



Who
should be
drug
tested?
Page 3A



Community
honors
Mrs.
Clementine
Payton
Page 6A

Volume 71 Number 2

www.telegramnews.net

WEEK OF AUGUST 7 - AUGUST 13, 2014



TELEGRAM

CELEBRATING 69 YEARS OF SERVING DETROIT AND THE DOWNRIVER COMMUNITY

Job openings at Wayne County Jails



DETROIT - The Wayne County Sheriff's Office will offer a pre-hire Physical Abilities Test from 9 a.m. to noon, Saturday, Aug. 16, 2014 for men and women interested in working as officers in the County jails. The test, which is normally \$50, will be free that day and takes

place at Cass Tech High School, 2501 Second Avenue in Detroit.

Those who pass the physical test will have the option that day of taking required written tests and submitting a job application to expedite the

County Jails - Page 2A

Mayor Michael D. Bowdler calls city to Shore Up Infrastructure Investments, create jobs



Mayor Michael Bowdler surrounded by community members as he signs resolution

DETROIT – Mayor Michael D. Bowdler today signed a resolution supporting city-wide efforts to repair crumbling infrastructure systems in River Rouge and surrounding communities. These systems include water, transit,

energy, roads and bridges, and natural gas distribution systems.

The American Society of Civil Engineers (ASCE) publishes a Report Card for America's Infrastructure every four

years, and on the latest report card in 2009, Michigan earned a "D" average <<http://www.infrastructurereportcard.org/michigan/michigan-overview/>> for

Detroit Water - 3A

Election Results



GOVERNOR
Rick Snyder - 48,780
Mark Schauer - 139,573

DIST
John Conyers, Jr. - 41,356
Jeff Gorman - 6,060

UNITED STATES SENATOR
Terri Lynn Land - 46,298
Gary Peters - 137,599

STATE SENATOR 1ST DIST
Barry Berk - 4,542
Coleman Young - 18,510

COUNTY EXECUTIVE
John Dalton - 15,498
Warren C. Evans - 68,471

STATE SENATOR 2ND DIST
Mark Ashley Price - 4,219
Bert Johnson - 10,407

REP in CONGRESS 12th DIST. Wayne pets only
Debbie Dingell - 26,261
Terry Bowman - 14,226

STATE SENATOR 3RD DIST
Morris Hood - 15,723
Matthew Keller - 2,865

REP in CONGRESS 13th

STATE SENATOR 4TH DIST

Election Results - Page 2A

TELEGRAM NEWSPAPER

CELEBRATES IT'S

70th Anniversary

SAVE
the
DATE

Black Tie Gala

Keynote Speaker



Dr. Ethel Burns
Owner of
Sumpter Family Dentistry

Sunday, August 31, 2014 at 6pm
Silver Shores Waterfront—Wyandotte
Faith, Family, & Future

Tickets are \$50 and are now available at the Telegram Office
10748 W. Jefferson Ave, River Rouge, MI or Neptix.com

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WORDS FROM PUBLISHER

Telegram honors Community Advocates during 70th Anniversary Celebration

Theola Jones, Ethel Stevenson. Roger Kadau, and Tyrone Carter

By: Gina Steward - Telegram Newspaper Publisher



RIVER ROUGE - What's a community without those people that continue to go the extra mile for their city. The Telegram calls those people Community Advocates. During the Telegram Newspaper 70th Anniversary Black Tie Gala, they will also honor five community advocates. These Community Advocates are from the communities that the Telegram serves. The honorees are Theola Jones, Ethel Stevenson. Roger Kadau, and Tyrone Carter.

The event will be held at the Silver Shores Waterfront of Wyandotte. The VIP Reception begins at 6:00 and the Program begins at 7:00pm. This will be an unprecedented historic event in the Downriver community where we will pay tribute to others.

The Telegram Newspaper was founded in 1944 by J. C. Wall in the City of Ecorse. It was created to serve as a media outlet focusing on the positive contributions to the community made by citizens of color. Since that time, the Telegram has captured many memories and prolific local stories that has touched the lives of many people.

The Black Tie Gala is not only about the Telegram, it is about the community too. The Telegram will also honor past contributors and supporters that were essential to this legacy. The proceeds from the event will help sponsor youth programs at our partner- The PEN Enrichment Center, Scholarships for students through the Wilson Educational Alliance and help fund our Write-Steps Internship Program for future journalism students.

During this event, the Telegram will be honored for its outstanding coverage of the greater Downriver area by local and state government officials as well as the business, education and religious communities. Many prominent Downriver natives will be recognized, honored, and are scheduled to speak.

Dr. Ethel Burns – a native of River Rouge and Sumpter Michigan's first African American Dentist will be the keynote speaker. Performing for the evening will be Phase5 – R & B Soul Group and winner of the Detroit Black Music Award in 2011. The theme is Faith, Family & Future; It's not how you start, its how you finish.

This is shaping up to be a historical evening for the Downriver Community and a sellout crowd is expected. Tickets for the Gala for a donation of \$50 and can be purchased online or at the Telegram office at 10748 W. Jefferson Ave in River Rouge. Advertising and sponsorship opportunities are still available. For more information call 313-928-2955 or send an email to telegram@telegramnews.net.

County Jails

from page 1A

hiring process. The Sheriff's Office has more than 75 vacant officer positions in the jails.

New hires are paid a salary of \$28,284, a \$1,200 annual retention bonus, healthcare and other benefits.

Individuals who have met all of the necessary conditions may be eligible for Michigan Commission on Law Enforcement Standards (MCOLES) certification/licensure after hire.

Included on the test, which must be completed within five minutes, 35 seconds: <http://www.youtube.com/watch?v=E-WWOH7mwk>

- Carrying a 40-pound weight a distance of 100 feet
- Climbing up and down a four-step staircase 15 times
- Running about 330 feet around six cones
- Dragging a 165-pound dummy 45 feet

Test applicants must be at least 18 years of age and bring a driver's license. A signed note from their doctor approving participation must also be presented at testing (health screening form available at www.sheriffconnect.com).

In addition to successful completion of the physical test, applicants for officer positions in the Wayne County Jails must have a high school diploma or OED and be qualified to obtain a concealed pistol license. Those with felony convictions will not be considered.

For more information about the job openings, see www.sheriffconnect.com or <http://waynecount1ty.com/phr/jobpostings.htm> or call 313-224-5901.

New interim chief named in Inkster

By Christopher Young - Staff Writer

Vicki Yost has accepted the position of Inkster's interim chief of police. She was introduced at the Aug. 4 city council meeting.

Yost comes to Inkster from the Detroit Police Department, where she most recently served as deputy chief.

The Telegram will have an interview with Ms. Yost in the coming weeks.

