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before you vote**
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Volume 70 Number 8

www.telegramnews.net

WEEK OF SEPTEMBER 19 - SEPTEMBER 25 2013



TELEGRAM

OLDEST PRIVATELY OWNED AFRICAN AMERICAN NEWSPAPER IN MICHIGAN

Wayne County Parks presents Native American Heritage Day



Celebrate Michigan's first people on Saturday, Sept. 21

Westland – Wayne County Parks and the North American Indian Association will host Native American Heritage Day on Saturday, September 21, 2013 at the Nankin Mills Interpretive Center from 1:00 p.m. – 4:00 p.m.

This special social gathering

includes a traditional drumming circle and dancers in beautiful regalia. Native American crafts and food will be available for purchase. All ages are welcome to enjoy this celebration of Michigan's first people. Due to limited seating, please bring a lawn

Native American on page 3A

KABOOM!!! Charles Drew builds new playground in 6 hours

By Gina Steward - Telegram Newspaper Publisher



Photo by Eric Perry

Volunteers constructing the new Playspace at Charles Drew Academy in Ecorse

Six hours later, the kids have a place to play. Transforming the grass area to a full-fledged play area. More than 100 volunteers

from Mercedes-Benz Financial Services, Dr. Charles Drew Academy, organizers from KaBOOM! and residents of the Ecorse

community joined forces on Thursday, September 12, to build a new playground at

KaBoom on page 8A

September is College Savings Month



SEPTEMBER IS COLLEGE SAVINGS MONTH

Treasurer Dillon Encourages Michigan Residents to Consider Starting a College Savings Plan

LANSING, MI SEPTEMBER 17, 2013 –State Treasurer

Andy Dillon is reminding Michigan families that September is "College Savings Month" in an effort to increase awareness about the importance of saving for higher education.

"With college costs rising

College Savings page 2A

National Voter Registration Day is September 24



On September 24, National Voter Registration Day, more than 700 organizations will host voter registration events across the nation. National Voter Registration Day, which this year falls on September 24, 2013, has reached a milestone as more than 700 organizations have signed on to host voter registration events across the nation.

Together, these organizations and their volunteers will celebrate National Voter Registration Day with the largest one-day effort to register voters and get them involved in the American political system. Indicative of last year's success when more than 300,000 voters were registered, National Voter Registration Day 2013 is once again recognized and supported by the

National Association of Secretaries of State (NASS).

The theme for National Voter Registration 2013—Millions of people will vote this year. Will you?—reminds Americans that an estimated 1,500 political races and ballot referendums will be decided on Election Day 2013, which falls on Tuesday, Nov. 5.

The Western Wayne NAACP will be hosting a social media awareness Voter Registration Day. During that day, they are encouraging everyone to send out a tweet or update their status once they verify their voter registration information.

WORDS FROM THE PUBLISHER

Getting to know the candidates before you vote

By Gina Steward - Telegram Newspaper Publisher



Voting for the right candidate can be tricky. Many candidates only want your vote so they all make the best promises they can think of. How do you decide which one will be the right one? How should you choose?

Below is a list of things you should do to prepare yourself to vote in the General Election in November and future elections.

Look for a candidate you relate to: Listen to speeches, visit their websites, find out about their opinions and, even more important: What motivates them. Opinions can easily be adapted to what the voter wants to hear, motiva-

tions are a little more reliable Make a list of things that are important to you: Values, things you think candidate should achieve etc. Check their voting history: If a candidate is currently in office or previously held office, then you can also view the person's voting history Make a final selection: Take your first list of important things, the election literature of your chosen candidate and any other important information you stumbled upon. Compare them and decide if this candidate (or which one of the candidates meets your demands the most if you hadn't chosen one yet) is really the one you want to be represented by.

We at the Telegram have given each candidate an opportunity to express their plans and background to the citizens in our coverage area. Please read this week's issue and the next two issues to learn about the candidates seeking your votes. Then on November 5th, exercise your civic duty and go to the polls and vote or vote absentee if you will not be able to go to the polls on that day.

College Savings

from page 1A

every fall, it is very important for families to start saving as early as possible for future higher education expenses," Treasurer Dillon said. "Michigan offers three excellent programs, the Michigan Education Trust (MET), the Michigan Education Savings Program (MESP), and the MI 529 Advisor Plan (MAP) and I encourage parents, grandparents, and others to learn more about these plans and how they can help families save."

College Savings Month is a great time for families to consider the value and importance of a higher education and the impact it can have on a child's life. According to the Center for Social Development, having savings over a period of years may

raise a young person's educational expectations in addition to their academic effort and achievement. Youth who have education-related savings are almost four times more likely to attend a four-year college than those with no account. For example, more than 96 percent of high school graduates with MET contracts have attended a college or university.

MET is also reminding individuals and organizations that just two weeks remain in the current enrollment period, which ends September 30th. To celebrate MET's 25th anniversary, MET is waiving the \$25 processing fee for enrollments completed online during September.

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ELECTION NEWS

Candidate for Taylor City Council - Alex Garza

1. