so we have to find things to occupy our time. Some of the guys are in school or training, so they do that while we wait as well.

**What's the most severe fire or situation you've ever had?**

Well, all fires are severe, but I've seen all kinds of things in my 27 years at the fire department. From car accidents to people with life threatening injuries, so there really isn't one fire or situation that stands out

and having quality family time. Set boundaries and stick to them.

**Would you recommend becoming a firefighter as a profession to kids in the community?**

Yes, I would recommend becoming a fireman because it's a rewarding career knowing that there are people still alive today because of us. We save citizens, properties, and sometimes precious memories. You can also advance in a lot of different areas, so you have many different career paths to follow.

**How do you juggle family life with work?**

It's difficult sometimes because it's hard to find the right balance between your profession

**Healthy**  
isn't a goal.  
it's a way of living.

**Western Wayne Family Health Centers**  
[www.wwfhc.org](http://www.wwfhc.org)

- Primary Health Care for All Ages
- General Dentistry
- OB/GYN
- Behavioral Health
- All Medicaid, Healthy Michigan Plans, and most health insurances accepted
- Sliding fee scale for uninsured - affordable visits
- We can help you get health insurance

• INKSTER • TAYLOR • LINCOLN PARK •

2700 Hamlin Boulevard  
Inkster, MI 48141  
(313) 561-5100

26650 Eureka Road, Suite C  
Taylor, MI 48180  
(734) 941-4991

25650 W. Outer Drive  
Lincoln Park, MI 48146  
(313) 383-1897

**CALL OR WALK-IN TODAY!!!**



# Telegram Classifieds

**APT FOR RENT**

**Across the Park Apartments**

**NEWLY REMODELED APARTMENTS**

**Spacious 1 bedroom apartments**

Available for 62 and older or Handicapped & Disabled.

**2700 S Annabelle St. Detroit, MI 48217**

Income based

Heat & water included. Activity Room & Laundry facilities on site (313) 382-3201 TTY:TTD 711 atp@imsteam.net




Equal Housing Opportunity

**CO-OP AVAILABLE**

**WELLESLEY TOWNHOUSES COOPERATIVE**

1 BEDRM RANCH TOWNHOMES **\$515/Month**  
2 BEDRM TOWNHOMES STARTING FROM **\$530/Month**

For more information call (734) 729-3328  
Equal Housing Opportunity



**Psychic Services**

**Psychic Reader & Advisor**

Call for appointment and information  
248-979-2037  
1 FREE Question by phone

**ITEMS FOR SALE**

**Reclaimed Wood**  
4x4x8 = \$4.00  
4x6x8 = \$6.00  
no nails in wood  
734-890-7717

**Have your business highlight listed in the Telegram**

**APARTMENT FOR RENT**

**ECORSE 2 Bedroom apt Living & Dining Rm \$650/month**

sp0824



**TAKE BACK YOUR STREETS, TAKE BACK YOUR FUTURE**

River Rouge Police Chief Deborah Price says the City of River Rouge is taking their streets back and the change starts with you!.

If you see the following call the police department

- \*Suspected drug houses
- \* Illegal activity
- \* Loitering
- \*Panhandling

Please contact the River Rouge Police Department at **313-842-8700**  
All information is confidential and will remain anonymous

## CITY OF INKSTER PUBLIC NOTICE

### NOTICE OF PUBLIC HEARING CITY OF INKSTER, WAYNE COUNTY, MICHIGAN

RE: Case No. 17-12 (Z)

In accordance with and pursuant to the Michigan Zoning Enabling Act, Act 110 of 2006, as amended, notice is hereby given that the City of Inkster Planning Commission will hold a public hearing on Monday, September 11, 2017, at 6:30 p.m., in the Inkster City Hall Council Chamber, located at 26215 Trowbridge, Inkster, Michigan, 48141, to consider the reversion back to the original R-1A, One-Family Residential zoning of two parcels that were conditionally rezoned to B-2, Thoroughfare Mixed-Use District on February 6, 2017. Reversion of the subject parcels to their original zoning is triggered when a project fails to comply with the conditions of rezoning and/or is cancelled. The subject parcels are located on the North side of Lehigh Street just east of Inkster Road and are legally described as follows: 31F1765 1766 LOTS 1765 and 1766 also S 1/2 of ADJ VAC AlleyT2S R10E L55 P9 WCR. Property ID # 44-025-02-1765-300



All meetings of the City of Inkster Planning Commission are open to the public. You are invited to attend this meeting. Persons unable to attend the public hearing may send their comments in writing to the attention of the City of Inkster City Planner, 26215 Trowbridge, Inkster, Michigan, 48141. Comments will be received through 12:00 Noon, September 11, 2017. Information may be obtained from the Planning and Community Development Department at 313.429.2366.