Election Results

from page 1A

Virgi I Smith - 11,596
Keith franklin - 2,759

STATE SENATOR 5TH DIST
David Knezek - 7,247
Jennifer Rynicki - 12,975

STATE SENATOR 6TH DIST
Hoon Yung Hopgood - 14,851
Darrell McNeill - 6,518

STATE SENATOR 7TH DIST
Dian Slavens - 16,835
Patrick Colbeck 14,494

STATE REPRESENTATIVE 1ST DIST
Brian Banks - 3,139
John Hauler - 2,34B

STATE REPRESENTATIVE 5TH DIST
Dorothy Patterson - 103
Fred Durhal - 2,356

STATE REPRESENTATIVE 6TH DIST
Stephanie Chang – 4,232
Tairia Bridges - 221

STATE REPRESENTATIVE 7TH DIST
LaTanya Garrett - 3,202
David Bradley - 53

STATE REPRESENTATIVE 8TH DIST
Sherry Gay-Dagnogo - 4,319
Christopher Ewald - 157

STATE REPRESENTATIVE 9TH DIST
Harvey Santana 4,951
James Stephens - 233

STATE REPRESENTATIVE 10TH DIST
Matthew X. Hauser - 1,113
Lesl ie Love - 3,005

STATE REPRESENTATIVE 11TH DIST
Julie Plawecki – 1,869
Jim Rhoades - 1,388

STATE REPRESENTATIVE 12TH DIST
Erika Geiss - 4.807
Kelly Thompson - 1,759

STATE REPRESENTAT IVE 13TH DIST
Frank Liberati - 3,517
Harry Sawicki - 2,457

STATE REPRESENTATIVE 14TH DIST
Paul Clemente 4,896
Nathan Inks - 1,883

COUNTY COMMISSIONER 3RD DIST
Martha G. Scott – 3,720

COUNTY COMMISSIONER 4TH DIST
Ilona Varga - 3.698

COUNTY COMMISSIONER 12TH DIST
Richard LeBlanc - 7,240

COUNTY COHMISSIONER 13TH DIST
Gary Woronchak - 7,228

COUNTY COMMISSIONER 14TH DIST
Raymond E. Basham - 5.703

COUNTY COMMISSIONER 15TH DIST
Joseph Palamara - 7,878

1ST COURT JUDGE 23RD DIST NON-INC
Joseph D. Slaven - 1,563

DIST COURT JUDGE 25TH DIST NON-INC
Gre9 Clifton - 1,907

DIST COURT JUDGE 28TH DIST INC
James A. Kandrevas - 1,661

D1ST COURT JUDGE 32A DIST NON • INC
Daniel S. Palmer - 567

DIST COURT JUDGE 34TH DIST INC
Lisa Martin 2,795

STATE 14•1 PROPOSAL
YES - 139,237

DETROIT PUBLIC LI8RARY MILL RENEWAL
YES - 52,877

LINCOLN PARK HEADLEE OVERRIDE MILL
NO - 1.658

LINCOLN PARK SCHOOL DIST SINKING FUND
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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.

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The Lynching of Eric Garner

By Walter Fields - NNPA Columnist



It was one of the most difficult scenes in Spike Lee's classic movie "Do the Right Thing," the brutal strangulation of peace-loving Radio Raheem by New York City police in a Brooklyn pizza shop. That scene touched a raw nerve as it recalled the 1983 death of 25-year-old graffiti artist Michael Stewart, another choke-hold victim of the New York City Police Department. Now, we find ourselves enraged over the police killing of Eric Garner in Staten Island, which was captured on cell phone video as a police officer puts him in a choke hold, with the man pleading that he can't breathe. Garner was taken away unconscious and later pronounced dead. Another day in America.

Let me be clear – Eric Garner was lynched. He was brutally assaulted and choked to death by a police officer who, supposedly trained, abused his authority with deadly precision. It is not enough to state that the officer used deadly force because when it comes to Black males and police, there is a violent regularity that has persisted for decades. The manner in which Black men and boys are set upon by law enforcement is consistent with their marginalization in society and the degree to which they are a criminalized class. There is no benefit of the doubt, no reasonableness, no dialogue – just force and upon the slightest protest on our part, violence and probable injury or death.

We need to be clear and unambiguous about Eric Garner's death in the larger context of the suppression of Black males. What is experienced by Black males on a daily basis is seldom the experience of White males, and cannot be fathomed by Whites in general. White mothers do not have to counsel their sons on their behavior should they encounter police or worry when their sons step out their door whether they will be a victim of police violence. Even in the most extreme situations when White males are the perpetrators of violent crime, police are in apprehend mode and not in pursuit with deadly intent.

Eric Garner was lynched.

He is the most recent case in a gigabyte file of such cases. I have yet to see the movie "Fruitvale Station" because I know how difficult it will be to

see the reenactment of the killing of Oscar Grant. It cuts too close to home because I remember the killing of 15-year-old Phillip Pannell by a White Teaneck N.J. police office in 1990. The boy was shot in the back with his arms raised in surrender mode. The White police officer, Gary Spath, was acquitted by an all-White Bergen County jury. The acquittal came amidst a massive police march through the community in support of the officer. That's the other piece of this ongoing horror show; the closing of the ranks of the blue fraternity and the perpetual denial on the part of law enforcement that these episodes are not the end result of racist intent.

Eric Garner was a victim of racism.

The New York City Police Department is not alone in perpetuating crimes against Black males or operating in a way to violate the civil liberties of Black people. The NYPD just happens to be the largest police force in the country and has perfected the art of police abuse. Last week, the federal government announced the monitoring of the Newark, N.J. police force, which for years residents lodged complaints against. Now, it has come to light that officers in New Jersey's largest city are even suspected of stealing personal property from residents they detain. In Chicago, the former city police commander, Jon Burge, presided over a department that regularly brutalized citizens and he himself was alleged to have engaged in violence. He was convicted in 2010 for lying about the torture of police suspects.

NYPD Chief Bill Bratton's order that all officers undergo training on the proper techniques to apprehend suspects is too little in light of the brutality of Garner's death. For starters, every officer on the scene should be dismissed. If officers sworn to uphold the law can witness a citizen being choked to death and not intervene, they are not capable of fulfilling their legal duty to protect and serve. The video clip clearly shows a man who was not confrontational, who was attempting to defuse the situation and was trying to communicate with the officers. He is taken down by the officers and then thrown to the ground as an officer puts him in a deadly choke hold. Garner can be heard on the video pleading "I can't breathe," but his physical condition was of little concern to the officers who were intent on demonstrating that they were the dominant force.

Eric Garner was lynched.

Walter Fields is executive editor of NorthStarNews.com

Is drug testing welfare recipients the answer?

By Lamaria Reed - Telegram-Intern



"How degrading is it to have to piss in a cup to receive benefits from the state? One bad apple spoils the bunch. Even though I am on assistance unlike the other people I diligently look for a job, however nothing has come my way. I think that this is the worst thing that could ever happen to the welfare program." (Scott)

The discussion to drug test individuals receiving government assistance, has been debated among several states. Although Michigan is not one of the 11 states whose decided to implement the plan. I do see it com-

ing to pass in the near future.

The debate to drug test or not has been broken up into three arguments, will specific races be drug tested more than others, is it cost effective to spend money drug testing these people. If drugs are found in someone's system and they have a family do we penalize the entire family for their mistake.

"I'm continually frustrated by the priorities of this legislature, in particular the ongoing attacks on low-income families," Said Gregory Hines. "Michigan gives business nearly 40 billion in tax handouts, yet those companies are not required to be drug tested, let alone to create the jobs they promised."

I believe that the drug testing law should be implemented to people who receive cash from the government. If you are allotted a certain amount of money per month I need to be assured

that it is going towards bettering yourself and your family. Not towards aiding a habit.

Hyman Minsky, a financial economist proposes that instead of drug testing welfare recipients but them to work on in state related projects. According to michigancapital-confidential.com individuals on welfare receive a pay rate of \$12.71 which is higher than minimum wage. Instead of just handing over a check allow these people to clean up the roads, and assist in projects. It would put a lot of tax payers mind at ease knowing that their money is benefitting someone in a positive light.

"Most people who are on welfare do smoke weed it's not a secret, I feel that since I have to take a drug test to make the money that you're going to just blow through, you should have to be drug tested to receive it." (Davidson)"People on welfare are just lazy, looking for ways to scam and cheat the system, obviously they are not doing anything to better themselves, so the least they can do is supply us with a drug test so what" (Westley)

Supporters say the legislation would ensure that those receiving public assistance are not spending taxpayer money on illegal drugs. Critics say that the program would further stigmatize welfare recipients, whose rate of drug use is similar to that of the general population

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River Rouge, MI 48218 or
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I Like What I See

By: Janine Folks - Telegram Religion Columnist



"...I like what I see when I'm looking at me when I'm walking pass the mirror..." (Mary J. Blige sings) 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 cleansed 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 umkept, wear her house coat 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 not? He mad eyou in His image. Recognize Him in you. God bless.

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Sunday, August 10, 2014

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BISHOP GREG DAVIS

@11:00 AM

BISHOP WILLIAM H. MURPHY III

@ 7:00 PM

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Sunday, August 10, 2014

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Rev. Arthur C. Willis, Sr. Pastor

Growing Forward

SERVICES

Sunday School - 9:30am

Sunday Morning Service - 11:00am

Wednesday Prayer 6:00pm Bible Study - 6:30pm

Let's worship together down here so

we can live together up there

BIBLE VERSE

Ephesians 6:1-4 ESV

Children, obey your parents in the Lord, for this is right. "Honor your father and mother" (this is the first commandment with a promise), "that it may go well with you and that you may live long in the land." Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.

Should your church be listed in the Church Directory?

Call the office at 313-928-2955 or email telegram@telegram-news.net

PUSH

Pray Until Something Happens

Love Joy Missionary Baptist Church

332 Polk street

River Rouge, MI 48218

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@yahoo.com

ALL ARE WELCOME

Gethsemane Missionary Baptist Church

"Where The Will of God Will Be Done" {Mark 14:36}

Rev. Dr. John E. Duckworth, Pastor

29066 Eton Street Westland 48186

Office: 734.721.2557 Fax: 734.721.1383

Sunday Morning Worship Services 8am & 10am

Wednesday Night Bible Study 6:30pm

Email: gethsemane02.org

Face to Face International Outreach Ministries

Sunday Morning Service 10am - 12 noon

313-477-6710

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Bishop Walter L. Starghill Sr. -Pastor

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

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St. Marks Missionary Baptist Church

3860 Inkster Rd, Inkster * 313-792-9789

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;

Mt. Zion Missionary Baptist Church

3936 12th Street Ecorse, MI 48229

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WORSHIP SERVICES

Sundays:

Early Morning Worship7:30 a.m.

Church School at Study9:30 a.m.

Mid-Morning Worship10:50 a.m.

First Sunday: Baptism & Communion Service.....10:30 a.m.

Mid-Week:

Tuesdays- Bible Class9:00a.m. & 6:00p.m.

Wednesday - Worship Service 7:00 p.m.

CORPORATE PRAYER

Sun 6am Mon-Tues 5pm Wed 6pm

"Thy word is a lamp unto my feet, and a light into my path."

- Psalms 119:105

ALL ARE WELCOME

DEATH NOTICES



BRENDA JOYCE POELLNITZ
Jul 20, 1951 - Jul 13, 2014

She loved Sunday School, Bible Study and was committed to the daily corporate noon day prayer. You would hear her proudly announce herself "Sister Brenda Poellnitz, Inkster, MI.

She leaves to celebrate her homegoing: one daughter, Nichelle K. Poellnitz and her fiancé John Allen; two sisters; four brothers; two grandsons: Joshua Alexander and Jeremiah Richard, and a host of nieces, nephews, aunts, uncles, cousins, friends and a loving church family.

Final arrangements entrusted to Chapel of the Chimes (chapelchime.com)



LINDA MARIE LOVE
Aug 13, 1963 - Jul 18, 2014

She confessed her love for Christ at an early age and was baptized at First Missionary Baptist Church of Belleville, Michigan with Pastor Frank Riddenberry.

Linda leaves to rejoice in her memory, four daughters, an one son: Ashley Love, Kendra Logan, Leah Logan, Dominique Logan, and Clarence Massey; Mother, Estelle Williams, two sisters, Deborah, and Jacqueline, and two brothers, Quantis, and Carl, also two brother who proceded her in death, Bernard L. Williams, and Floyd Armstrong, and three grandchildren, Aston, Laylah, and Tommie.

Final arrangements entrusted to Chapel of the Chimes (chapelchime.com)



HENRY DAVIS
Feb 2, 1957 - Jul 23, 2014

Henry was laid back and had a unique sense of humor. He enjoyed fishing and karaoke.

He leaves to cherish his memories, a loving and devoted wife Patricia

Davis, daughter Barbara Davis, son William Davis (Beverly), two granddaughters Alexis Banks and Khloe Kersey, he was also a father figure to Susan Wagner and her two kids, his mother Irene Davis, four brothers Elliot Davis (Vanessa), Timothy Davis (Patrice), Vincent Davis (Shiree), Frederick Davis; four sisters Gracie Hicks, Rhonda Davis, Michelle Ford, and Frieda Davis. He was preceded in death by his father and brother James Davis (Nadine) and a host of aunts, uncles, nieces, nephews, and friends.

Final arrangements entrusted to Chapel of the Chimes (chapelchime.com)

Call to have you loved ones obit placed in the Telegram Newspaper
313-928-2955

Have your Senior Star announced in the Telegram
We are looking for people 80 years old and older.

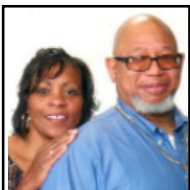
St. James United Methodist Church
30055 Annapolis Rd. Westland



Sunday School 9:30 am
Worship Service 10:30 am
Bible Study Wednesday 6:30 – 8:30 pm
Rev. Willie F. Smith – Pastor
734-729-1737
stjamesumewestland@att.net
stjamesumcwstland.org

United Church of Faith

6064 Fourth St
Romulus



Sunday Worship 11:30am
Bible Classes Tues & Wed-6:00 PM
Rev Mark R. Zockheem, Pastor
(734) 765-5335
Welcome Home!

Church Announcements

VACATION BIBLE SCHOOL

August 11 – August 15
6pm – 8pm

“AGENCY D3”
DISCOVER DECIDE
DEFEND I Peter 3:15

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RALLY – Aug 9, 2014 – 4pm
Pastors:
Rev. Darryl Bynum,
Rev Thirl Hudson

Community A.M.E.
Church & Samaritan
Way of MI Sponsors

The Single Parent Connection

Location:
Community A.M.W.
When:
Starting August 9, 2014

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Saturdays

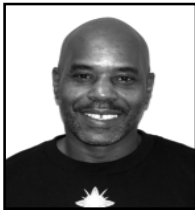
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Reunion committee celebration



Mrs. Clementine Payton

“A time to fellowship – rekindle – Strengthen friendships’ An appropriate theme for the fourth annual Reunion Committee Luncheon held recently at Wayne Tree Manor Banquet Hall in Wayne Michigan. A grand occasion for friendships that have endured the passage of time; This was an event for some attendees over eighty years.

This year, the committee honored Mrs. Clementine Payton, as the special Honored Guest. Mrs. Payton, a well-known, beloved benefactor, humanitarian and friend, was presented the “Heart of Gold” Award. She was selected for

the honor in recognition of her life-long dedication and service to the community, friends, children and church. Her life has been one of love, service, loyalty and sharing of her “time, treasures and talents’ on behalf of others.

Mrs. Payton, An Inkster school District retiree, worked as the Executive Secretary to several Inkster School superintendents of the district for many years. Her volunteer activities include Girl Scout Leader; Executive Board member of the YWCA and Alpha Kappa Alpha Sorority Detroit Chapter. For over sixty years, she was a faithful, loyal member of Smith Chapel A.M.E. Church.

For over twenty years, she served as the Sunday School Superintendent. Other groups include the Board of Stewards, Laymen’s Organization, Senior Citizen’s Circle and he first long serving president of the Undershepards. She is an exemplary Christian role model for everyone. The ‘special’ recognition for a very ‘special’ lady was an expression of love and esteem, felt by

many people who know her and love her.

The committee succeeded in surprising three other guests. The Rev. Everton Montague, a retired pastor was presented the “Meritorious Award” for Valiant Christian Service. The plaque was given in recognition of his dedicated service in the work of the Lord. Although he is retired he continues to visit the sick in their homes, hospitals and nursing facilities. He remains faithful to responding to a need for spiritual guidance and counseling.

Ms. Jodi Dickason, Mr. Lonnie Turner and Rev. Daniel J. Reid, Esq., close friends of Mrs. Payton were presented with beautiful “THANK YOU” plaques, for their devotion, dedication and help on behalf of Mrs. Payton.

The gathering was an enjoyable, well attended event. Committee members: Co-Chairpersons: Byron Mingo and Helen Allen; Eugene Walters-Music; Sarah & Jerome Doughton; Martha Johnson and Theola Jones.

Rouge

from page 1A



infrastructure systems across the state.

“Most of us do not even notice infrastructure until it stops working, but over the long-term the economic costs to communities like River Rouge add up,” said Mayor Bowdler. “It’s time to change our mindset about our infrastructure. Without action, these systems will continue to get worse.”

The Repair America resolution is an effort to recognize that these investments would impact job creation, and better protect communities from the impacts of climate change.

“From stronger storms to flooding to other dangers, we know that as our climate changes we’re dealing with more extreme weather and disaster costs,” said Rhonda Anderson, Senior Organizing Representative, Sierra Club. “Repairing our infrastructure will protect workers, the environment and communities and produce good jobs, while making our economy and the environment prosper.”

Inefficient infrastructure creates more waste and carbon pollution driving climate change. For example, there are an estimated 240,000 water main breaks a year. Replacing that leaked water requires energy to pump even more water, resulting in not just water waste, but energy waste as well. A Chicago State University study<<http://www.csu.edu/cerc/researchreports/documents/CarbonFootprintofWater-RiverNetwork-2009.pdf>> showed that by reducing the amount of water leaked annually in the U.S. by only 5 percent would result in saving enough energy to power 31,000 homes for a year and cut 225,000 metric tons of carbon dioxide emissions.

“In signing this resolution today, Mayor Bowdler is set-

ting an example of how local leaders can initiate a larger conversation about the importance of infrastructure so that the issue takes a higher priority,” said Sue Browne, Regional Program Manager for the BlueGreen Alliance. “Investing now will put people to work rebuilding pipes, roads, bridges, transit, and energy transmission systems. And, it will make our infrastructure systems more efficient, reducing energy and water waste, as well as carbon pollution that drives climate change.”

“With the introduction of today’s resolution, River Rouge joins many other communities across the country calling for investments to fix the basic systems people rely on every day that will create family-sustaining jobs, help address climate change, and ensure our communities are safer and healthier,” added Browne.

The BlueGreen Alliance is a national partnership of labor unions and environmental organizations dedicated to expanding the number and quality of jobs in the clean economy. Launched in 2006, the strategic partnership now brings together major U.S. labor unions and America’s most influential environmental organizations and unites nearly 16 million members and supporters in pursuit of good jobs, a clean environment and clean economy. Visit www.bluegreenalliance.org<<http://www.bluegreenalliance.org>>.

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Inkster youth helping to grow talent

By Christian Young - Contributing Writer



LaRonda Pearson, JaQuail Menzer-Landfair, Steven Williams, and Jerlisa Powell-Tate hold their certificates at Inkster City Hall at the Inkster city council meeting on Aug. 4.

Several Inkster youth were able to have jobs and serve the community—and serve as mentors to other area youth—through Inkster’s Youth Workers program and the Grow Detroit’s Young Talent program. And those youth were recognized and honored at the Aug. 4 city council meeting. The young men and women interviewed said that they got to do some great things over the summer, and they wouldn’t trade it for anything. “To me the program is all for the children to make sure that they’re on the right path, to show them the right way and make sure that they have positive influence and positive role models,” said JaQuail Menzer-Landfair, who was one of the young persons that were honored. “God has blessed me to put money in my pocket doing what I loved.” Some of his co-workers certainly agree. Laronda Pearson said that it was all “about working with kids

and mentoring them really about making sure that kids are being led in the right direction.” Jerlisa Powell-Tate added “I believe it’s to keep the kids out of trouble. It’s great.” Steven Williams concurred, saying that “the program is to keep kids out of trouble and give them things to do.” Williams said that his aunt “worked for the city of Inkster, and she asked if I wanted a job. I took advantage of the opportunity.” While it was great that they all got jobs, money was not the main thing that motivated them. In fact, Landfair, Pearson, and Tate all started in the Inkster program when they were very young and volunteering. “Calvin Hayes is one of our mentors and the person who got us in touch with the program,” Tate said. “He got us in touch with Ms. Ruth (Williams) and she got in touch with Grow Detroit’s Young Talent. That set us all up for the program and for us to have jobs.”

Some of the activities that the workers engage in with the youth are activities such as many sports, including basketball, football, dodgeball, volleyball, soccer, and board games. “We want to broaden their horizons a bit,” Landfair said. “I just would like the kids to understand that can be your friend, but I can be a father or big brother figure at the same time.” They also take field trips during the summer. In fact, they have a field trip to Red Oaks Waterpark in Madison Heights scheduled for today. A Detroit Tigers game is also on the horizon. That desire and need to be a positive influence is excellent—especially considering that they themselves are still young. Landfair, who will be a senior at Lincoln Park High School this fall, said that he plans to continue being a part of the program. “We try to do as much for the kids as possible,” he said. Pearson, a 2013 graduate of Inkster High School and a current student at Talladega (Ala.) College said that she came back to support the program. “I just wanted to come back and support, and give my time,” she said. Williams is a 2011 graduate of Melvindale Academy of Business and Technology. Tate, who will be a junior at Robichaud High School this fall, said that the Tigers game is always a favorite of the kids. “We always try to do it after the summer program is over, but always before school starts,” she said. There are even bigger and better things on the horizons. Hayes and a few other people purchased the former Cherry Hill School of Performing Arts with some interesting things in mind. “We plan on taking the program into the Cherry Hill High School and making it year round,” Landfair said. “It can be a community center. Like the (Booker Dozier Recreation) Complex, but a lot bigger and better.” Tate and Williams add that there will be a family night at that location every Wednesday night from 6-9 p.m.

Farm

Find and circle all of the words that are hidden in the grid. The remaining letters spell a common farm animal.

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

BALER
BARN
BUTTER
CAT
CHEESE
CORN
COW
CREAM
DAIRY
DOG
FARMER
FENCE
FERTILIZER
GOATS
GRAIN
HARROW
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HAY
HEN

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Roll Along the River Bike Ride coming to Jefferson Ave



The Downriver Delta Community Development Corporation (DD-CDC) is hosting their 1st Annual "Roll Along the River" Bike Ride. They hope to increase awareness of non-motorized transportation opportunities in the Downriver area.

The event will take place on Saturday, September 6, 2014. The 1.5 Mile Ride will begin at 10:00 a.m. in the City of Ecorse at John Dingell Park, and participants will travel up Jefferson to Memorial Park in River Rouge to watch the Rouge Days parade.

The Downriver Delta CDC is encouraging Downriver residents and others to come out and ride with them! Registration forms can be found at the public libraries and city halls in Ecorse, Lincoln Park and River Rouge.

The Downriver Delta Community Development Coalition consists of members representing the municipalities of Ecorse, River Rouge, Lincoln Park, the Detroit 48217 neighborhood and other interested individuals. They are committed to fostering regional collaboration and promoting healthy and sustainable development within and across our partner communities.

In particular, they focus on the realization of a "blue-green vision" for the Downriver Delta communities, building on the significant assets in terms of access to water, the rich history, unique businesses, and the key position as a point of a connection between Detroit and the greater Downriver area.

They see the development of non-motorized transportation options as key to both the social and economic welfare of the region. Their goal is to develop better on- and off-road bicycle facilities in the Jefferson Avenue, Fort Street, Outer Drive and Southfield Road corridors, in the spirit of

Complete Streets. Most businesses, offices, restaurants and businesses are located on these major roadways. Sponsorship opportunities

are still available. For more information contact us at 313-949-3133 and join in "The Roll Along The River".

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Five things your family should know about Diabetes

National Kidney Foundation of Michigan Provides Tips for Involving Family in Diabetes Care



ANN ARBOR—Diabetes is a hard disease to handle alone. Talking with your family about your diabetes and some of the struggles you face can help you deal with stress, emotions, and other challenges in your life. The National Kidney Foundation of Michigan (NKFM) is offering some tips for individuals with diabetes about how to talk to family about diabetes care so that family members can provide support.

When not managed properly, diabetes can lead to kidney disease, heart attack, stroke, and other health complications. In fact, diabetes causes

over 40% of all kidney failure cases. Many people avoid the long-term problems of diabetes by taking good care of their health. However, it is common to feel overwhelmed, sad, or angry when managing diabetes. That's why support from your loved ones can be so helpful.

Your friends and family may not be aware of things they can do to best support you. Here are some ideas to share with your loved ones so they can help you reach your goals in managing your diabetes.

1. Encourage your family to learn more about diabetes.

Make sure they know the damage that diabetes can cause to your heart, blood vessels, eyes, kidneys, and nerves can be prevented or delayed with proper management and a healthy lifestyle.

2. Healthy lifestyle changes are necessary when managing diabetes. To live well, you need to be physically active, make healthy food choices, and keep your blood glucose (sugar), cholesterol, and blood pressure under control. Sometimes these changes are easier when your family and friends are involved. Plan group activities and meals to encourage families to be involved in your diabetes care.

3. Your loved ones can help you make a plan and reach your goals. Work with your loved ones to make a plan to help you reach your goals and manage your diabetes. Think about what you're able to do, and decide what your goals are.

4. Routine care is important to disease management. See your health care team for an A1C test at least twice a year, and inform your family of

Diabetes page 14A

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COMMUNITY EVENTS

RIVER ROUGE

River Rouge Parade Committee.

We need your participation in this year's Parade

Sat, September 6, 2014
12 noon.

Theme:
"A Salute To Our Veterans"

We want this Parade to be the best yet, so we would like to invite you to participate in the Parade. The City, Parade Committee and of course all the residents of River Rouge would enjoy your participation in making this a memorable event.

We will line up at W. Jefferson and Marion Avenue at 11 am, the Parade will step off at 12 noon. The route will travel down Jefferson to E. Great Lakes Avenue which is approximately 1.5 miles. Afterwards, a light snack, water or orange drink will be provided at the Dan Riney Hall.

If you would like to participate we are asking for a head count from your group. You can call Mayor Bowdler's Office with your count which makes sure the Parade is orderly and steps off promptly. (313) 842-4200 or for any questions you may have.

Thank you for any assistance in this matter.

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Olive Roberts, Treasurer
Mayor Michael D. Bowdler
Mitch Doig, Special Projects' Coordinator

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Senior Brigade Series

Monday August 21 at 6 pm is the return of our Senior Brigade Series. This months topic is Residential Care Choices. The Senior Brigade

is brought to us by the Michigan Attorney General's Office.

Friends Support Group

We are starting a friends group. Friends help support libraries by raising funds and supporting the library's mission. The Friends of the Library will meet Wednesday August 20, 2014 at 2 pm at the library.

Book Sale

The library is also having a book sale. The book sale will be Thursday September 4 from 4-8 pm and Saturday September 6 from 10 am to 4 pm. Proceeds from the book sale will go into the library's building fund. Please bring your donations to the library and sign up to help sort books or work during the sale!

Documents are attached for further information.

HOROSCOPES

AUGUST 7 - AUGUST 13, 2014

ARIES

Don't let worry put a strain on your relationships. Concentration is key, but be as light hearted as possible. Open up to romantic feelings. Let love come to you. It may come from inside.

Soul Affirmation: Shining brightly is something that I can do even in shadows.

Lucky Numbers: 11, 40, 46

TAURUS

The time has come to forgive and forget. Take the first step in reconciling a friendship. You thought no one knew, but you may be romantically attracted to an old pal.

Soul Affirmation: Helping others is the true measure of my worth.

Lucky Numbers: 38, 45, 48

GEMINI

When you let go of pain and fear you are a force to be reckoned with. Use your talents for regeneration to create a new reality for yourself, one that is filled with joy and happiness. Turn away from inner thoughts that are anything less than positive.

Soul Affirmation: I enjoy living in my dream.

Lucky Numbers: 11, 42, 44

CANCER

Treat yourself with kindness, and let love be your guiding light. The past few weeks have been rather hard on your personality, but you've come through a troubled time with flying colors.

Soul Affirmation: I am what I consistently do.

Lucky Numbers: 3, 4, 18

LEO

Critical voices should be tuned out this week. You are in the mood for a pleasant week and you shouldn't let anyone keep you from your just rewards. Relax with friends who you can share positive vibes with.

Soul Affirmation: I get because I give.

Lucky Numbers: 12, 23, 45

VIRGO

Unexpected company may arrive, or an invitation may be extended. Use good judgment and set realistic boundaries to protect your valuable personal time. Drive carefully.

Soul Affirmation: I make the first step and the universe will come to my aid.

Lucky Numbers: 34, 41, 47

LIBRA

Your rewards come not only

from what you do, but from who you are! Give yourself a well deserved pat on the back and work some wonders. You are full of positive energy this week; use it to your advantage.

Soul Affirmation: I care deeply about the feelings of others.

Lucky Numbers: 10, 11, 26

SCORPIO

Practical matters may seem like nuisances that are only there to spite your sunny mood this week. The vibration has its place though, and if you apply yourself to practical things, you'll have a lot accomplished by the end of the week. Avoid spinning your wheels on impossible projects or relationships.

Soul Affirmation: Distant love is sometimes sweeter.

Lucky Numbers: 17, 24, 29

SAGITTARIUS

Excellent vibrations accompany you to meetings and appointments or anywhere where your gifts of communication can be used. You'll have managers eating out of your hand if you choose to exercise a little charm.

Soul Affirmation: I call on my creative talents to pay my bills.

Lucky Numbers: 18, 32, 47

CAPRICORN

Charming, simply charming! You have everything going for you this week, so make the most of it. You are capable of handling many projects, and equally capable of asking for help if you need it.

Soul Affirmation: My imagination is the source of my happiness.

Lucky Numbers: 1, 12, 30

AQUARIUS

If you acknowledge your need to be with someone this afternoon, the universe will probably provide. Ask for help if you need it. There are many resources available to you that you could be drawing from. All you have to do is ask.

Soul Affirmation: I accept fate and see good in it.

Lucky Numbers: 7, 26, 28

PISCES

Watching the sunrise will help quell any impatience that may arise within you this week. As you watch the sun kiss the sky, imagine that the universe is embracing you with love.

Soul Affirmation: I judge no one, especially myself this week.

Lucky Numbers: 3, 5, 54

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Judge Deborah A. Thomas



Presentors:
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By Butch Davis - Telegram Newspaper Sports Writer

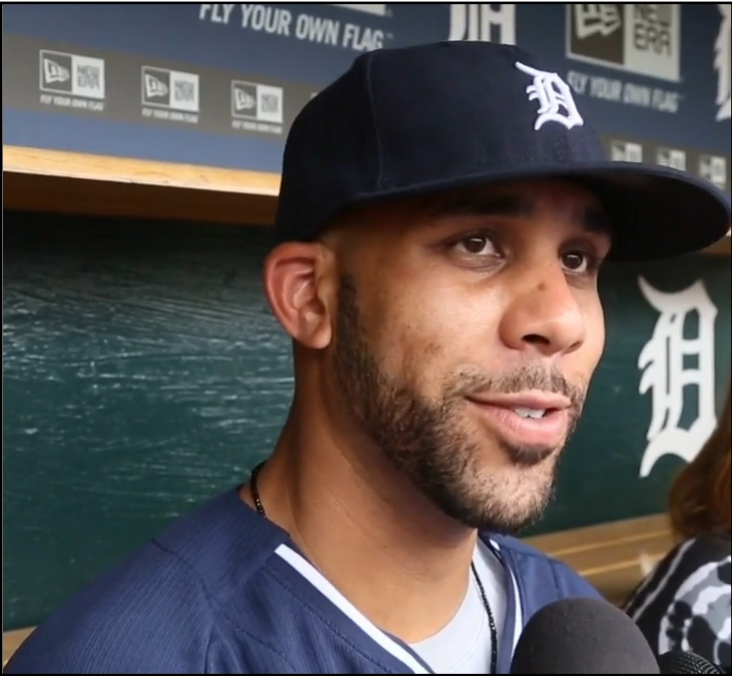


Photo by Butch Davis
New Detroit Tiger, David Price

Last Thursday Major League Baseball had the most action in a day in a very long time. Here is the recap. A's general manager Billy Beane pulled off a blockbuster in the early hours before Thursday's non-waiver Trade Deadline, parting with Cuban slugger Yoenis Cespedes to reel in ace Jon Lester and also bring back Jonny Gomes from the Red Sox. Next, just hours after trading ace Jon Lester, the Red Sox sent No. 2 starter John Lackey to the St. Louis Cardinals on Thursday amid one of the most eventful Trade Deadlines in team history. With the Red Sox taking part in a full-scale roster makeover on Thursday, the Yankees took the opportunity to get in on the action and upgrade their infield, completing their first trade with Boston since 1997. Stephen Drew will suit up in Fenway's visitors' clubhouse when the American League East rivals meet on Friday evening, having been acquired by the Yankees in exchange for infielder Kelly Johnson.

Looking for a right-handed bat to help their offense, the Mariners acquired Padres outfielder Chris Denorfia on Thursday in exchange for two Minor Leaguers about two hours before the non-waiver Trade Deadline. Now with ten minutes left before the four o'clock in the afternoon deadline the home team place the Major League Baseball nation in shock as the Detroit Tigers worked out a three-way agreement with the Tampa Bay Rays and Seattle Mariners that delivers four-time All-Star and 2012 Cy Young Award winner David Price to Detroit. Tiger's center fielder Austin Jackson heads to Seattle and infielder Nick Franklin goes to Tampa Bay. Left-hander Drew Smyly heads from Detroit to Tampa Bay in the deal.

The left-handed ace joined his new team at Comerica Park before Saturday night's game against Colorado. He'll be part of a rotation that includes fellow AL CY Young winners

Max Scherzer and Justin Verlander. Price was 11-8 with a 3.11 ERA and topping the majors with 189 strikeouts when the Tigers got him from Tampa Bay on Thursday in a three-team trade. He made his first start for his new team this past Tuesday night at Yankee Stadium against New York. This past Saturday David Price said as he sat down to talk to Detroit media, "It's very cool. To be able to sit here in the dugout and see what they do in the four days between starts," he said. Price said he was playing golf early Thursday when he got a text from Tigers reliever Joba Chamberlain that he could be headed to Detroit. "I didn't know Detroit was in the running," Price recalled. He said his return text to Chamberlain simply said, "No way." After golf, Price went to Tropicana Field for a workout. Then it was back home to wait by the phone with his girlfriend and his pet, a French bulldog named Astro. Shortly before the 4 p.m. deadline, Price said his agent called and told him a deal would likely be made with Detroit and to be ready. About 15 minutes later, the call came that the deal had been finalized. Price did mention his dog Astro will be in town soon as some friends are taking care of the dog in Tampa Bay.

Tigers have won three straight AL Central titles and hoping to win their first World Series title since 1984. Now do you think the home team have a chance to take it all? We will see in October. By the way, the Non-waiver Trade Deadline has past on July 31, nevertheless, the Waiver Trade Deadline is August 31, 11:59 p.m. ET. Will the Tigers make more moves? Is the Price Right for a Championship?

Red Wings announce promotions and giveaways for upcoming 2014-15 season

By Butch Davis - Telegram Newspaper Sports Writer



The Detroit Red Wings Monday announced the theme nights and promotional schedule for the upcoming 2014-15 season. Returning this season, fans will have an opportunity to collect one-of-a-kind bobbleheads, along with several new giveaways, including holiday ornaments, themed T-shirts and much more.

Here is the Red Wings full promotional and giveaway calendar. Oct. 9 vs. Boston – Opening Night & 2014-15 Magnet Schedule Giveaway (presented by Belle Tire), Oct. 11 vs. Anaheim – Breast Cancer Awareness Night & “It’s More Than Hockey” Wall Calendar Giveaway (presented by FOX Sports Detroit), Oct. 18 vs. Toronto – Red Wings Reusable Tote Giveaway (presented by Allstate Insurance), Oct. 23 vs. Pittsburgh – Hockey Fights Cancer Night & Van Andel Institute Giveaway, Oct. 31 vs. Los Angeles – Halloween T-Shirt Giveaway Nov. 7 vs. New Jersey – Military Appreciation Night & Dog Tags Giveaway, Nov. 14 vs. Chicago – Hall of Fame Night, Nov. 24 vs. Ottawa – Justin Abdelkader Bobblehead Giveaway (presented by AT&T), Nov. 26 vs. Philadelphia – Motor City Mitten Madness & Thanksgiving T-Shirt Giveaway, Nov. 30 vs. Vancouver – Kids Day & Red Wings Soft-Sided Lunchbox Giveaway for kids 12 and under (presented by DMC), Dec. 2 vs. Florida – Toys for Tots & Henrik Zetterberg Ornament Giveaway, Dec. 4 vs. Dallas – Toys for Tots & Pavel Datsyuk Ornament Giveaway, Dec. 10 vs. Toronto – Salvation Army Red Kettle Night, Dec. 12 vs. Florida – Salvation Army Red Kettle Night & Niklas Kronwall Ornament Giveaway, Dec. 16 vs. Columbus – Salvation Army Red Kettle Night & Jonathan Ericsson Bobblehead Giveaway (presented by AT&T), Dec. 19 vs. NY Islanders – Red Kettle Night & Holiday T-Shirt

Giveaway, Dec. 21 vs. Colorado – Kids Day & Zamboni Piggy Bank Giveaway for kids 12 and under (presented by MESP), Dec. 23 vs. Buffalo – Mike Babcock Holiday Ornament Giveaway, Dec. 31 vs. New Jersey – New Year’s Eve Party Jan. 17 vs. Nashville – Canned Food Drive, Jan. 18 vs. Buffalo – Travel Mug Giveaway, Jan. 20 vs. Minnesota – Gustav Nyquist Bobblehead Giveaway (presented by AT&T), Jan. 31 vs. NY Islanders – Kids Day & Draw-String Bag Giveaway for kids 12 and under (presented by DMC), Feb. 14 vs. Winnipeg – Valentine’s Day T-Shirt Giveaway, March 6 vs. Calgary – Bottle Opener Baseball Cap Giveaway, March 9 vs. Edmonton – Danny DeKeyser Bobblehead Giveaway (presented by AT&T), March 22 vs. St. Louis – Kids Day & Mini Stick Giveaway for kids 12 and under (presented by DMC), March 24 vs. Arizona – Spring T-Shirt Giveaway March 26 vs. San Jose – Wings for Wishes Night, March 28 vs. Tampa Bay – Kids Day & Plush Octopus Giveaway for kids 12 and under, March 31 vs. Ottawa – Gordie Howe’s Birthday Bobblehead Giveaway (presented by AT&T), April 2 vs. Boston – Fan Appreciation Night & “April in the D Night” with Mini-Bobblehead Giveaway (presented by FOX Sports Detroit), April 5 vs. Washington – Fan Appreciation Night & Flip Flops Giveaway, April 7 vs. Carolina – Fan Appreciation Night vs. Carolina – Fan Appreciation Night.

Are you having a Community Friendly event?
Keep the community aware of your events and have them listed.
Call 313-928-2955



Special thanks to Tina Laginess and the River Rouge High School Project Achieve Summer program for improving the landscaping in front of the Telegram office. This was one of their many projects this summer.

How to change your image

by Valecia Weeks - Special to the NNPA from the Houston Forward Times



Why do we care about how we look? Since the beginning of time, we as women have concerned ourselves with our appearance and how physically attractive we are. However, in these modern times the normal concern of caring about how we present ourselves has turned into an obsession for far too many women. In today's media, "thin-is-in".

Unfortunately several of us measure our body image on how we stack up against those bodies that have been cut and paste into magazines or against our peers. When we view our body image poorly, that not only decreases general life satisfaction and happiness, but it can also cause severe eating disorders. . Making a targeted effort to improve body image for ourselves and loved ones would be a smart, even life altering, thing to do. But how?

The answer to this question is much deeper than just physically working out to improve your body image. Now, don't

get me wrong, there is nothing wrong with working out to improve your body (especially when weight is compromising your health). Physical changes are great; but, these changes must be accompanied by a mind-shift as well.

Let's take a look at some ideas on how to boost body image, both for the short term and the long term.

Daily Tips To Boost Your Image

Pat your own self on the back. When you are asked to come up with something that you like about yourself, are you more likely to come up with physical attributes? That's all good and dandy but try to think beyond the physical attributes and try to focus on your uniqueness as an individual. For example, you can take pride in what a great mom you are or how you are such a great friend.

Jot Down Your Compliments.

On a rough day, read your

journal of compliments and reminisce on the warm, fuzzy feeling that you felt when you first received that compliment. Exercise. Studies show when individuals begin an exercise plan, they report increases in confidence, self-esteem and a decrease in negative body image even when overweight or obese.

Appreciate Your Body. for the great job it does carrying you through the grinding tasks you do on a daily basis. Massages, scented body lotions, and warm baths will have your body and your mind feeling great.

Stop negative self-talk immediately.

When you catch yourself slipping into negative self-talk (e.g. my thighs are so big, I hate my stomach, my nose is crooked and ugly, etc.) stop immediately. Counter balance that thought with a loving one. Would you say such critical things to your best friend? Of course not! It's time to become your own best friend and treat yourself with kindness and respect. These are just a few tips to boost your image. Body image affects how you feel about yourself, how you project yourself, and how you care for your own health. Try these tips and start having happier days. To contact Valecia go to www.assuring-hands.massagetherapy.com

The Importance of Protecting Your Electronic Devices

By Willie Brake - Contributing Writer



As you probably have figured out by now, I love technology. But it can turn on you in a nanosecond. It freezes up, breaks down, acts out or stops responding. When a glitch or malfunction tries to push you over the edge, you need help from a qualified professional. All About Technology is making life easier for you with the introduction brand new Protection Plans to save the day.

All About Technology and its partners specializes in insuring laptops, iPhones, iPads and other electronic devices. For over 10 years, All About Technology and its affiliates have provided a sense of security for thousands of individuals nationwide. Our low deductibles and affordable premiums make our product attractive to all individuals who own laptops/desktops, cameras, gaming equipment, cell phones and more.

Getting a new cell phone, computer, tablet or camera? If so, you already know that the manufacturer's warranty protects you against defects. But you may be tempted to buy the extended warranty. Unfortunately, the all-to-common risks of damage and theft will still leave you unprotected and having to spend more than you bargained for should something bad happen to your device.

