



**The  
Youth  
Vote**  
page 3A



**Inkster  
Library  
receives  
grant**  
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# TELEGRAM

**\*CELEBRATING 69 YEARS OF SERVING DETROIT AND THE DOWNRIVER COMMUNITY\***

## City of Westland & UAW Local Contract Reducing Legacy Costs, While Awards Small Raises



Westland - The Westland City Council unanimously adopted the recently ratified U.A.W. Local 174 union contract for front line supervisors at Monday's City Council session. With a goal of reducing the City's "legacy costs," the four year agreement provides for reduced wages and benefits for new hires, reductions

in some benefits for current employees including tuition reimbursement and overtime, and employee cost sharing toward pensions and health-care. The agreement requires all employees to contribute 5% toward their pensions and

Westland page 14A

## Kidney Disease is on the Rise

What You Need to Know



Portable, home hemodialysis is giving patients like Henning Sondergaard independence.

(StatePoint) Kidney disease is on the rise, according to government statistics. Even if you haven't been diagnosed, getting informed about it is important, as more than 26 million Americans likely have kidney disease and over

430,000 Americans are currently receiving dialysis treatment for kidney failure, according to the National Kidney Foundation. Kidney Disease Awareness and Education Week, recog-

nized August 5 -10, is a great time to get the facts: Ask Your Doctor Those with Chronic Kidney Disease (CKD) don't exhibit

Kidney page 2A

## Celebrate the 313th Birthday of the Motor City

*while raising funds for youth programs in the Osborn Community*



DETROIT – The Friends of the Matrix Center Committee proudly presents “313 in the D” a Celebration of Detroit’s 313th birthday. Ticket sales

will benefit youth programs offered year round at the Matrix Human Services

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## What's on the August 5th ballot?



The August Primary ballot have over eight positions that candidates are seeking to fill. There is also a proposal and a millage renewal on the ballot. Take some time to familiarize yourself with the positions and the qualifications. You will be

responsible for helping to help select the following leaders in your district. The August Primary ballot has candidates running for the following positions:

**Governor**  
The governor may serve a maximum of two full terms. A governor must be at least 30 years of age and a registered

Election page 16A



WORDS OF EXPRESSION

Violence does not stop at 8 Mile

Working together to stop neighborhood violence

By; Larry D. Johnson - Special to the Telegram



It's an old saying "it takes a village" that statement have been repeated time and time again over the last couple of weeks in response to some of the neighborhood youth violence around the country.

Community leaders around the country are hosting town hall meetings to discuss some of the solutions to the shootings, killings, and other random acts of violence that has invaded our communities. My hat goes off to each of those individuals, groups, and community leaders, who have accepted the challenge to make a difference in their community.

My mother has always told me that a person is either a part of the problem or part of the solution. I choose to be apart of the solution when it comes to making a difference in the community in which I live, work and associate.

Also, let me make it clear, that it does not make a difference of an individual's address, what is important is the desire an individual has in their heart work with kids and make a change in the lives of kids that will be every lasting. I say that so that individuals that do not live in what we call the "inner-city" of town knows that a disruptive

community has an impact on the entire area in which you work, live, play, or just drive through.

As I always tell individuals that I encounter, "VIOLENCE DOES NOT STOP AT 8 MILE". I use 8 Mile to make reference between the border of Detroit and Southfield Michigan. There has always been an illusion that violence stops at the border of the urban core. There an Mile in almost all of our communities around the country. It can be 28th street in Grand Rapids, or Telegraph in Inkster, or Visger Road in River Rouge and Ecorse. The name of the street does not matter; it was goes on within the boarder of those cities.

I have begun to ask myself the question, have I personally done enough to assist our city leaders in the many challenges that face our youth today. I had to ask that question because I understand that it is easy to work for these causes when you are being paid to do so, but the true challenge is to work for these causes when you are not being paid.

The answer to that question really hit me had when I had to

Violence page 14A

Kidney

From Page 1A  
symptoms until the disease is advanced, according to the National Kidney Foundation. As a result, you could have the disease long before you're aware. Left untreated, it can lead to other serious health complications.

While standard annual physicals don't include tests that detect kidney disease, you can be proactive and ask your doctor to test you. Age, obesity, high blood pressure and ethnicity can all play a role in your risk of developing the disease. Talk to your physician about what diagnostics are right for you.

Home hemodialysis is a different way of doing hemodialysis. When prescribed by their doctor, trained patients and their care partners are able to perform their dialysis treatments on their own schedule in their home or while traveling.

Prevention  
While some risk factors are beyond one's control, such as race, age and a family history of the disease, reducing your risk is possible.

Getting plenty of exercise, maintaining a healthy weight and avoiding smoking are a few ways to promote healthy kidney function. Being informed is also important. Talk to your relatives to learn if kidney disease runs in your family.

Don't let kidney disease go untreated. This Kidney Disease Awareness and Education Week, August 5-10, learn more about renal health.

COUNCIL CORNER

Why I support Mayor Hilliard Hampton for State Representative

By Michael Canty - Inkster Councilperson



Councilman Michael Canty

We don't always see eye to eye on everything. Although we are neighbors, we don't spend social time together. However when you look at Mayor Hampton's career as a politician, no one can deny he has achieved some successful milestones. You don't become the longest serving mayor by happenstance.

People who regularly monitor Inkster's council meetings know that he is criticized a lot. But if one would take an honest look at his critics, you would have to agree that most of it is little more than buffoon-

ery, a commodity that seems to be plentiful at Inkster council meetings. Mayor Hampton has withstood the test and proven his right to be where he is. Now is the time for him to move on to greater things, even if it will mean leaving a leadership gap in the city.

Mayor Hampton is a great leader. He will serve us well as state rep. I am sure I won't agree with everything he does as a state rep. If I ever get to the point where I need someone to agree with everything I do and say, I will go out and get a collie.



Mayor Hilliard Hampton

Place your Election Ad or Vision Statement to the Community in our



Election Issue

July 31, 2014  
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TELEGRAM

Serving Detroit and the Downriver Community Since 1944

OFFICIAL NEWSPAPER

For the Cities of River Rouge & Ecorse  
ADJUNICATED for the city of Inkster

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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 - \$15.00 1 year- \$26.00  
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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 4:00 on Friday.

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Cadinity



# Stimulating Students During Summer

By Julianne Malveaux - NNPA Columnist



It's mid-July. Do you know if your children are learning? Just a month ago they were eager to leave the regimentation of the daily classroom to "enjoy the summer." A month from now, many will prepare to return to school. Will they return ready to hit the ground running in the fall? Or, will they struggle to catch up because their summer activities were not stimulating enough to prevent learning losses.

Student's score lower on standardized tests at the end of the summer than at the beginning of the summer, according to the National Summer Learning Association. That organization makes a strong case that young people must be engaged in summer learning and enrichment opportunities, because they lose as much as two months of math learning, and more than two months of reading proficiency without summer engagement. Of course, lower income students experience more losses, while middle-class students may gain proficiency during the summer.

The National Summer Learning Association says that at least half of the achievement gap between lower and higher income young people is a function of unequal access to summer learning opportunities. Some youngsters don't have summer opportunities because they don't know about them, others because they can't afford them, and still others because they are needed at home. Some teens are tasked with taking care of younger siblings, though they might be better served in enrichment programs that would prepare them for the next school year. Others must choose between work and summer enrichment programs, and when money matters, work wins over enrichment. And while subsidized summer enrichment programs are available, some students are unable to participate when even modest fees are required.

I've not spoken of race, only income, in examining the importance of summer enrichment programs. But because African American students are more likely to be low-income than others, we know that race matters here. We also know that space makes a difference as well. There will be a greater variety of summer enrichment programs in affluent neighborhoods, as opposed to other neighborhoods. And while programs in affluent neighborhoods may offer scholarships for those who need assistance, transportation may become a barrier. Whether excuses or explanations, the achievement gap speaks to differential outcomes.

While summer enrichment oppor-

tunities are differentially available, with Black and Brown young people less likely to have access to opportunities than others, some organizations are doing the work to ensure that young people are intellectually engaged during the summer, enabling them to return to school ready to do their best work.

Marian Wright Edelman, founder and leading light of the Children's Defense Fund, has developed a Freedom School program that teaches young people civil rights history along with basic skills. Organizations can purchase the curriculum and send staff for training in teaching it. Thousands of young people are being positively impacted by Freedom Schools.