The City of Inkster will provide necessary reasonable auxiliary aids and services, such as signers for the hearing impaired and audio tapes of printed materials being considered at the public hearing, to individuals with disabilities upon written notice being received at least five business days prior to the public hearing. Individuals with disabilities requiring auxiliary aids or services should contact the City of Inkster at 313.563-9770.

Felicia Rutledge, Inkster City Clerk  
PUBLISH BY: August 27, 2017

## CITY OF INKSTER PUBLIC NOTICE

### CITY OF INKSTER, MI PLANNING COMMISSION NOTICE OF PUBLIC HEARING FOR AMENDMENTS TO THE ZONING ORDINANCE

**NOTICE IS HEARBY GIVEN**, pursuant to the Michigan Zoning Enabling Act, Public Act 110 of 2006, as amended, the City of Inkster Planning Commission will hold a public hearing on Monday September 11, 2017, 6:30 p.m. in the Inkster City Hall Council Chamber, located at 26215 Trowbridge, Inkster, Michigan, 48141. The Planning Commission will consider proposed text amendments to the City's Zoning Ordinance pertaining to site plan review exemptions and time limits on the validity of site plan and special land use approvals.

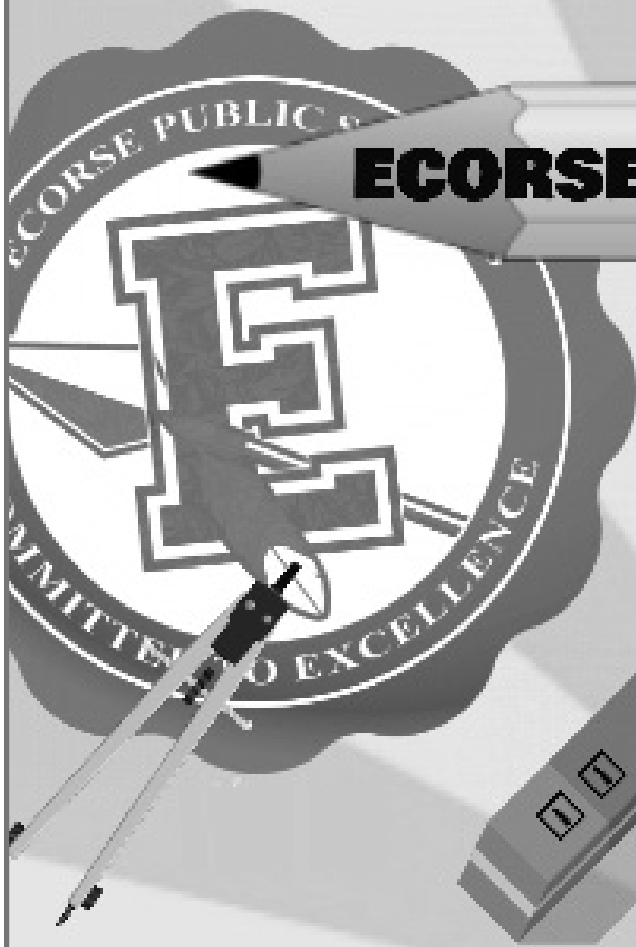
**NOTICE IS FURTHER GIVEN** that the purpose of the public hearing is to hear and consider amendments to the Zoning Ordinance that would have the following effect:

- In §155.049 "TCD Town Center District" modify subsection 155.049(I)(3) regarding time limits.
- In §155.204 "Invalidation of Variances, Special Land Use, and Regulated Use Permits" amend the section to delete references to variances and special land uses, and extend regulated use approval to one year.
- In §155.208 "Time Limitations on Orders" delete this section.
- In §155.272 "City Planning Commission" delete subsection 155.272(B)(6)(d) regarding time limits on approvals.
- In §155.286 "Site Plan Review (All Districts)" amend subsection 155.286(B) "Site Plan Review Applicability and Type" to increase the scope of projects considered "exempt" from site plan review, limit the validity of preliminary site plan approval to six months, and update department responsibilities for site plan review.
- In §155.289 "Standards for Special Land Use Approval" amend subsection 155.289(B) "Duration, Voiding and Extensions of Special Land Use Permit" by modifying time limits.
- In §155.304 "Reserved" amend this section by relocating the language for "Time limitations on orders" here.

**NOTICE IS FURTHER GIVEN**, that complete text of zoning ordinance amendments will be available for review at the Inkster City Clerk Office, which is located at 26215 Trowbridge, Inkster, MI, 48141 beginning Thursday, August 24, 2017. All meetings of the City of Inkster Planning Commission are open to the public. You are invited to attend this meeting. Persons unable to attend the public hearing may send their comments in writing to the attention of the City of Inkster City Planner, 26215 Trowbridge, Inkster, Michigan, 48141. Comments will be received through 12:00 Noon, September 11, 2017. Information may be obtained from the Planning and Community Development Department at 313.429.2366.