According to a recent study, 37% of technology users experience some sort of damage to their equipment every year, with many experiencing two or more incidents. In fact, more than 60% of technology failures are due to accidental damage. In most cases, these incidents are not covered by the manufacturer's warranty. To protect yourself from these risks, consider electronics device insurance from as All About Technology. It's not the same as a warranty. There are several differences.

People tend to think they are the same, but they are completely different. If you have a warranty it may or may not

cover the damage to your device. You must read the fine print. And if you use a warranty to replace your electronic device, once your claim is settled, the warranty is void. Then you must purchase a new warranty to cover the new device,

Insurance protects consumers for the entire coverage period no matter how many claims are filed. You can simply file a new claim, and pay the deductible when there is a loss. Gadget insurance also allows them to bundle coverage for several devices and can be purchased at any time, unlike warranties, which must be purchased in most cases, immediately.

When considering where to buy product insurance, look for a company that pays your claim in a check, so you can choose your replacement device - get a new model, a used one, or simply keep the cash.

All About Technology provides reasonable insurance rates for many types of electronic devices, including eReaders, laptops, iPhones, MP3 players, digital cameras, game consoles and more. Getting a quote and signing up for a policy is quick and easy. Just point your browser to www.all-about-technology.com and click on Protection Plans. So whenever you finally get that shiny, new camera, phone or laptop you've been waiting for, make sure you get the protection to enjoy it for years to come. You can also protect your existing equipment also! Don't delay. Sign up today!

Want to find out more about the ways we can help you? Just visit our website or call us at (313) 218-4888.

Willie E. Brake is a computer expert at All About Technology, Inc., a CompTIA A+ Authorized Service Center and Microsoft Authorized Refurbisher, based in Detroit, Michigan.

Telegram Newspaper

Available online at www.telegramnews.net, by mail subscription and on news stands in various gas stations, community centers and retail outlets throughout Detroit and the Downriver community.

Look for your copy in: Dearborn Hts, Delray, Detroit, Ecorse, Inkster, Lincoln Park, Melvindale, River Rouge, Romulus, Taylor, Wayne and Wyandotte



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CITY OF INKSTER PUBLIC NOTICE

City – Owned Property Auction

The City of Inkster will hold a sealed bid auction for city-owned residential properties. Sealed bids will be accepted at the OFFICE OF THE CITY CLERK, 26215 Trowbridge Avenue, Inkster, Michigan until **September 4, 2014, at 4:00 pm.**

An Open House will be held on **Saturday, August 16, 2014 and Saturday, August 23, 2014, from 10:00 am to 3:00 pm.** Property addresses and Open House dates and times may be found on the City of Inkster website @ www.cityofinkster.com. Questions - Call 313.563.9760.

THE CITY OF INKSTER RESERVES THE RIGHT TO ACCEPT OR REJECT ANY AND ALL BIDS, TO WAIVE ANY IRREGULARITIES, AND ACCEPT ANY BID IT MAY DEEM TO BE IN THE BEST INTEREST OF THE CITY.

Publish: August 7, 2014

RIVER ROUGE HOUSING COMMISSION PUBLIC NOTICE

River Rouge Housing Commission, 180 Visger Road, River Rouge, MI. 48218 313-382-1414

REQUEST FOR PROPOSAL – AUDIT SERVICES

The River Rouge Housing Commission is requesting proposals from Accounting Firms for audit services for FYE July 1, 2013 – June 30. 2014 and July 1, 2014 – June 30, 2015. Responses are due at 3:00 p.m., Friday, August 29, 2014.

Responses must be mailed or hand delivered to:

Executive Director, Michael J. Sloan

River Rouge Housing Commission

180 Visger Road, River Rouge, MI. 48218.

Include one original and (2) copy and clearly label the package “RFP Audit Services RFP FYE 2014” addressed to the Executive Director. The River Rouge Housing Commission reserves the right to reject any or all proposals and to waive any minor informality in the proposal process.

The River Rouge Housing Commission Is an Equal Opportunity Employment Agency

CITY OF RIVER ROUGE PUBLIC NOTICE

CITY OF RIVER ROUGE, MICHIGAN

At a regular meeting of the City Council of the City of River Rouge held in the Court Room of City Hall on July 1, 2014 Meeting called to order at 7:40pm

The following Commissioners were present: Mayor Bowdler in the Chair

Present: Cooney, Pierce, Pruneau Ward

Absent: None

Excused: Campbell, Perry

14-158	Approval of minutes of 06/17/2014
14-159	Approval of minutes of 06/24/2014
14-160	Voucher approval
14-161	Approval of a concert at Belanger Park on 07/05/2014
14-162	Approval to bring back alley crew workers
14-163	Approval for step-up in pay for Comm. Development, Personnel Dir and Senior Citizens Dir.
14-164	Approval for step up in pay for Part-time police officers
14-165	Approval to seek proposals for building repairs at Senior Activity Center
14-166	Approval to bid for demolition of 11 residential structures
14-167	Approval to request an amendment to Zoning Ordinance
14-168	Approval of block club party on Holford between Hall & Morrow on 07/06/2014
14-169	Motion to adjourn

A complete copy of the minutes can be obtained at the City Clerk's office. (313) 842-5604.

Patricia Johnson, City Clerk

Susan P. Joseph, Deputy Clerk

Wayne County Veterans Community Action Teams (VCAT) offers help for Veterans

County joins collaborative effort with Michigan Veterans Affairs Agency



2/The Wayne County VCAT meeting at the Grosse Pointe War Memorial.

GROSSE POINTE FARMS – Veterans living in Wayne County have another tool at their disposal to obtain needed services. Wayne County, with support from the Michigan Veterans Affairs Agency (MVAA) and Altarum Institute, is now part of a collaborative effort known as VCAT (Veterans Community Action Teams). Neighboring Oakland and Macomb counties round out the collaborative venture also known as Detroit Metro Prosperity Region 10 by the MVAA.

“Wayne County has a veteran population of more than 100,000,” said Wayne County Executive Robert Ficano. “Our participation in the VCAT collaborative, coordinated by the Wayne County Department of Senior and Veteran Services, increases the scope of resources and service opportunities available to veterans in the county and region,” Ficano added.

The Wayne County VCAT is a clearinghouse of resource information and service provider contacts focused on four principal pillars for veterans: quality of life, education, health care and employment. The Wayne County VCAT also conducts monthly meetings as a means of information sharing and networking. In addition, the Wayne County VCAT acts as an endorsing entity for events tailored toward veterans. “Veterans will look for the VCAT seal

and know that the event in question has been reviewed. It adds a sense of security when a veteran is deciding what to do,” Ficano said.

Wayne County Director of Veterans Affairs, Troy Schielein, shared a story of the effective outreach of the Wayne County VCAT during a recent meeting of veterans agencies from around the state at the Grosse Pointe War Memorial.

“A female veteran contacted a fellow VCAT member, who in turn contacted me,” said Schielein, a retired Marine. “She was homeless due to an abusive domestic relationship. We were able to do an email blast to fellow Wayne County VCAT members and within one hour’s time, we located housing for her and her child. Her story is just one example of how our access to the more than 100 agencies and providers that makeup the Wayne County VCAT, can help a veteran whether in a crisis or not,” Schielein added.

While still in its infancy, the Wayne County VCAT is modeled after more established VCAT programs in San Diego, CA and San Antonio, TX. Altarum Institute, based in Ann Arbor, MI, played a key role in developing the national VCAT model and helped to form the Wayne County VCAT.

Altarum recently released an

initial report, funded by the state of Michigan, detailing early progress of the Wayne County VCAT during the meeting at the Grosse Pointe War Memorial. Data used in completing the report included responses from more than 400 Wayne County veterans.

“We see ourselves as one massive team of veterans resource providers along the four pillars,” said Schielein. “If we don’t have the answer to a particular request or situation, we know somebody who does,” Schielein added. “With up to 3,000 veterans expected to return from combat over the next couple of years, the need to help them transition to civilian life will remain high,” Schielein concluded.

Information on other state programs for veterans is available at www.michiganveterans.com <<http://www.michiganveterans.com>>. The Michigan Veterans Affairs Agency can also be reached at 800-MICHVET (800-642-4938).

For more information on veterans services in Wayne County, go to <http://www.waynecounty.com/svs/index.htm>.