Lots of local programs have developed programs that have elements similar to those at the CDF Freedom Schools. A week or so ago, I began my morning with the young people at Washington D.C.'s Southeast Tennis and Learning Center for their "Read Aloud" program. At about 8:30 in the morning, the youngsters, whose ages range from 6 to 15, gather in a circle to hear a book read to them, and to engage in an energetic and affirming ritual. I love the read aloud program because I love looking into the eyes of these young people, to imagine the leaders they will become.

I read Faith Ringgold's Aunt Harriett's Underground Railroad in the Sky as selected students acted out the words, joined me in song, and applauded each other as the story came to an end. Flashback to preadolescence – the students who played the parts of Cassie and Bebe, a sister and brother separated moving along the railroad were supposed to hug when reunited. While the young man was "up" for the hug, the young woman looked like she wanted to run in another direction.

The Read Aloud program ends with a rousing group rendition of Labi Siffre's "Something Inside," complete with choreographed hand gestures and motions. Every morning, these 50 or so young'uns are affirming themselves through song. The adults who participate in the Read Aloud program are politicians and business leaders, artists and educators. If they are anything like me, they leave uplifted by the children and their promise of resilience.

I'm encouraging those who can to help with a summer enrichment program. Spend a day, a few afternoons, and maybe more time to help provide a summer experience. Funding helps provide great summer opportunities for our youth, and informal programs with a couple of retired teachers and a church basement can go a long way, as well. We cannot afford is to widen the achievement gap by leaving too many of our young people unengaged this summer.

Julianne Malveaux is a Washington, D.C.-based economist and writer. She is President Emerita of Bennett College for Women in Greensboro, N.C.

# A failed Presidency?

By Jim Abeare - Contributing Writer



People, on the right mostly think that President Obama a failure.

I don't want too go that far. I will say that he is in trouble. DEEP TROUBLE!

He has scandles at home, illegal aliens crashing the boarder, Iraq is falling apart and the terrorist group ISIS ready to carve up the middle east.

A lot of people say he is still an effective leader. They must not watch the news. He has a lot to work on in his final two years.

For starters he can go to the Rio Grande river and watch illegal aliens come across the boarder on jet skis. He did right to change the head of the Veteran Administration.

Now fire and replace the head of the IRS for the changes needed there. I don't know what to do with Iraq except to sit and wait as to what happens next but if there is an attack on Jordan or Isreal, we might need to do something, but we don't want to get sucked into a Sunni-Shiite civil war.

If he does the first two, then I will let him back on the golf course.

## "Come With Us We Will Do You Good"



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# The Youth Vote is still important

By Lamaria Reed - Telegram Intern Writer



What if the youth didn't get involved? Maybe their voices wouldn't have been as loud, their marches and boycotts wouldn't have lasted as long. Maybe the seat she didn't give up she might have. Maybe the senseless beatings and all the fights would have just been avoided if our ancestors knew their actions were in vain.

All the fighting that was fought and all the privileges that were received on our ancestors behalf. If they knew today that the one thing they fought the hardest for was the least exercised today I wonder if they would've cared as much to put their life on the line.

Why do young people choose not to vote? The main avenue to voice their opinion and we put it on the back burner. We act as if it's not as important to us. We as African Americans will wait 2 days in a line for Jordan gym shoes to come out but we choose not to wait an hour to allow our voices to be heard.

I personally believe that one of the main reasons young

people do not vote is because they are uninformed. We don't take the time out to research our candidates. We do not know what policies they would like to put into place and how much it affects us in the long run. We are a generation where if it's not in front of our faces we will not go out and search for it.

I took to social media and asked some of my friends and followers why don't young people vote, and the main response I received was "for what, they are just going to put in office whomever they decide. In the end it does not benefit me". (Tiara Hunt) "If it does not affect us today, or right now then we are not concerned about it" (Ashley Rain)

Politicians have taken into account that the millennial generation are not at the poll booths they have tried to engage us through social media. However it is on us to change our mindsets. In the end we are the ones who will be affected by the decisions made today.

## Letter Policy

The Telegram encourages letters from all readers. Submissions must include the writer's name, address and signature and phone number. Only the name will be published. Send your letters to:



**Letters to the Editor**  
Telegram News  
10748 W. Jefferson Ave.,  
River Rouge, MI 48218  
or telegram@telegramnews.net

**Letters published in the Telegram does not necessary reflect the views and opinions of the Telegram.**

## OFFICE SPACE FOR RENT/LEASE

The Telegram Business Center has three (4) offices available for lease. The building is located at 10748 W. Jefferson Ave in River Rouge. The building is close to freeways and only 15 minutes from Downtown Detroit & 20 minutes from Metro Airport. The offices are reasonably priced and available for immediate occupancy.

**For more info Call 313-469-5377**



# Life Is Too Short

By: Janine Folks - Telegram Religion Columnist



I recently eulogized a 29 day old infant girl. I wanted to say that her life was too short. Then I realized that even if she had lived two years, ten years, twenty years, thirty-six, fifty or even sixty-six, it still would have been too short. When I lost my grandmother five years ago at nearly age 85, I still wanted her to have more time. I was not ready to let her go and I

still miss her dearly.

No matter what one's age is at death, life is too short. David reflected in a Psalm saying, "...You made my life short, so brief that the time means nothing to you. Human life is but a breath, and it disappears like a shadow..." [Psalm 39:5,6]

Anytime someone we love dies, a part of us wishes they could have had more time to be with us. Unless they were about 120 years old, then maybe we would say, 'they've had enough of this place.' The way we experience time is so different from how time is to God. To Him, a thousand years is like the passing of a day, or like a few hours in the night (Psalm 90:4).

With that said, I imagine that

life was short even when people were living for hundreds of years in Genesis. I wonder how the aging process worked back then. Methuselah, the oldest person recorded in the Bible, lived 969 years (Genesis 5:27). That's almost a day to God. Then shortly after Methuselah died, the Lord said, "My spirit shall not always strive with man, for that he also is flesh: yet his days shall be an hundred and twenty years. (Genesis 6:3)." So God put a cap on our lifespan. Then David, in Psalm 90:10 says, "The days of our years are threescore years and ten [70 years]; and if by reason of strength they be fourscore years [80 years], yet is their strength labour and sorrow; for it is soon cut off, and we fly away." Some people fall somewhere in between. But it seems like these days, more and more younger people are being diagnosed with diseases that used to primarily affect the elderly. More young people are dying, so it's difficult to gauge what life expectancy should be.

The bottom line is, life is too short to be proud, making trouble or being jealous (Galatians 5:26). We need to spend our precious time being loving, joyful, peaceful,

patient, kind, good, faithful, gentle and self-controlled (Galatians 5:22,23). Life is too short to procrastinate. Life is too short to waste on foolishness. Life is short, so love the Lord and be the best you can be. Do the best you can with what you've been blessed with. We don't know how many days we have, so let's make our days count. Live life in all its fullness, that's why Jesus came (John 10:10). May God bless your life.

## PRAY FOR OUR KIDS AND THEIR SAFETY

### United Church of Faith

6064 Fourth St Romulus  
**Sunday Worship 11:30am**  
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Rev Mark R. Zockheem,  
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**Welcome Home!**

### Runner For Christ Ministries

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27085 W Outer Drive, Ecorse



**Sunday School 8:30am**  
**Sunday Worship 9:30am**

**Prayer & Bible Class**  
Thursday 5:30 pm  
Gerald M. Overall, Pastor  
(313) 381-9303  
[www.rfcm.org](http://www.rfcm.org)

**St. James United  
Methodist Church**  
30055 Annapolis Rd.  
Westland, MI 48186



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  
[stjamesumcwestland@att.net](mailto:stjamesumcwestland@att.net)  
[stjamesumcwestland.org](http://stjamesumcwestland.org)

### Christian Community Outreach Ministry

*Blessed is that servant,  
Whom his Lord when he Cometh  
Shall find so doing. Luke 12:42*

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**Phone: (313) 758-7040**

**Rev. Julius R. Collins, Pastor**

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Rev. Dr. Alford  
D. Sample

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

### St. Marks

#### Missionary Baptist Church

3860 Inkster Rd, Inkster \* 313-792-9789

##### Services:

Sunday School 9:30am

Morning Worship/Youth Church 11:00 am

Bible Class/Youth Church 6:30 pm

**Bus Pickup Available**

### Jehovah Jireh Ministries

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

**Sunday-** Fullfilment Hour 10am Worship 11am & 6pm

**Monday** -Bible Study 7pm

**Wednesday** - Prayer and Praise 7pm

**Rev. Everett Thomas Pastor**

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Want to inform the  
community about your  
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List your: **Church  
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Call the office at  
**313-928-2955**

or email  
[telegram@telegramnews.net](mailto:telegram@telegramnews.net)