The City of Inkster will provide necessary reasonable auxiliary aids and services, such as signers for the hearing impaired and audio tapes of printed materials being considered at the public hearing, to individuals with disabilities upon written notice being received at least five (5) business days prior to the public hearing. Individuals with disabilities requiring auxiliary aids or services should contact the City of Inkster at 313.563-9770.

Felicia Rutledge, Inkster City Clerk  
PUBLISH BY: August 27, 2017



**ECORSE PUBLIC SCHOOLS PRESENTS**

# BACK TO SCHOOL FESTIVAL



SCHOOL TOURS | GAMES |  
 ACTIVITIES | MUSIC |  
 BACKPACK GIVE-A-WAY |  
 ENROLLMENT



Thursday, Aug. 24th  
 4 pm - 7 pm

**COME AND HAVE FUN WITH US!**

**105.9 kiss-fm**  
[www.kissdetroit.com](http://www.kissdetroit.com)

**HOT 107.5**  
[Hot1075.com](http://Hot1075.com)

7225 W. OUTER DR, ECORSE, MI | [www.ecorse.education](http://www.ecorse.education)

(313) 294-4800





## Lions are Coming Along

By Butch Davis



After losing defensive lineman Kerry Hyder to an Achilles tendon injury in their preseason opener at Indianapolis, the Lions defensive linemen were still able to pressure the New York Jets offense early on and thought-out the game. The Jets managed only 3 yards of offense in the first quarter and just two first downs in the first half as the Detroit Lions beat the Jets last Saturday night. Lions Head Coach Jim Caldwell was asked, "On what he hopes the young guys get out of this week's 'dress rehearsal' Caldwell replied, "What we try to do is provide an opportunity for them to get a sense of exactly what we do during the course of game week. It's not exactly the same, but the framework is. And what we hope is that they're able to kind of put together a plan of action. How they're going to take care of their bodies along the way, how they're going to study, all those kinds of things that are necessary to do well. Practice, what time we practice, food intake and consumption, working out and lifting in conjunction of when we practice. I mean, all of the little things. How much sleep you get, because we broke camp, so they also have

to deal with the travel issue, those that are out of the hotel. So, that's what we really try and get done, the real solid framework of it and hopefully after this week they can look at it and then they can put together a real good plan. Some of the younger guys we have to help a little bit and then we move on from there."

Caldwell was also asked about QB Jake Rudock being pressured more this game and what that experience can do for a young quarterback: "Well, I think it's always good when they get a chance to get a sense of handling the game in a tough situation. Can they battle their way out? Some of the stuff might not have been his fault, but overall I think it does not hurt. And that's how this league is. One week you can look really good, next week not so good. And I think for him, he's one of those guys that I think is another step that he's got to take and see how he responds in this next game."

By the way, the Detroit Lions announced today that they have signed free agent TE Scott Orndoff. In addition, the Lions announced that they have waived-injured DT Bruce Gaston. Orndoff comes to the Lions after signing with the Pittsburgh Steelers as an undrafted rookie free agent in 2017 out of the University of Pittsburgh.

The Detroit Lions will continue their preparation for the New England Patriots today with practice at the team's headquarters and training facility in Allen Park and then it's all about Friday night as the Detroit Lions take on the New England Patriots at 7:00 p.m. ET

## Community Sneak Peek at Little Caesars Arena



DETROIT – August 21, 2017 Olympia Entertainment today announced details surrounding the free Community Sneak Peek at Little Caesars Arena taking place on Saturday, September 9 from 2-8 p.m. This free admission tour is part of Little Caesars Arena Preview Week and is one of the first opportunities for fans and community members to experience the signature "Via" concourse, look into the intimate arena bowl and more. Community Sneak Peek Ticket Details:

- Tickets are free and will be released to the public on Friday, August 25, at 10 a.m. at Ticketmaster.com or

the Fox Theatre and Joe Louis Arena box offices

- Tickets are good for a 60-minute time-slot between 2 p.m. and 8 p.m. on September 9

There is a 4-ticket limit for this event, and tickets will not be available on event day

Online reservations require a Ticketmaster account; due to the anticipated demand, attendees are advised to set up a Ticketmaster account in advance. Among the highlights of the tour will be innovative Little Caesars Arena features including its unique deconstructed design concept; the world's largest, seamless center-hung scoreboard; the streetscape-

inspired "Via" featuring its transparent, climate-controlled roof; and the larger-than-life projection "jewel skin" screen surrounding the exterior of the upper bowl.

Attendees are encouraged to arrive 45 minutes prior to their reserved tour time at the Comerica Bank entrance located on the corner of Woodward Ave. and Henry St. Free parking will be available at Olympia Development parking garages and surface lots. For event information, including directions and a parking map, visit OlympiaEntertainment.com/Sneak Peek.