Diabetes

from page 9A

when your appointments are so they can help you stay on track. Every year, make sure to have a dilated eye exam, comprehensive foot exam, dental exam, urine and blood test for kidney problems, a blood test for cholesterol, and your flu shot.

5. Familiarize yourself and your family with the available resources to help you manage your diabetes. The National Diabetes Education Program (NDEP) website, www.YourDiabetesInfo.org, has hundreds of resources.

Managing diabetes can be hard, but it’s worth it. By involving your family in your health management, you can make the challenge a little easier. For more information on managing and preventing diabetes and kidney disease,

contact the National Kidney Foundation of Michigan at 800-482-1455 or visit www.nkfm.org.

For over a decade, the NKFM has been focused on reducing health disparities. The NKFM has received multi-year grants from the Centers for Disease Control and the HHS Office on Women’s Health to help tackle diabetes disparities. As part of these grants the NKFM will be highlighting the Controlling your Diabetes ABCs campaign. If you have diabetes, you are at high risk for kidney disease, heart attack, and stroke. But you can fight back. You can control the ABCs of diabetes and live a long and healthy life. Ask your healthcare provider what your A1C, Blood pressure, and Cholesterol numbers are and ask what they should be

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Talk to your health care provider today.

Join the National Kidney Foundation of Michigan (NKFM)'s Inkster Partnership for a Healthier Community (IPHC) to have a say in transforming your community into a place that supports and promotes healthy lifestyle choices to help manage diabetes and related complications. For more information about the ABCs of diabetes or the IPHC, please call 800-482-1455 or visit www.nkfm.org.



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Check out the new Bow Ties & New Arrivals



Mark Twain School for Scholars invites community to a “Musical Explosion” event Friday

to showcase offerings of the newly-transformed gifted and talented school



Mark Twain School for Scholars will hold a “Musical Explosion” Friday, August 8 from 5-7 p.m. Friday to showcase the offerings of the newly-transformed gifted and talented school.

The event will include live musical performances and free food and drinks. Guests are encouraged to bring their own lawn chairs and picnic blankets to take part in the festivities.

When and Where:
5-7 p.m. Friday, August 8, 2014
Mark Twain School for Scholars
12800 Visger Rd., Detroit, MI

The event at Mark Twain School for Scholars is being held in conjunction with a series of new educational initiatives that Detroit Public Schools has announced for schools in Southwest Detroit, including a new dual-immersion high school program, new adult education site, the new gifted and talented program at Mark Twain and much more, following a community engagement process with many parents, students, partner organizations and agencies in Southwest Detroit.

“Through our new five-year Strategic Plan initiated in 2013, we’ve implemented many bold and courageous changes to benefit our students, staff, parents, stakeholders, and

employees because we realize that ALL of these individuals are our customers – in a sense – and the product they seek is a high-quality public education for our students,” said Emergency Manager Jack Martin. “The exciting new programs we are launching in Southwest Detroit answer many of the needs and desires for quality educational options and programs that our families in this vibrant area have told us they want.”

“These new initiatives have involved many community organizations and stakeholders in their development,” Martin said. “The devotion of their time and energy to weekly planning meetings, as well as ongoing input through forums, surveys, and the DPS Strategic Planning process, is a true testament to their partnership.”

Numerous partnership organizations lauded Detroit Public Schools for its community engagement process, which included a rollout of the new initiatives before more than 150 people at the regular monthly meeting of the Partnership for Youth, Southwest Counseling Solutions.

“Today, in order to educate children so that all students graduate prepared for college, career and life, we all must work together toward that goal. We cannot afford to work in

isolation,” said Helena Lazo, Project Coordinator, Partnership for Youth, Southwest Counseling Solutions. “We must be able to hear all voices, including the voices of youth. Too often we have done things ‘for’ youth, but now we need to do things with youth.”

The new programs include:

- A new Gifted and Talented program at the Mark Twain School for Scholars, 12800 Visger! Twain will offer an International Curriculum, Art, Band, Choir, Sports, Foreign Language and an Academic Pathway to the best High Schools.

- A brand new high school program! Detroit Public Schools is expanding the Academy of the Americas Pre-K to 8 to include a 9th grade in the fall at a new site. The Escuela Preparatoria Academia de las Americas will offer a dual language curriculum, honors classes, and rigorous academic standards.

- A new adult education center! Beard Southwest Detroit Adult Education and Early Childhood Community Learning Center, 840 Waterman, will house a new Adult English Language Learner program for Spanish and Arabic and a Pre-Kindergarten Curriculum all on one campus.

- A new 5th grade at Maybury Elementary School, 4410 Porter! Maybury now houses Pre-K to 4 and offers a dual language immersion program, yoga, a new golf program, music and more.

- Trained customer care staff fluent in the language of the community at all campuses!

- Added opportunities at DPS Neighborhood Schools! Detroit Public Schools educates more than 7,800 students in 13 schools in the Southwest Detroit community. Those include Academy of the Americas – Beard – Bennett – Clemente – Clippert – Earhart – Harms – Neinas – Maybury – Munger – Priest – Mark Twain – Western International

- Enrollment opportunities at the area’s best schools! Six DPS schools are ranked among the best in Detroit by independent Excellent Schools Detroit. Those are Bennett, Roberto Clemente, Clippert, Harms, Maybury and Munger.

Cedar Point is Hiring



SANDUSKY - Cedar Point is looking for hundreds of fun, enthusiastic people of all ages who want to work at the “Best Amusement Park in the World” this fall for the park’s 18th annual HalloWeekends event.

For those who get a thrill out of scaring unsuspecting people, working as a Screamster is just for you! Cedar Point hires more than 300 Screamsters who are transformed into witches, zombies and various other undead monsters whose “soul” job is to scare guests who dare to venture into the park’s haunted houses and outdoor fright zones. A wide variety of other great jobs are available, including positions in park operations, food services, accommodations, games, merchandise and more.

Cedar Point will also be providing bus transportation to and from Bowling Green State University, Oberlin College, Kent State and the University of Toledo for students who want to work at the park this fall. Free weekend housing is available to those who qualify.

Interview sessions will be held each Sunday in August from 2-7 p.m. at Cedar Point’s Castaway Bay indoor waterpark, located at 2001 Cleveland Road, Sandusky. To apply for a job, please fill out an application online at cedarpoint.com/jobs

<www.cedarpoint.com/jobs> prior to attending the interview session.

During HalloWeekends, Cedar Point makes the eerie transformation into a Halloween-themed playground full of family-friendly fun and entertainment during the day and spooky creatures, haunted houses, terrifying mazes and more after the sun goes down.

This year’s annual fright fest will feature several new attractions, live shows, kid-friendly activities and more. Highlighting the list of what’s new will be Hexed, a haunted house overrun by decrepit witches whose minions (and spells) have gone horribly awry, and Tombstone Territory, a ghost-town themed fright zone. New live (or dead) entertainment options include a new course and surprises for the ultra-popular Monster Midway Invasion Celebration parade, a band of roving buccaneers and live performances by Halloween music maestro’s Midnight Syndicate. Kids will delight in the expanded Howl-O-Palooza area which will feature a new cornstalk maze, mask-making station, pony rides and more.

HalloWeekends takes place on Friday nights, Saturdays and Sundays, Sept. 12 through Nov. 1. For more information, log on to cedarpoint.com.

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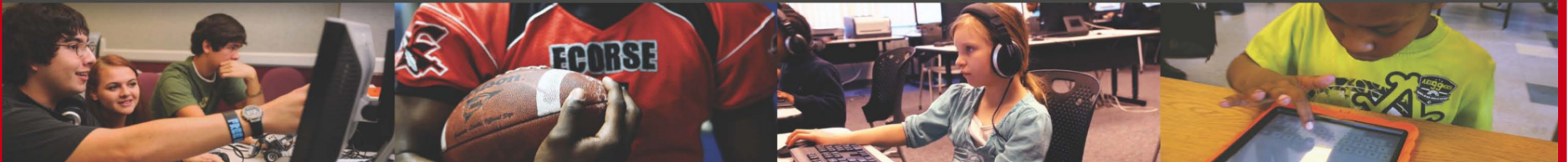
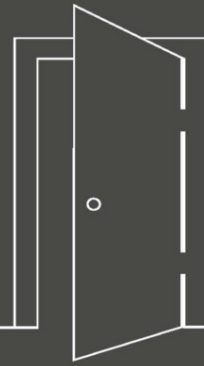
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