### 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](mailto:Pastordbynum@yahoo.com)

**ALL ARE WELCOME**

### Community AME

4010 17th St, Ecorse, MI  
313-386-4340  
Rev. William D. Phillips, Pastor



Sunday School 10am  
Sunday Worship 11:00am  
Wed Bible Class 6pm

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Word" Matthew 4:4*

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**Sunday, August 10, 2014**

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**@11:00 AM**



**BISHOP WILLIAM H. MURPHY III**

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Dr. Errol Liverpool, Pastor

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

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**Rev. Arthur C. Willis, Sr. Pastor**



##### 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"*

**4th Sunday is Blue Jean Sundays at The Pen**





## TELEGRAM NEWSPAPER'S SENIOR STAR



*Rise in the presence of the aged, show respect for the elderly and revere your God. I am the LORD." Leviticus 19:32 (NIV)*



**Aaron Jones Jr.**

December 21, 1928  
85 Years old  
INKSTER

3 Children, 5 Grandchildren, 7 Great-grandchildren Aaron is 85 years old and is a life-long resident of Inkster, MI. He graduated from Inkster High School in 1946. After graduating, he joined the United States Army and served in the Occupational Forces in Japan. After returning home, he was hired by Ford Motor Company where he worked in the Frame Plant in Dearborn. He worked there for 29 ½ years until health issues forced him to retire. After retiring, he volunteered to help his wife deliver Focus Hope food boxes to the senior

citizens in Inkster and helped her with other community outreach activities.

For several years, I played the role of Santa Claus for Inkster Head Start, Inkster Public Schools and for my church. My wife, Theola Jones was Mrs. Claus. He also served dutifully in his church on the Finance Team, the Action Committee, The Bond Committee and the Paper Committee.

His first job was at Allen Super Market in Inkster, His second job was with the United States Army and his third job was with Ford Motor Company.

His parents and two sisters are deceased. He still has two brothers and four sisters that are living.

The motto he lives by is "Try to be fair and treat everyone right."

When asked who inspires him he said, Good People. What do you remember most about growing up in Inkster? He said, "Our community was a safe community; we never locked our doors.

**What do you think needs to change in your community?**

The city needs money. When asked who his favorite people are, he responded his children, grandchildren and great-grandchildren. His favorite scripture is I Corinthians 2:9. "But as it is written, eye hath not seen, nor ear heard, neither have entered into the heart of men, the things which God has prepared for them that love him."

**ADDITIONAL NOTES:**  
Aaron was a member of the Summerfest Committee for several years. The group sponsored the first festival in the city and it was an annual event for over ten years. He received several awards for Outstanding Community Service from the group. He was selected to serve as the Parade Marshall for the Annual Memorial Day Parade in 2007. He was also chosen to light the Christmas Tree at City Hall in 2009. He was given an award by the Top Ladies of Distinction, Michigan Metro Chapter for Exemplary Lordship – Lady Jeffrey D. King Award. He was honored by the Inkster Christians in Action in 1998 as "Outstanding Man of the Year" Award. He was a recipient of a "Appreciation Award" from Smith Chapel A.M.E. Church.

### Are you a Senior Star?

We are looking for seniors 80 years and older to share their story of life. We have to take the time to show love to our seniors.

Please call  
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Gerald M. Overall, Pastor

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### Pentecostal Missionary Baptist Church

**Annual Men's Day**  
Sunday, July 27, 2014  
11:00 am Morning Service

35625 Vinewood  
Romulus, MI 48174

734-728-1390  
Rev. Art'hur C. Willis Sr.

Please call to have your  
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CHURCH!!!!**

### Pentecostal Way of Faith

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4411 5th Street Ecorse, MI  
313-382-8577

Rev. Marcus Johnson, Pastor

Sunday Morning Service  
11:00am

Everyone is welcome

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**CALL 313-928-2955**

### 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)*



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

#### 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:

Tuesdays- Bible Class .....9:00a.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**

### 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

### Chapel of the Chimes Funeral Home - Westland

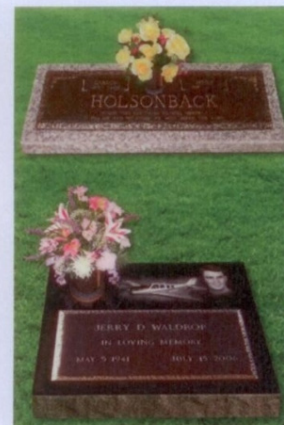
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Chapel of the Chimes offers a full line of services which are available to lessen the burden as you make final arrangements for your loved ones. Our caring and experienced staff are dedicated to assisting you in all aspects of planning and arranging services including, but not limited to the following:

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- Obituary Design
- Floral Arrangements
- Headstones
- Granite Markers
- Benches

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Toll free (866) 389-3210  
www.chapelchimes.com



# How To Use A Stability Ball Safely

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



In some cases working out on the floor is not an option for certain Divas in certain circumstances; but never fear...the STABILITY ball is here. If you desire to change up your abdominal workout or even your push up workout, make the stability ball a part of your regular workout regimen. No matter the exercise, working on a stability ball consistently challenges your core and back muscles to strengthen and stabilize those particular muscle groups. . In addition to improving your posture, flexibility, strength and balance, it's also takes a lot of strain off your back, than abdominal exercises done on the floor. Lets take a look at how to optimize your exercise results. Here are a few safety

tips to use when working your abdomen on a stability ball.

Sit on a stability ball with your feet shoulder-width apart on the floor.

Walk your feet slowly forward, allowing the ball to roll over your buttocks and up toward your back. Stop walking forward when your tailbone and lower back rest on the ball.

Pull your navel in as if you're trying to bring it closer to your spine. This will engage your core and help stabilize your body.

Double-check that your knees are directly above your feet, that your chin is off your chest, and that your thighs are parallel to

the floor.

Place your fingertips on the sides of your head behind your ears, pointing your elbows out the entire time. Avoid bringing your elbows together; flare them out the entire time so you feel a good stretch in your chest. This is your starting point.

Use your abdominals to slowly raise your upper body off the ball. Imagine crunching your rib cage closer toward your pelvis. Keep your head aligned with your spine the entire time. Avoid lowering your chin on your chest and pulling on your neck. Face forward during the range of motion, and exhale at the top of the crunch. Count to three during the ascent to ensure you're not moving too fast.

Lower your upper back slowly to the ball using the strength of your abdominals. Count to three during the descent, and inhale when you're back to the starting point.

Complete eight to 12 crunches one the stability ball, and gradually work your way up to finishing two or three sets.

Use these stability ball tips along with other exercises for abs, helping to get rid of fat and tone the muscles of your stomach. However, if at any point, you feel the stability ball slipping, re-adjust the ball immediately to prevent possible injury.

## Detroit Seasons Leadership Mentor Program

We welcome you to be a part of a life skills building journey. Our mission is to offer tools for life long success. This journey begins with us affirming our glows and strengthening our lows. It continues with learning the advantages of fostering positive social relationships through community partnerships. The journey ends with strategies and tips on how to acquire wealth to spend, save, and share. Seasons is a program targeting young women, ages 18 to 30.

**Your Season is now.**  
**Contact Rich Resources at 313-241-6338**

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Presented by The Information Center

Services provided with funding from The Michigan Offices of Services to the Aging and The Senior Alliance

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CSI Support & Development is a senior resident/member controlled organization that utilizes a cooperative management system and engages its resident membership in decision-making at every level of its operations.

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





# Inkster Public Library receives \$1,000 Grant for kids area and programing



Inkster, MI – This year the Inkster Public Library was a recipient of the James C. Dance Award for the Performing Arts presented by the Metro-Detroit Book & Author Society.

This allowed the library to move forward on improving library space and programing for children by putting in

motion a Performing Arts Puppetry Project.

This project included purchasing brand new books, puppets and an actual kid’s size puppet theater for the children’s area as well as hiring local puppet performers “Alex Thomas and Friends” who performed at the Inkster Public Library for a group of

about 40 kids on the 15th of July. It was a very successful and engaging performance.

The Leanna Hicks Inkster Public Library chose puppetry as a method of sharing the performing arts with children because hand puppets can help develop their language and communication skills while introducing kids to different dynamic characters with which they can identify. The world of puppetry will also increase their imagination while building their reading comprehension and vocabulary when they act out stories.

The library hopes that receiving this grant will attract people to the library and assist in increasing Inkster’s literacy rates.