## Colin Kaepernick

From Page 1A

chieftain and Time's 100 Most Influential People honoree Tamika Mallory—will hold a rally Wednesday in support of free agent quarterback Colin Kaepernick, who apparently has been "white-balled" by the National Football League for taking a stand, um, knee, for social and racial justice in America.

"United We Stand: Rally for Kaepernick" is scheduled to begin at 5 p.m. EDT on August 23 in front of the NFL headquarters at 345 Park Avenue in New York City.

"Colin Kaepernick used his Constitutional right to free speech and took a knee on behalf of black lives," Mallory said in an email statement to NewsOne. "Within his field – where players have been excused for egregious behaviors like violence against

women—it is clear team owners are making a statement, and we as consumers, viewers and people of good moral conscience must make a statement as well."

"Colin Kaepernick used his Constitutional right to free speech and took a knee on behalf of black lives. Within his field – where players have been excused for egregious behaviors like violence against women—it is clear team owners are making a statement, and we as consumers, viewers and people of good moral conscience must make a statement as well."—Tamika Mallory, New York Justice League Share

During the 2016-2017 NFL season, the then-quarterback for the San Francisco 49ers was widely praised and criticized for his decision to kneel or sit when the national anthem was being played before games. He touched off a movement, inspiring professional and amateur athletes alike to protest police violence against people of color.

Most recently, the Kaepernick movement gained further velocity and credence when the Cleveland Browns held the NFL's largest protest since Kaepernick began kneeling in August 2016. A dozen players on Monday took a knee during the national anthem before Cleveland's home game against the New York Giants on Monday. The move came less than a week after their coach, Hue Jackson, said he didn't want to see his players protesting during the national anthem.

Kaepernick's protest also gath-

ered steam last week when the Smithsonian National Museum of African American History and Culture announced that his 49ers jersey and social justice message will be highlighted in an upcoming exhibit.

Although rumors persisted that Kaepernick was close to being signed by the Baltimore Ravens, this prospect was eventually scuttled amid divisive commentary from NFL retiree Ray Lewis, the owner, and other critics.

Kaepernick's supporters' hopes were given a second look via the Miami Dolphins—then dashed again by generally salty Miami fan backlash to a Fidel Castro t-shirt that Kaepernick wore in the city last season and the team's hiring of a widely maligned quarterback, Jay Cutler, who was pulled out of retirement and ushered onto the field instead of Kap.

A lot has been made of Kaepernick's playing abilities, with some calling him great to mediocre. Point of fact, during last season with the 49ers, he threw 16 touchdowns and four interceptions in 12 games, according to Sports Illustrated.

Despite this proven productivity, after the first week of pre-season football, Kaepernick remains unemployed by the NFL, whose ownership group appears to be in collusion to keep him out of the sport. This confederacy of NFL owners has only drawn further backlash from mostly African-

Colin Kaepernick - Page 14A

### ECONOMY SHOE REPAIR

579 Visger Rd, Ecorse, MI 48229  
economyshoerepair@gmail.com

All Repairs: Shoes, Purses, Luggage etc.

Donald "Chip" Agee

OWNER  
313-382-2662



PREP KICKOFF CLASSIC

Detroit East English Village Prep VS. River Rouge

SATURDAY, AUG. 26 | 12 PM

#PKC17

# TeleTainment

Arts\*Entertainment\*cinema\*Music

## ASK ALMA

### My co-worker stole my idea



Dear Alma,  
At work during a team meeting I came up with an idea to better assist our members and increase membership. Later while sitting in my cubicle, our boss came over and complimented my coworker on submitting such a great idea. I was shocked, I couldn't believe he took my idea to management and took the credit for it. When I asked him about it he said it was all of our ideas combined that made the suggestion a success and that's just not true. I am so mad. Should I go to my boss and tell him the truth? I don't want to be a part of his team anymore.  
\*\*\*\*\*

It is what it is, don't make a fuss. I promise you you'll have your day. This happens all the time and leads to one of two scenarios. #1 - this situation will come up again and they'll look to him to lead the team. Or #2, questions will be asked and they'll look to him for answers. What I would do is better prepare myself. From now on, after making suggestions during a team meeting, you should come out and send an email reiterating what you said. That's right, add some LOCO to your MOTION, so you'll be

heard and seen the next go-round, otherwise you'll look petty. This game is played all day, every day from corporate America to the family owned Drug Store on Main Street. To ease your pain, I'll tell you what my mama use to tell me, "God don't like ugly," LOL, so trust me, your time will come. I like the Michelle Obama quote, "when they go low, we go high." Umhm, that's a good one, keep that tucked in your back pocket. No doubt, on the back end of this two-faced co-worker coup, I can't stress enough the importance of you taking the high road and continuing to be the best you can be. I know it doesn't always look like it, but hard work and determination never goes unrewarded. Believe you me, managers and supervisors are always eyeballing, watching when you least expect it. They know who's doing what and what's doing who. Truth is, we all strive for kudo's, compliments, fist bumps and high fives, accompanying a big thanks from the boss. When that doesn't happen, it's cool. What I've found on the other side of 50 is, I was rewarded more when I didn't get a pat on the back, no acknowledgment at all. It always worked out in the end. I've experienced and learned a conference room full of cheers is fleeting, it's my confidence, fortitude, and purpose that matters most. Those qualities will never leave you, they'll always propel you to achieve your highest goals.

## Cheerleading

Find and circle all of the Cheerleading words that are hidden in the grid. The remaining letters spell a secret message.

T	E	I	K	R	E	H	H	E	E	P	H	E	M	O	S	E	W	A
H	O	V	M	E	T	E	X	A	E	E	X	E	C	U	T	I	O	N
M	C	M	A	A	Y	T	L	E	O	S	F	A	C	I	A	L	S	E
T	B	T	U	R	E	T	L	T	A	B	L	E	T	O	P	C	T	H
N	H	U	E	N	S	O	P	H	C	T	A	C	E	L	D	A	R	C
U	C	N	S	R	F	I	C	O	E	F	L	Y	E	R	N	N	E	E
T	U	I	T	F	T	A	T	N	M	G	C	H	E	S	O	D	T	S
S	O	F	N	E	O	S	O	Y	N	P	C	R	G	S	I	L	T	A
N	T	O	A	C	L	I	L	I	R	H	O	N	E	O	T	E	O	B
P	E	R	H	A	T	A	R	E	O	E	I	N	L	T	O	S	P	D
Y	O	M	C	O	E	P	N	R	E	L	E	I	S	T	M	T	S	M
R	T	H	M	R	S	A	E	O	B	H	B	H	E	E	K	I	R	E
A	S	T	I	D	O	O	R	M	I	E	A	L	C	K	J	C	W	G
M	A	A	N	G	G	T	U	A	R	T	R	Y	S	S	U	K	M	A
I	L	A	G	R	H	T	A	T	B	S	O	E	I	A	M	S	A	P
D	H	K	A	V	E	V	Y	V	A	E	E	M	L	B	P	W	S	H
I	N	P	C	N	B	U	C	K	E	T	S	L	V	D	S	I	C	O
N	H	T	N	U	O	M	S	I	D	L	G	Q	L	P	R	E	O	N
Y	R	R	O	U	T	I	N	E	F	O	E	R	U	I	M	U	T	E
D	A	U	Q	S	A	N	O	I	T	O	M	L	N	E	T	C	H	E

- |               |              |           |
|---------------|--------------|-----------|
| AERIAL        | EXTENSION    | POMPONS   |
| ARABESQUE     | FACIALS      | PYRAMID   |
| AWESOME       | FLYER        | ROUTINE   |
| BASE          | HANDSPRING   | SELL IT   |
| BASKET TOSS   | HEEL STRETCH | SPOTTER   |
| BUCKET        | HERKIE       | SQUAD     |
| CANDLE STICKS | HIGH V       | STUNT     |
| CHANT         | HURDLER      | TABLE TOP |
| CHEER         | JUMPS        | T MOTION  |
| CHOREOGRAPHY  | K MOTION     | TOE TOUCH |
| COACH         | LIBERTY      | TUCK      |
| CRADLE CATCH  | L MOTION     | TUMBLING  |
| DISMOUNT      | MASCOT       | UNIFORM   |
| ELEVATOR      | MEGAPHONE    | VARSITY   |
| EXECUTION     | PEEL OFF     | V MOTION  |

**IF YOU ARE GOING TO BE 18 YEARS OLD BEFORE OCTOBER 15, 2017 REGISTER TO VOTE TODAY**

**NUMEROLOGY**

**HOT PICKS**

076	586	633
250	678	241
1000	3131	9232
0641	0001	8514

**BIG MOMMA'S HITS**

952	402
119	188
854	793

**BIG RAY'S PICK 4**

4239	1800
5357	3715
6000	0313

### Colin Kaepernick

From Page 13A

American fans who remain opposed to supporting the NFL in anyway until it gives Kaepernick a fair chance of employment based on his skill set, not his beliefs. Even New York Police Department officers of color held a televised rally this past weekend in support of Kaepernick, and many fans are blacking out their NFL team jerseys by covering them with black T-shirts in viral social media posts.

As with all things, the struggle continues, on the field and off! used his Constitutional right to free speech and took a knee on behalf of black lives. Within his field — where players have been excused for egregious behaviors like violence against women—it is clear team owners are making a statement, and we as consumers, viewers and people of good moral conscience must make a statement as well."—Tamika Mallory,

New York Justice League

During the 2016-2017 NFL season, the then-quarterback for the San Francisco 49ers was widely praised and criticized for his decision to kneel or sit when the national anthem was being played before games. He touched off a movement, inspiring professional and amateur athletes alike to protest police violence against people of color.

Most recently, the Kaepernick movement gained further velocity and credence when the Cleveland Browns held the NFL's largest protest since Kaepernick began kneeling in August 2016. A dozen players on Monday took a knee during the national anthem before Cleveland's home game against the New York Giants on Monday. The move came less than a week after their coach, Hue Jackson, said he didn't want to see his players protesting during the national anthem.

Kaepernick's protest also gathered steam last week when the Smithsonian National Museum of African American History and Culture announced that his 49ers jersey and social justice message will be highlighted in an upcoming exhibit.

Although rumors persisted that Kaepernick was close to being signed by the Baltimore Ravens, this prospect was eventually scuttled amid divisive commentary from NFL retiree Ray Lewis, the owner, and other critics.

Kaepernick's supporters' hopes were given a second look via the Miami Dolphins—then dashed again by generally salty Miami fan backlash to a Fidel Castro t-shirt that Kaepernick wore in the city last season and the team's hiring of a widely maligned quarterback, Jay Cutler, who was pulled out of retirement and ushered onto the field instead of Kap.

A lot has been made of Kaepernick's playing abilities, with some calling him great to mediocre. Point of fact, during last season



MCPHAULPUBLISHING.COM



KICK-OFF IS SATURDAY, APRIL 29TH 9 AM DOZIER RECREATION COMPLEX

2017 DATES:

APRIL 29TH (THE KICK OFF) MAY 20TH  
 JUNE 24TH JULY 29TH  
 AUGUST 26TH SEPT. 30TH  
 OCT. 28TH NOV. 18TH

DUMPSTERS WILL BE AVAILABLE AT THE FOLLOWING LOCATIONS:

WESTWOOD PARK (Stollman E of John Daly)  
 WHEATLEY PARK (Penn & Beech Daly)  
 LEMOYNE PARK (Middlebelt @ Pine)  
 BOOKER DOZIER REC COMPLEX - 2025 Middlebelt



JOIN US AT THE DOZIER AT 9 AM ON

SATURDAY, APRIL 29TH RAIN OR SHINE!!!!

**GET INVOLVED IN YOUR COMMUNITY  
 SPEND TIME WITH YOUR FAMILY**



**Beauty & Barber SHOP TALK**

Question of the Week

The protest this weekend turned violent.

Do you think the attention given to the event would have been the same if the lady didn't loose her life?

**Tips on Shopping at Farmers Markets:**



**Get More Fresh Produce in Your Diet**

Shopping at farmers markets is one way to get delicious and fresh produce you can enjoy at home.

"Getting plenty of fruits and vegetables helps families live healthier lives and reduces the likelihood of chronic disease," said Elaine Auld, CEO of the Society for Public Health Education (SOPHE). "Lack of nutritious foods puts people at high risk for diabetes, cardiovascular disease, and obesity." Not everyone may be familiar with shopping at farmers markets. Auld offered the following tips to help people make the most of bringing the best of the farm to their family.

Know the season. Knowing what you may find at the market, before you go, can help you shop efficiently and cost-effectively. Specific fruits and vegetables available in your community will vary based on the seasons and weather.

Plan your meals but leave room for spontaneous purchases. Plan your meals in advance but, leave some room to improvise or adapt recipes. Farmers markets can expose you to new hybrids of traditional vegetables, such as broccolini, which is a combination of broccoli and kale. Talk to the vendors and ask them how to prepare something that you may have never tried before.

Shop to save. To save money, buy in bulk or late in the day. Vendors may be more willing to make you a deal. Sometimes bulk purchases are discounted. Some vegetables can be frozen for later use. Many farmers markets also accept electronic benefit transfer (EBT) or Supplemental Nutrition Assistance Program (SNAP) purchases. Bring your own bags. Nylon or cloth bags can help ensure your purchase makes it home safely. A backpack can help if you have a long distance to travel.

Get used to handling fresh produce. Always wash all fruits and vegetables before eating. It may take time to learn how to handle freshly harvested produce, but the superior flavors are worth it. Ask how to best store your purchases to maximize freshness and flavor.

To help promote healthy eating, SOPHE partnered in a three-year national project, Partnering4Health. There are Partnering4Health projects in 97 communities across the country assisting people and communities to live healthier.

A third of the projects are supported through the National WIC Association (NWA). The American Heart Association, the American Planning Association and the Directors of

Health Promotion & Education, are also involved.