For more information contact Angela Scott or Denise Bearre at (313) 563-2882 or e-mail Angela Scott at [ascott@inksterlibrary.org](mailto:ascott@inksterlibrary.org).

## 313

From Page 1A

Center located in the Osborn Community.

“313 in the D” will be held July 24th on the roof top of the Music Hall (3 Fifty Terrace) from 5:00 p.m. – 9:00 p.m. Tickets are \$45.00 per person and can be purchased at [www.matrixhumanservices.org](http://www.matrixhumanservices.org). Sponsorship opportunities are also available. Enjoy tantalizing cuisine, specialty drinks & a cash bar, music by DJ Chris Guyer, silent auction, Motown karaoke and panoramic views of the city’s beautiful skyline.

“We truly appreciate the efforts of this committee. They saw the need and stepped up in a big way to help the youth we serve. It is our goal to keep this hub open as it provides a safe place for young people and their families,” says Matrix Center Program Director, Sandra Ramocan. “We need the Matrix Center to exist for years to come. That’s what we’re promoting,” continues Ramocan.

Friends of the Matrix Center was founded by Co-Chairs Kim Blotkamp, Local Sales Manager, WKQI Channel 955, Megan Curoe of Counsel Resolution Life, Inc. and Krista Pankopf of Fifth Third Bank. Additional committee members include Terry Berry, Community Services, Ford Fund, Sandra Ramocan, The Matrix Center Program Director, LaTrice Jordan, VP Marketing & Development, Matrix Human Services, Linda Garrison, Director of Volunteers, Matrix Human Services and Tonette Bryant-Carter, Special Events Principle Consultant, Matrix Human Services.

“There will be great food and great music,” says Friends of the Matrix Center co-founder Megan Curoe. “A party on a rooftop in Detroit is rare—everybody wants to be a part of it. I’m sure it will be a cool, fun night in the ‘D’ and the more people we attract, the more people will learn about Matrix Human Services and the wonderful work they are doing throughout the community.”

### About the Matrix Center

\*The Matrix Center serves more than 50,000 individuals each year in our food pantry (Forgotten Harvest Partnership).

\*More than 10,000 individuals visit the Clothing Closet to obtain much needed clothing for everyday life as well as interview attire.

\*200 individuals are trained annually on employment readiness and Cognitive Behavioral Therapy (CBT).

\*120 individuals are linked to permanent jobs and 98 to permanent housing. Last year, 89 individuals received car loans through our Ways to

Work program.

The Matrix Center serves over 3,000 youth each year in:

- \*After-school programs - 92% reduced truancy, suspensions, and expulsions. 91% reported an increase in grades/GPA, ACT/SAT Preparation classes (30 students participated in the last session with an average ACT score of 13, after six week prep, average score was 19.
- \*Summer and out of school programs - Six week program offering academic and enrichment classes (cultural, recreational, artistic) only \$10/wk for the five day program 9am - 3pm (breakfast, lunch, snack, and weekend food backpack)
- \*College Readiness Classes - FAFSA (financial aid), college tours, career exposure, and completion of college and scholarship applications, college student support
- \*Runaway and Homeless Youth case management and support - 84 youth were reunified with their families through our partnership with Detroit Family advocacy (U of M Law).
- \*120 children attend Head Start in the building (ages 2 to 5)
- \*Special Events - Community Thanksgiving Dinner (420 participants), Harvest Festival (1,893 participants), Christmas Angel Tree program (100 families - 358 youth), ACT/SAT Preparation (60 students in 2012), Community Breakfast (326 participants), Summer Youth Employment and Training (120 youth employed - funding through City Connect)

### About Matrix Human Services

Matrix Human Services is a Detroit-based nonprofit, tax-exempt, 501(c) 3, social service organization offering a range of programs devoted to maintaining and supporting the family unit and improving the quality of life for individuals of all ages. Serving the community for 108 years, our mission is to fight generational poverty. Matrix offers positive life experiences, assistance with basic needs, education and supportive services that defuses crisis, treat individual & family problems, prevent abuse and neglect or criminal activities. All programs are rooted in the Transition to Success Model (TTS) providing a system of care designed to empower families and individuals to achieve economic self-sufficiency.

To discover more about Matrix Human Services and how you can get involved visit or contact us at (313) 831-1000 or visit our website at [www.matrixhumanservices.org](http://www.matrixhumanservices.org)

## Hawaii

Find and circle all of the words that are hidden in the grid.  
The remaining 48 letters spell a secret message.

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

ALOHA  
ARCHIPELAGO  
BEACHES  
CANOEING  
COFFEE  
GRASS SKIRT  
HAWAIIAN  
HONOLULU  
HULA  
HUMPBACK WHALES  
ISLANDS  
KAHO'OLAW  
KAUA'I  
KAYAKING  
KONA COAST

LANA'I  
LUAU  
MACADAMIA NUTS  
MANTA RAYS  
MAUI  
MOLOKA'I  
NAPALI COAST  
NI'HAU  
NORTH SHORE  
O'AHU  
PACIFIC OCEAN  
PEARL HARBOR  
PINEAPPLES  
RESORTS  
SAND

SCUBA DIVING  
SNORKELING  
STATE  
SUGARCANE  
SURFING  
TOURISTS  
TROPICAL  
UKELELE  
VACATION  
VOLCANOES  
WAIKIKI  
WAIMEA BAY  
WARM  
WHALE WATCHING



# PHOTO OF THE WEEK



**Martha Reeves, Greg Canon, Amanda Spirit take time to pose for a photo**

Famous R & B Singer Martha Reeves joined in the celebration of the the City of Inkster's 50th Anniversary last Saturday. Throughout the summer there will be activities for the community to participate in throughout the city. Mayor Hilliard Hampton wants former residents and current residents to come celebrate with friends and family. Amanda Spirit of Detroit Live has partnered with Greg Canon of Canon's Warehouse to host Saturday concerts throughout the month of July. The concerts will be held in the parking lot at Canon's Warehouse located at 2707 Inkster Rd on Saturdays between 4:00pm to 8:00pm. Stop by to hear local artist perform blues, R & B, Motown Hits and more. Vendor space is available also. Call (313) 277-8000 for more information

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The community is invited to celebrate our 70th Anniversary with us.

Call 313-928-2955 for more information or to purchase you tickets.

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COMMUNITY EVENTS

RIVER ROUGE

River Rouge Jr. Panthers Sign Up

Saturday, July 19, 2014  
11am - 1pm

River Rouge High School  
Gym

Please enter through the  
back doors.

WYANDOTTE

Coffee and  
Conversation with  
the Mayor

Friday, July 18, 2014  
10:00am - 12:00pm

Council Chambers  
3200 Biddle Ave, Suite 300  
Wyandotte MI 48192 US

Coffee & Conversation is your  
opportunity to meet with  
Mayor Peterson in a casual,  
relaxed setting about any con-  
cerns or suggestions you may  
have.

WBA Third Friday

Friday, July 18, 2014  
5:00pm  
Downtown Wyandotte

Many of the shops and  
restaurants in the downtown  
district stay open later than  
usual, offer giveaways, spe-  
cial and discounts on these  
nights. In addition, there is  
musical entertainment and  
horse and carriage rides  
throughout the downtown dis-  
trict. For more information  
please visit [www.wyandotte-biz.org](http://www.wyandotte-biz.org) or call 734-324-4514  
or email the Wyandotte  
Business Association at  
[wba@wyan.org](mailto:wba@wyan.org). Third  
Fridays are funded by the  
Downtown Development  
Authority and run by the  
Wyandotte Business  
Association.

Flicks on Bricks

Friday, July 25, 2014  
9:00pm

Downtown Wyandotte  
First & Elm Streets

Movie to be announced at a  
later date. Outdoor movies  
are shown at the Wyandotte  
Farmers Market Lot at the  
corner of Elm & First Streets.  
Film begins at dusk. Bring  
your own lawn chairs or blan-  
kets. Refreshments available  
for purchase, or bring your  
own. Alcohol and pets are not  
permitted. For more informa-  
tion you may contact the  
Special Events Office at 734-  
324-4502 or email  
[info@wyan.org](mailto:info@wyan.org).

WAYNE COUNTY



Challenge for  
Compassionate  
Multiple Events

July 19, 2014  
8:00 AM - 12:30 PM  
Central City Park  
Westland, Michigan 48185

Contact Phone:  
(734) 467-3259  
Contact Email:  
[aberman@cityofwestland.com](mailto:aberman@cityofwestland.com)

All day July 19th, 2014, at the  
Wayne Ford Civic League  
DUO will be hosting a softball  
tournament. This event will  
benefit DUO (an organiza-  
tion that supports intellectual  
disabilities and special  
needs). To register go to  
[www.WWDUO.org/events](http://www.WWDUO.org/events)

8:00 am to 9:00 am- March  
for Liberty- Proceed go to  
Camp Liberty (Veteran's with  
spinal cord injuries, Brain  
injuries, PTSD and amputa-  
tions) Suggested Donation

\$10.00 per family, or \$5.00  
per adult and \$2.00 children.  
Participants send messages  
on flags and/or email.  
Register online [ritechoice-hhc@gmail.com](mailto:ritechoice-hhc@gmail.com)

10:00 am -10:30 am -  
Elementary Zumbathon-  
Children of all ages can par-  
ticipate in this event. This  
event was set-up to give chil-  
dren a first opportunity to par-  
ticipate in a charitable cause.  
Donations go to St. Jude's  
Children's Hospital. ( register  
children by calling 467-3259 or  
[aalejandromaria@yahoo.com](mailto:aalejandromaria@yahoo.com)  
or Clicking Here.

10:40 am-11 am -Balloon  
Toss - Westland Youth  
Assistance. Fun for all ages !  
\$1.00 to grab a balloon and a  
partner. Proceeds go to com-  
passionate City Initiative. No  
need to pre-register.

10:00 am-12:30 pm Chipping  
Contest Golfers! Test your  
skill ! NO need to pre-regis-  
ter. Proceeds go to St  
Matthew Food Pantry.

11 am-12:30 pm - Boot Camp  
Work Out! 90 minute co-ed  
workout using your own body  
weight. Open to all ages.  
Those 17 and under must be  
accompanied by an adult and  
liability waiver must be signed  
by a parent. Pre-register at  
[jfschr@comcast.net](mailto:jfschr@comcast.net)

Hosted by Buddy Shuh of The  
Biggest Loser! Proceeds go  
to the TEARS foundation ( helping  
bereaved families  
who have lost a child 1 year or  
younger)

Having a  
Community Event?

Send in your  
community events to  
the Telegram  
Newspaper to  
[lcjohnson@  
telegramnews.net](mailto:lcjohnson@telegramnews.net).

The community events must  
be free to the public.

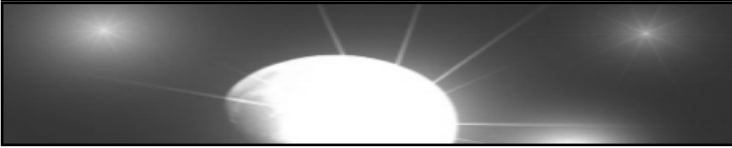
Ecorse Senior  
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Birthday Club

Seniors 55 years and older  
are welcome

We welcome you to come,  
have fun, and join the Ecorse  
Senior Citizens Birthday  
Club. The Birthday Club  
meets every 3rd Tuesday of  
the Month at 1:00 pm. Come  
out and enjoy fellowship &  
refreshments.

Please contact President  
Mary Ann King at 313-381-  
1616 for any questions. You  
may also call Ethel  
Stevenson at 313-382-3305.

HOROSCOPES



WEEK OF JULY 17 - JULY 23, 2014

ARIES

Possibilities of hearing good  
news about home are greatly  
expanded. Savor the news  
rather than thinking about  
other annoyances. Travel is  
on the horizon. Plan the trip  
this week.

Soul Affirmation: Jewelry  
reflects the beauty of my feel-  
ings about myself.

Lucky Numbers: 26, 44, 52

TAURUS

Feather the nest. Stock up on  
stuff for the long haul.  
Cement relationships. A  
friend needs your support.  
Enjoy giving it. You will  
receive good news about a  
pal.

Soul Affirmation: Cheerfully  
handling what comes at me  
is the test of who I am.

Lucky Numbers: 13, 22, 31

GEMINI

Your mate has a sweet sur-  
prise. Open up to receive it.  
Choose your words carefully  
around a sensitive pal. Listen  
for good news about a loan  
or financial matter.

Soul Affirmation: I let others  
toot my horn this week.

Lucky Numbers: 27, 28, 41

CANCER

Enjoy the great insights you  
have in the area of career  
objectives. Take a look at  
what's out there! An unanti-  
cipated financial matter may  
arise, find the good in it.

Soul Affirmation: A cheerful  
soul should be wrapped in a  
cheerful package.

Lucky Numbers: 15, 23, 35

LEO

Be cautious and conservative  
with money. You are  
extremely witty this week.  
Allow others to enjoy your  
good humor. Your leadership  
skills are very high, and oth-  
ers will follow.

Soul Affirmation: Luck is my  
best friend this week.

Lucky Numbers: 14, 20, 44

VIRGO

This is a good time for you to  
seek agreement on a plan  
that involves a relative. Take  
the time to remind your lover  
how much you care. Get a lit-  
tle sentimental if you have to.  
Don't be too critical of that  
softer side of your personali-  
ty.

Soul Affirmation: Self confi-  
dence is the key to my suc-  
cess this week.

Lucky Numbers: 2, 9, 19

LIBRA

Push. Now is a good time to  
push. Your energy is higher  
than ever. Someone might  
get offended, but you can't  
please everyone. Hire a pro  
for something that you

planned to do yourself, espe-  
cially if a expertise is  
involved.

Soul Affirmation: Success is  
mine because I feel success-  
ful.

Lucky Numbers: 5, 7, 12

SCORPIO

Review your "to do" list  
again. You may need to slow  
down to discover something  
that you didn't realize while  
you were in the flow of  
events. Your lover is going to  
be a little difficult to under-  
stand. Back off if an argu-  
ment arises. You're probably  
the one who is too busy.  
Forgiving yourself is often  
harder than getting someone  
else to forgive you.

Soul Affirmation: Two hats fit  
well on my big head.

Lucky Numbers: 3, 20, 32

SAGITTARIUS

Make a special effort to  
spend all week with your  
lover, husband or wife. Your  
sense of the importance of  
relationships is keen and this  
is a good time to strengthen  
your passionate partnership.  
Take your lover to a party.  
Devote attention.

Soul Affirmation: Change is  
my middle name.

Lucky Numbers: 12, 51, 52

CAPRICORN

The flock will come to you for  
direction. Give it gracefully.  
Know that your insights will  
help a lot if you deliver them  
in the right way. If you are a  
mother, guidance will be the  
best gift you can give others  
this week.

Soul Affirmation: Knowing I  
can do it is the biggest prepa-  
ration for getting it done.

Lucky Numbers: 7, 11, 22

AQUARIUS

Most people don't know how  
often dreams and reality  
blend into that practical con-  
sciousness of yours. Knowl-  
edge comes from a dream  
you've had lately. This  
week is a good week to get  
started making that dream a  
reality.

Soul Affirmation: My spirit  
gives me limitless possibili-  
ties.

Lucky Numbers: 9, 17, 52

PISCES

Cooperation is key this week  
in your relationship with your  
partner. Even if you know  
you're right, let your partner  
have his or her way in the  
early going. Your staying  
power will give you influence  
or control in the late rounds.  
Soul Affirmation: I let go and  
let the spirit run my life this  
week.

Lucky Numbers: 11, 39, 41





# Van Gundy is not done yet

By Butch Davis - Telegram Newspaper Sports Writer



The new Detroit Pistons addition Caron Butler

The Detroit Pistons President of Basketball Operations and Head Coach Stan Van Gundy announced this past Monday that the club has signed free agent guard Jodie Meeks to a multi-year contract. Per team policy, terms of the agreement were not disclosed.

"We're pleased to welcome Jodie Meeks to the Pistons organiza-

tion," said Jeff Bower, General Manager for the Detroit Pistons. "Jodie's approach to the game fits the style of basketball we want to play and his ability to shoot the ball from the outside is a skill that will help our team moving forward."

The 6-4, 208-pound guard has career averages of 9.7 points, 2.2 rebounds, 1.1 assists and 24.3

minutes in 355 games (194 starts) with the L.A. Lakers, Philadelphia 76ers and Milwaukee Bucks. He joins the Pistons after spending the last two seasons with the Los Angeles Lakers where he averaged 11.8 points, 2.4 rebounds, and 1.3 assists in 27.2 minutes of average play. However, wait there's more. Caron Butler has agreed to sign a deal with the Detroit Pistons, and that the deal is for two years in the range of \$10 million and Free-agent guard D.J. Augustin has reached agreement on a two-year, \$6 million contract with the Detroit Pistons. With the Pistons shooting 32.1 percent on 3-pointers last season, finishing 29th in the league the team now have four three point shooter that shot very well from beyond the arc last season (that including their signing of Cartier Martin) shooting 40 percent behind the arc.