USDA provides federal grants to states for WIC. These programs provide breastfeeding support, supplemental foods, health care referrals, and nutrition education for low-income pregnant and postpartum women, and to infants and children up to age five who are at nutritional risk. Here are a few examples of WIC programs that are working in their communities to help women and families access nutritious food. The area WIC program in Durango, Colorado, was able to work with community partners to offer a free farmers stand in low-income communities offering fruits and vegetables. They've served 500 people and given away an estimated 3,000 pounds of food.

Getting fresh fruits and vegetables is a challenge in Angelina County in East Texas. Organizers with WIC set up a network to distribute fresh produce to three area food banks serving 16,000 people. In Marion, Virginia, WIC organizers working with the H.A.N.D.S. Healthy Corner Store initiative increased availability of fresh produce and healthy snack options in rural convenience stores. They also worked with farmers market managers to increase awareness of fresh, locally grown produce.

Learn more about #Partnering4Health: www.partnering4health.org and #Gr8withWIC: http://www.greaterwithwic.org About SOPHE: The Society for Public Health Education (SOPHE) is a nonprofit professional organization founded in 1950 to provide global leadership to the profession of health education and health promotion. SOPHE contributes to the health of all people and the elimination of health disparities through advances in health education theory and research; excellence in professional preparation and practice; and advocacy for public policies conducive to health. See www.sophe.org

**ARE YOU HAVING AN EVENT FOR CHILDREN?**

**SEND YOUR INFORMATION TO**

telegram@telegramnews.net

**YES, Start my Subscription TODAY!!**



**6 Months Home Delivery \$20.00**  
**1 Year Home Delivery \$30.00**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Telephone \_\_\_\_\_ Email: \_\_\_\_\_ (optional)  
 Credit Card: \_\_\_\_\_ EXP Date: \_\_\_\_\_ CVC \_\_\_\_\_

**Complete form and mail check or money order to:  
 P.O. Box 29085, River Rouge, MI 48218**



**TELEGRAM**

Informing \* Educating \* Empowering \* Uplifting

Your Information Resource

Available Every Thursday

Follow Us Telegramnews

Subscriptions Available for Home/Mail Delivery

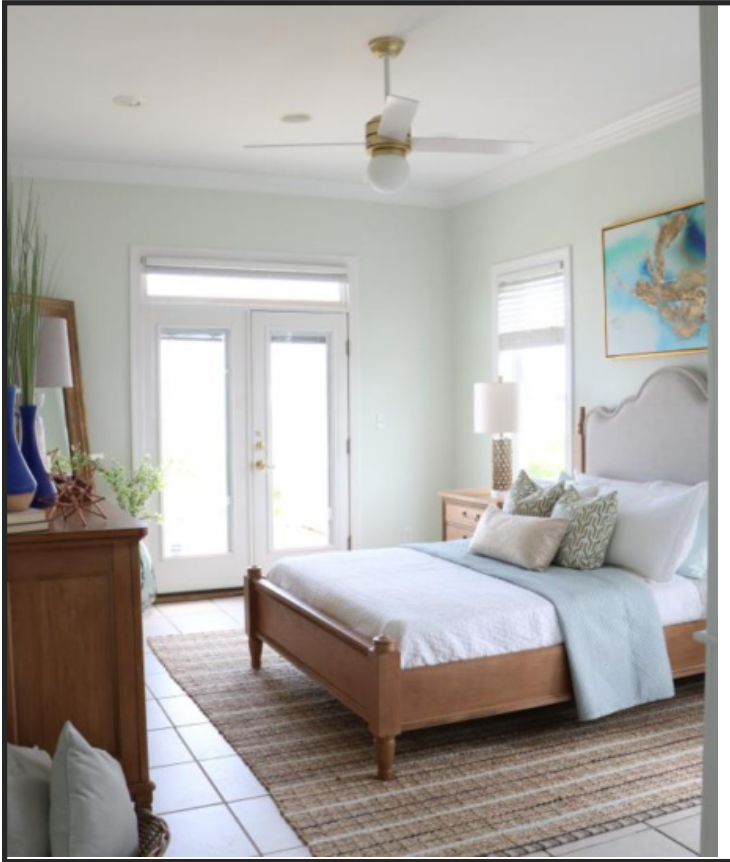
10748 W. Jefferson Ave  
 River Rouge, MI 48218 313-928-2955

Check us out on the web at www.telegramnews.net

PICK UP YOUR TELEGRAM IN ONE OF THE DOWNRIVER LOCATIONS: DEARBORN HEIGHTS, DELRAY, DETROIT, ECORSE, INKSTER, LINCOLN PARK, MELVINBALL, RIVER ROUGE, ROMULUS, TAYLOR, WAYNE, WESTLAND AND WYANDOTTE



### 3 Mini-Makeover Ideas to Refresh a Room



A stylish ceiling fan can serve as the focal point of a room's design inspiration.