The Pistons now have nine players with guaranteed contracts, two with unguaranteed contracts, five incoming free agents, and an unsigned second-round pick and the right to match any offer for restricted free agent Greg Monroe. Even waiving the two players with unguaranteed contracts, Peyton Siva and Josh Harrellson, still puts the Pistons on track for 16 players. I believe that Van Gundy is not done yet. Believe that...

# A Very Eventful First Half for Tigers

By Butch Davis - Telegram Newspaper Sports Writer



Well Ladies and Gentlemen, Boys and Girls the Detroit Tigers have 71 games to play. Detroit was streaky up to the All-Star break, opening 27-12 before going 9-20 to fall out of first place when Kansas City swept the Tigers in a three-game set at Comerica Park to take a 1 1/2-game lead that evaporated in a couple of days. However, the Tigers went into the break on a 17-6 spurt that included taking three of four from the Royals to take that 6 1/2-game lead. Detroit will have 71 games left when it resumes play July 18 at home against Cleveland.

Now lets talk about this past Sunday. The Tigers missed on a chance to sweep the Royals in their final series before the All-Star break. The Tigers held a two-run lead in the seventh inning with Justin Verlander on the mound, nevertheless, Kansas City reeled off five runs in its half of the frame en route to a 5-2 win at Kauffman Stadium. Justin Verlander, who has allowed at least two runs in all 20 of his first-half starts, cruised into the seventh inning looking as sharp as he has all season. Only three Royals had reached base to that point. However, four straight singles to start the seventh put KC's first run on the board. Jarrod Dyson tied the game with an RBI groundout, and that marked the end of Verlander's day. He went 6 1/3 innings, allowing four runs, six hits and one walk. Tiger's manager Brad Ausmus ordered lefty reliever Ian Krol to walk pinch-hitter Salvador Perez to load the bases for the lefty-swinging Nori Aoki with one out.

Aoki popped up for the second out, and Al Albuquerque entered to attempt to secure

the final out. However former Detroit second baseman Omar Infante found the gap between third and short for a two-run single to put the Royals up 4-2. Both runs were charged to Verlander. Eric Hosmer tacked on the final run with an RBI ground-rule double off lefty Phil Coke. Looking forward to the 2nd half of the season and the playoffs it is apparent that Detroit's Manager and Pitching Coach stick to the script and go with JV for only six innings. After the first hit in the seventh he should have been taken out and a reliever ready. I predict JV's future will be in long relief or as a closer.

No we are not in trouble right now nevertheless I am concerned about the playoffs where anything can happen. Our bullpen is at best mediocre and inconsistent. Coke has to be leading MLB with inherited runners scoring. I guess the bottom line is that we took 3 out of 4 from our division foes and we're 6 1/2 up. It has been a very eventful first half of the season. I will gladly take 53-38 any day.

Note: The Detroit Tigers today announced a tryout camp to be held at Fifth Third Ballpark, the home of the West Michigan Whitecaps, on Monday, August 4. Registration for the camp begins at 8:30 a.m.; with the workout starting at 9:00 a.m. Participants are encouraged to arrive no earlier than 8:00 a.m. No pre-registration or participation fee is necessary to attend the camp. Those interested in trying out must provide their own glove and work out equipment. The Tigers will provide wood bats, helmets and baseballs.



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26650 Eureka Road, Suite C  
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**INKSTER**  
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# Johnson Publishing Company Launches JET Magazine Digital App



CHICAGO — Today, Johnson Publishing Company (JPC), launched its new JET magazine app. The app replaces the printed edition of the magazine. The new digital magazine app will add fresh content on a weekly basis, every Friday. Readers will be entertained by 3D images, video interviews, enhanced digital maps, audio content and photography from the JPC archives.

The app will be available on all tablet and mobile platforms.

There will be a free introductory offer of 30 days for all subscribers.

Actress Keke Palmer, the youngest talk show TV host of her new show “Just Keke,” is featured on the cover. Inside the issue, the actress discusses what it was like growing up on camera, her talk show idols, and dealing with social media drama.

“This is such an honor,” said

Keke Palmer. “JET Magazine was always on the table in my family’s home and it’s great to be their first cover as they enter into the digital age.”

“I am excited to carry the torch of the iconic JET brand into the digital realm,” said Kyra Kyles, the newly appointed editorial director of both JET magazine app and JETmag.com. “I am confident that we can keep the legacy of the magazine for generations.”

The first JET magazine app will offer:

- The first 360-degree view of the JET Beauty, with enhanced interaction with the model
- An exclusive viewing of Black&Sexy TV’s RoomieLoveFriends debut episode of season three – available only to JET app subscribers until July 6
- A chance to win a VIP experience to the largest house music event in the country – the 25th Annual Chosen Few Picnic (2015) in Chicago
- Featured celebrities – Stacey Dash, Anthony Anderson, Trey Songz and Taraji P. Henson

Instructions on how to download the new app can be found at JETMag.com and Ebony.com

## ASK AYANA

### Pampered Daughter Demands More



Dear Ayana

I’m upset because my daughter wants me to take \$70K out of my retirement fund to pay for her dream wedding. I’m 58 years old and have already paid for my daughter’s college education, car and have agreed to support her for six months while she tries to find a job. A close friend said I shouldn’t touch my retirement money and instead I should offer \$5,000 to help with wedding costs and then close the check book. What do you think? I’ve had a few health issues recently and I’d love to stop working.

The Bank

Dear Bank,  
If you’d love to stop working, and you can afford it sans supporting your daughter, do it! As for gifting your daughter \$70K for her “dream wedding”, I think that’s a terrible idea. When do you think your daughter will stop gauging you? You can’t possible think that

it’ll be after the wedding. No; see after the wedding, she’ll need you to help pay for the honeymoon. Unfortunately, you’ve taught your daughter to depend on you, so for her, there is no end in sight. I would think it inconceivable that she would ask you to dip into your retirement fund, except she’s asking because she knows that there’s a pretty good chance that you will. It’s time you let Princess grow up. Offer her the \$5K as a gift and not a penny more. Since you’ve already agreed to support her for six months while she seeks employment, you should honor your agreement; but don’t pay a day after the six month mark. I understand that you want to help your daughter, but your “helping” has served to cripple the both of you. She will probably have a difficult time learning to be self-sufficient and I assume that you’ve been pretty reckless with your savings when it comes to spending on your daughter. Cut the apron strings and close the bank. If your daughter has decided to get married, she is no longer your financial responsibility. This is the time in her life when your daughter will either sink or learn to swim. Take care of yourself as you approach your golden years; make your health and happiness a priority. Good luck to you.

Ayana

## 48217 COMMUNITY MEETING!!!

### HELLO NEIGHBOR COME SEE AND HEAR ABOUT.....

#### THE NEW MULTIFUNCTIONAL KEMENY RECREATIONAL CENTER DESIGN & CONSTRUCTION UPDATE

##### WHEN:

MONDAY, JULY 21, 2014 @ 5:30 P.M.

WHERE: @Kemeny Recreation Center  
2260 S. Fort Street, Detroit, MI 48217



THE NEW FACILITY WILL IMPROVE THE QUALITY OF LIFE FOR ALL RESIDENTS. JUST TO NAME A FEW AMENITIES THE NEW FACILITY WILL HOUSE, BUT NOT LIMITED TO:

- RENTAL FACILITIES
- FITNESS CENTER
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- MULTIPURPOSE ROOMS
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- BASKETBALL
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- ARTS AND CRAFTS, AND MUCH MORE...

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(313) 388-1052  
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Email: telegram@telegramnews.net  
Website: www.telegramnews.net

Gina C. Wilson Steward Publisher  
Dorothy Wall Publisher Emeritus

Serving Detroit and the  
Downriver Community for 69 years



# Telegram Newspaper Classifieds

**APT FOR RENT**

**Across the Park Apartments**

**NEWLY REMODELED APARTMENTS**

**Spacious 1 bedroom apartments**

Available for 62 and older or Handicapped & Disabled.

**COME SEE OUR MODEL**

Rent is based on income.

Heat & water included. Activity Room & Laundry facilities on site (313) 382-3201 TTY-1-800-567-5857 M-F 8-5



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**CO-OP AVAILABLE**

**WELLESLEY TOWNHOUSES COOPERATIVE**

1 BEDRM RANCH TOWNHOMES \$490/Month

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Equal Housing Opportunity



**APARTMENT FOR RENT**

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2 bedroom Upper, Dining & Living room, Balcony & Smoke Free Immediate Occupancy \$525 + Deposit 313-622-9681 JH062614

**\$399 Moves you In**

River Park Apts 2 Bedrms Starting at \$650 Including heat & water Call 313-600-8217 Southfield/Jefferson Ave PS080714

**ECORSE**

Spacious, Super Clean One Bedrm Upper Appliances, Air Conditioning \$450 month+Security 734-282-7237 RF071714

**HOUSE FOR RENT**

3 Bedroom 2 baths home on a quire street Living room, big kitchen, family room w/fireplace \$650/month 313-414-9652 SJ062614

**BUSINESS OPPORTUNITY FOR SALE**

Repair Shop w/dealer license For more information Call (313) 414-6421

**HOUSE FOR SALE**

Hamtramck, Fenelon St 3BR/1.5BA Single Family, 1920 sqft, Detached Garage Lease or Cash \$350 DN, \$232/mo 877-553-5348 DC071714

**SW Detroit House for Sale**

3 Bedrm Best Offer 313-247-3913 or 313-269-6125 MB072414

**ITEMS FOR SALE**

Ionized Alkaline Drink Water Bottles by the water station Available Downriver Ecorse, River Rouge, and Southwest Detroit Flat Rate Delivery Charge only \$5.00 Cost of Water plus bottle Deposit Available in 1, 3, and 5 Gallons For more information and prices call 313-728-3741

**COMPUTER DESK WITH HUTCH GOOD CONDITION \$50.00 313-949-3133**

**USED XYLOPHONE \$15.00 313-583-3014**

**QUEEN PILLOW TOP MATTRESS SET (In Plastic) \$150.00 734-735-1170** EC053014

**HELP WANTED - \$9.50 hour**

Are you a Chore Care Provider making less than \$9.50 /hr? Give yourself a raise

Are you a disabled person or Senior 62 or older? Need someone to assist you daily. Is your monthly less than \$1200 and you have Medicaid?

For More information come to an Information Meeting July 22, 2014 at 6:30 p.m. Telegram Office 10748 W. Jefferson, River Rouge, MI Or call 313-728-3741 ask for Mardena

**CITY OF INKSTER NOTICE**

**Asbestos and Hazardous Material Abatement and Demolition Services**

The City of Inkster will receive Requests for Qualifications (RFQ's) at the OFFICE OF THE CITY CLERK, 26215 Trowbridge Avenue, Inkster, Michigan, 48141, until **July 30, 2014, at 11:00 am**. The purpose of this RFQ is to create a list of qualified vendors to provide abatement of asbestos and hazardous materials and demolition services for the City of Inkster. Services are being requested for single family or multi-residential homes and commercial buildings. Specifications and forms are available on the City of Inkster's website at [www.cityofinkster.com](http://www.cityofinkster.com) or contact Community Development @ 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.

**CITY OF INKSTER NOTICE**

**CITY OF INKSTER**

In accordance with the City of Inkster City Charter Chapter 7, Sec. 7.9; an abstract of the proceedings of the July 7, 2014 Regular Council Meeting is hereby published.

APPROVED:

Approval of Agenda as amended with items "D" and "E" under Presentations.

Approval of Consent agenda.

Three appointments to the Commission on Aging.

Two appointments to the Housing and Redevelopment Commission.

Approval of Local match to the Senior Alliance Area Agency on Aging.

Approval of a Street Closure on Pine, Moore, Williams, Henry and Spruce Streets.

Approval of Wayne County Contract for CDBG funding.

Approval of Request for Proposal for Legal Services.

Felicia Rutledge  
City Clerk

**CITY OF RIVER ROUGE NOTICE**

**ASSESSOR OFFICE  
CITY OF RIVER ROUGE  
ASSESSOR  
LISA K. GIVENS  
313-842-5602**

**Attention River Rouge Taxpayers**

Please take notice that the River Rouge Board of Reviews will be meeting in the Assessor's office, Room 205, at 10600 W. Jefferson, River Rouge, MI 48218. Date and times the board will be meeting.

**TUESDAY JULY 22ND 2014 9:00 AM – 12:00 PM**

This meeting is for the purpose hardship applications and errors. Further, State law requires that all applicants for poverty reductions must supply the following information to the board before the board can grant a hardship reduction.

Complete poverty (hardship) application (available in the Treasurer's Office. Hardship applicants must meet the income guidelines.

The Board requires that all persons applying for a hardship reduction must have completed their application and returned to the Treasurer's office by July 18th, 2014. Hardship reductions cannot be granted by telephone.

**POVERTY EXEMPTION INCOME STANDARDS**

NUMBER OF PERSONS RESIDING IN HOMESTEAD INCOME	POVERTY THRESHOLD
One (1) person	\$12,000
Two (2) people	\$15,000
Three (3) people	\$18,310
Four (4) people	\$22,050
Five (5) people	\$25,790
Six (6) people	\$29,530
Seven (7) people	\$33,270
Eight (8) people	\$37,010
Nine (9) people	\$42,000

River Rouge Board of Review: published

Call 313-928-2955 to place your Help Wanted Ads

**NUMEROLOGY**

**HOT PICKS**

415	716	590
272	313	829
3014	1816	9945
9224	5512	3034

**FEELING LUCKY**

**BIG MOMMA'S HITS**

107	486
881	949
639	208

**BIG RAY'S PICK 4**

4179	2120
9170	6565
3274	2345

For entertainment purposes only

**CITY OF RIVER ROUGE PUBLIC NOTICE**

**PUBLIC NOTICE**

Notice is hereby given that the Public Accuracy Test for the August 5, 2014 State primary election has been scheduled for Wednesday, July 16, 2014 in the office of the City Clerk at 4:00pm.

The Public Accuracy Test is conducted to demonstrate that the computer program used to record and count the votes cast at the election meet the requirements of the law.

Patricia H Johnson  
River Rouge City Clerk  
313-842-5604



Drivers! Holland is hiring at its Detroit, MI terminal. 21yr old w/ 1 year or 50k miles exp, w/ tanker & hazmat. Local drivers are home daily, Regional Drivers are home weekly. Company paid health insurance. Find your direction at [Hollandregional.com/careers!](http://Hollandregional.com/careers!) EEO/AAE Minorities/Females/Persons with Disabilities/Protected Veterans



# BUSINESS HIGHLIGHT

## Discovering Affordable Transmission Repair in the Downriver Area

### S & S Transmission Repair

By: Lisa Robertson - Contributing Writer



The summer is here and family activity is in the air. With summer vacations in progress or on the way S & S Transmission Repair wants to know you are safe on the road. There are several reasons to keep your car maintained during the summer months. The average family can burn over 600 miles easily. If you include daily activities and travel back and forth to work, wear and tear is often a problem. But if you are looking to do some vacationing during the summer months, making sure that your vehicle is in tip top condition is very important. Driving to your destination can save some money but it can put a lot of

wear and tear on your vehicle.

Getting a thorough checkup on your vehicle before driving any long distances can save you a lot of hassle in the long run. S & S Transmission Repair has over 15 years of experience in the Downriver area. They are familiar with the community and understand the importance of helping their families stay on the road.

S & S Transmission Repair services many areas including Ecorse, Lincoln Park, Riverview, Taylor, Detroit, Gibraltar, Melvindale, River Rouge, Southgate, Woodhaven, Wyandotte,

Trenton, and many other locations. They specialize in Transmission repair, custom built transmissions, brakes for as little as \$59.00, and complete diagnostics so you are sure your car/truck/van is in order. If you are looking for great summer deals on transmission repair they are your expert.

S & S Transmission Repair specializes in custom rebuilt transmissions both foreign and domestic. They can provide you with assistance on transferred cases, and ensure that your vehicle is running smoothly when you need it.

#### Tips for Transmission Health:

- \*Keep the engine tuned.
- \*Check your vehicles fluid levels regularly
- \*Have your vehicle checked at the first sign of trouble.

For more information contact Sean at (313)554-2000  
Visit: [www.sstransmissionrepair.com](http://www.sstransmissionrepair.com)  
Email: [Sean@sstransmissionrepair.com](mailto:Sean@sstransmissionrepair.com)

# \*CRIME ALERTS\*

## POLICE BLOTTER

### RIVER ROUGE

River Rouge Police Station  
313-842-8700

July 10, 2014

At 1640hrs, officers were dispatched to the Riviera Market on West Jefferson on a Domestic Assault complaint. A 45 year old female states while at her home in the 1st Block of Hill Street her 37 year old boyfriend assaulted her after an argument. She states he struck her in the face and threw her down to the ground. Officers observed bruising, a large lump on the right cheek and head, and her right knee was scraped up. Health Link was notified and arrived on scene. Officers went to the home on Hill Street and placed the boyfriend under arrest and transported him to the station where he was booked allowed to make phone call, then housed.