(StatePoint) Looking to bring new energy to a space? Hoping to update that outdated décor? These easy tips can help you revitalize any space in your home with minimal time and effort -- utilizing color, accessories, accents and more.

#### A New Color Scheme

Looking at the same wall color day after day can be uninspiring. Consider a new color scheme to change the dynamic of your space. Blue hues are shown to create a calming, tranquil effect, making them the perfect choice for a baby's nursery or spa-like bathroom.

Pastels are also a fun way to stimulate the same soft, calming effect of blue, and their less saturated nature creates a unique twist.

Color is also a great way to explore new looks. Both coastal and farmhouse styles are easy to accomplish through a neutral color palette, giving you plenty of opportunities to incorporate your unique style accents.

#### Find a Focal Point

When choosing a design aesthetic, many find inspiration from an accessory, like a piece of artwork or textile. However, highly functional objects that feature great design can also serve as your muse. One such example is a ceiling fan. Its elevated, and often central location, can serve as a stylish focal point, while enhancing comfort.

Whether you decide to incorporate a fan that blends into the existing style or opt for a statement piece, the addition can help put a new spin on your room. Consider stylish, yet timeless options, such as the Hepburn from Hunter Fan Company. Its

mid-century, modern flair is complemented by light and airy colors, combined with a brass finish.

#### Accessories and Accents

Revamp a tired space with new and inexpensive accessories. A new duvet cover, vibrant pillows, or a statement floor rug can help to refresh a room without a high price tag. Adding in mixed metal items can add texture to an otherwise boring countertop, while positioning items in groups of threes can create a visually pleasing setup.

Go shopping in your own home. You can also switch things up by using objects from around the house, to make a space new again. Decorating a built-in bookshelf with jars, candles, pottery and those favorite items you just can't find the right place for, can make your room feel new without having to purchase anything at all.

More design tips and inspiration can be found at [hunterfan.com/inspiration](http://hunterfan.com/inspiration).

Updating a room doesn't need to cost a fortune or take months to complete. Mini-makeovers that focus on smaller details can make all the difference.



#### LOZON

*True Value* HARDWARE

FULL SERVICE HARDWARE & BUILDER'S SUPPLY  
Computerized Paint matching \* Screen & Window Repair \* Keys Cut \* Masonry Suppliers \* Blocks \* Bricks \* Steps

Fast Delivery Service

10563 W. Jefferson Ave River Rouge  
Phone: (313) 841-2940 Fax: (313) 841-2670

**BEST CHIMNEY & ROOFING CO.** OUR 50<sup>th</sup> YEAR!

★ CHIMNEYS BUILT - REPAIRED & CLEANED  
★ SCREENS INSTALLED  
★ TUCK POINTING  
★ ROOFING & GUTTERS  
★ RESIDENTIAL  
★ COMMERCIAL  
★ VIOLATIONS CORRECTED

Since 1962

FREE ESTIMATES  
LICENSED • INSURED  
STATE LIC # 40800

WORKERS COMPENSATION & GENERAL LIABILITY TO PROTECT HOME OWNER

734-242-2992

HELP OUR CAR INSURANCE TES GO DOWN.

REDUCE THE NUMBER OF CARS BEING STOLEN IN YOUR CITY



## G AND C VARIABLES

"STRIVING TO BE BETTER"

313-341-6606

- PORCHES
- ROOFING
- CEMENT
- SIDING
- INTERIORS
- MASONRY

## BRAZILL CONSTRUCTION

Residential - Commercial Carpentry-Roofing-Ceramic Tile -Kitchens - Plastering Windows



Marvin Brazill  
(313) 388-1052  
(313) 706-7052 cell

## Paving Enterprise

Residential & Commercial



Asphalt and Cement

No job to small

FREE ESTIMATES

313-492-8945



## BUSEN APPLIANCE



2323 Fort St, Lincoln Park  
313.381.4575

Used Washer & Dryers  
Refrigerators & Electric Ranges

90 Day Warranty - Delivery Available  
Parts & Service for all brands

Start your Home Project TODAY

WORKING TO GET THE JOB DONE  
FOR WE ARE GOD'S HANDIWORK. CREATED IN CHRIST JESUS TO DO GOD'S WORKS. WHICH GOD PREPARED IN ADVANCE FOR US TO DO. EPHESIANS 2:10

**RICO'S HANDY WORK**  
(313) 978-2865

CALL NOW!!  
YARD CLEAN-UP SPECIAL  
LANDSCAPING | HOME IMPROVEMENT | CLEANING

## B & R Exterminating Co.

Thank you for your Support!  
All Pest can be Eliminated  
We appreciate your business  
313-843-3011 Ask for Bill



- Roaches
- Spiders
- Lice
- Bed Bugs
- Crickets
- Moths
- Water Bugs
- Rats
- Ants & Mice

www.BREXTERMINATORS.COM