July 10th, 2014

At 1107hrs, all patrol units were dispatched to the 200 Block of Kleinow on a report of a male wearing a white shirt and dark pants with a handgun. An officer walked around the side of the home and observed several suspects standing on the porch. One male who stood alone was observed holding onto a black handgun in his waistband holding onto it with his right hand. Suddenly all the suspects took off running and went into a housing unit. Ecorse Pd officers arrived on scene to assist. An officer

knocked on the door to the housing unit and advised all parties inside to come out. As they exited the home each male was patted down and handcuffed. Officers spoke to a 39 year old female and asked for consent to search the home for weapons. A Search Warrant was secured later and officers entered the home. During the search a North face jacket laying on the chair had bullets in the pocket. Several other rounds of ammunition were located in the home. All of the males were checked by LEIN and released except one who had an outstanding warrant. He was transported to the station, booked, allowed to make a phone call, and then housed.

July 10th, 2014

At 0305hrs, officers were dispatched to a home in 100 Block of Division on a Larceny report. A 72 year old male told officers he was renting a room in the home and fell asleep in the back bedroom. He states he was awakened by an unknown male attempting to get into his pockets. Then the unknown male hit him on the left side of his head near his ear and took \$1,740.00 cash from his left front pant pocket. The senior could not give a description because the room was dark. The officers and male already know who took his money and so do I. Shame on you and you wonder why you are having so much "bad luck". I guess you learn the hard way of "doing unto others as you wish them to do unto you!"

# Violence

from page 2A

make the choice of attending my sons hockey game, or attending a community meeting on solutions to violence. This was a really tough issue, but I felt it was important to attend my son's game, but I could not get my mind off of the issues facing our youth today.

As a father and really think we hold the answer to the overwhelming number of violent incident occurring in our city and being carried out by our sons for the most part. But the really scary part of it is the fact that some our young ladies have also begun to turn to violence to settle disputes with individuals who were once close friends.

I have long ago determined that I am not a psychologist, nor am I a counselor or social worker. But does it really take that to turn a community around and get our youth to learn the true value of life. What is it that we have not done as a community to help teach our youth how to settle these disputes, how to engage in conflict resolution and peer mediation strategies?

Personally, I was getting tired of attending meeting after incidents and even death had taken the life of some child. I am tired of getting called to the

home of a person who has been killed and asked to speak at a funeral or memorial service. I am tired of hearing people from our community including myself discuss the strategies of what could be done after a death has occurred. What I would like to see is strategies offered before the incidents occur. So what will it take? Who will lead the charge? How do we get it going?

As the young kids say "it's on a popping", well we better start listening to the youth of our community because they do hold the answers. We need to listen to them because they truly offer the strategies and solutions to what has become a "cycle of violence" that must be broken.

I offer these solutions because as a father of a 21 year old African American male, if I do not instill some values into him, his friends, and those individuals that travel in his circle and hang in the same locations that he does. It may be my son that is looking down the barrel of a handgun, or become the victim of senseless violence in our community.

So as you began to sit with your sons and daughters, grandchildren or neighbors kids please consider the fol-

lowing:

For the remainder of the summer and into next fall we must commit ourselves to finding "Positive Solutions" and events that will encourage our youth to make better decisions. We must bring youth and adults together to learn ways to make our communities and schools safer and to keep anger from exploding into gunfire.

A key discovery is that anger is not always about a single, large issue or event. It builds up day after day through small things that, if left unattended, suddenly become too much to handle. So we yell, hit, throw, explode. And if a gun is available, we take other measures.

If we are to choose different behavior, we must learn alternative ways of thinking about events in our lives and around us. Solutions lie in little things we do moment by moment. From my one-on-one meetings with youth this summer, and from "LISTENING" to my own son and his friends, I offer some simple but significant suggestions.

Words of Expression by: Larry D. Johnson, Assistant Superintendent & Executive Director of Public Safety Grand Rapids Public Schools

# Westland

from page 1A

cost sharing approximately 20% for healthcare. The contract provides for 4% in wage increases over the four years. New hires will receive a reduced benefit pension but no healthcare in retirement. At age 65, current employees will receive a Health Retirement Account, an annual cash stipend to purchase Medicare supplemental coverage. These benefit changes are expected to reduce the City's "Other Post Employment Benefit" (OPEB) and pension liabilities, positively impact the City's financial statements and credit rating, and reduce a future expense to the City.

"As front-line supervisors, we depend upon these hard-working employees for supervising staff and ensuring policy and procedures are followed when delivering vital services. These employees recognize the City's need to effectively manage finances, including addressing long-term liabilities;" commented Mayor Bill Wild.

Ted Williams, Union

President, said "we are pleased to reach settlement on a new contract that provides for pay increases, and we realize that contributing toward pension and healthcare costs helps the City."

Mayor Wild reports, "Currently, myself, all directors, non-union, AFSCME and WPOAM employees along with the Clerk, Deputy Clerk and approximately 160 employees, now contribute toward their retirement and healthcare costs. The City is in talks with our Fire Union and will soon begin negotiating with Police Command Officers," Mayor Wild continued. "The City's goal is consistency in wages and benefits among our various employees groups and achieving new contracts that help stabilize finances and reduce legacy costs by eliminating retirement health care benefits and reforming costly pension packages"

For more information, please contact Aubrey Berman, Administrative Secretary (734)467-3200



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***Match your Daily 4 number to the drawn number in “straight back” reverse order and win a \$1,000 payout. It’s the simplest way to get more from your Daily 4!***

**JULY 1-31**

2-WAY AND BOXED BETS NOT ELIGIBLE. WHEEL BET WINNERS WILL BE PAID THE STRAIGHT PRIZE ONLY AND ARE NOT ELIGIBLE FOR THE REVERSE PRIZE. Daily 4 odds: Straight Back Bonus: 1 in 10,101; 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. If you bet more than you can afford to lose, you’ve got a problem. Call 1-800-270-7117 for confidential help.





Election

from page 1A



voer in Michigan for a least four years. Governor rick Snyder (Republican) and Mark schauer (Democrat) are running for the position.

**U.S. Senator in Michigan**  
Univted States Senators represent their local districts in Washington D. C. A Senator is elected to a six-year term and must be at least 30 years old and a U. S. citizen for at least nine years. There are two senators from each state. Terri Lynn-Lynn (Republican) and Gary Peters ( Democrat) are running for this position.

**US. Congress**  
United State Representatives are elected to two year terms. They must e at least 25 years old and a U.S. citizen for at least seven years. Michigan

has 14 districts. Three candidates are running for this position. Jeff Gorman (Republican), John Conyers, Jr. (Democrat) and Horace Sheffield (Democrat) Michigan Senate District Michigan sate Senators are elected to four year terms and can serve a maximum of two full terms. They must be a least 21 years old and a registered voter in their district. There are 38 State Senate districts.

**Michigan House District**  
Micigan State Representatives are elected to two-year terms and may serve a maximum of three full terms. They must e at lease 21 yeiars old and a registered voter of their district. Wayne County Commissioner There are 15 Wayne County

Commissioners. This is a two-year term. Wayne County Executive This is a four-year erm. Candidates for this position.

**Ballot Proposals**  
Wayne Count Regional Education Servic e Agency: Regional Enhancement  
**Millage Proposal**  
This proposed enhancement six-year millage would be collected by the Wayne County Regional Educational Service Agency and distributed to local public school districts within the boundraries of the Wayne County Regional Educational Service Agency based on pupil membership count. 2 mills or \$2 per thousand dollars of taxable, value would increase the millae. This money will provide new additional operating funds for local schools districts. It is estimated that 2 mills would raise approximately \$80,000,000 when first levied in 2014.

**Wayne County Transit Authority Millage Renewal**  
If approved, this proposal will renew and increase the .59 mills formerly authorized to 1.0 mills for three-years and will allow continued support to the Suburban Mobility Authority for Regional Transoration (SMART) for a pubc transportation system serving the elderly, handicapped and general public in Wayne County.

It is estimated that if approved, this millage would raise approximately \$17,090,908 in the first year. State Proposal 14-1

This amendment would reduce the state use tax and replace it with a local community stabilitation share of the the tax for the purposeof modernizing the tax systems to help small businesses grow and create jobs to Michigan.

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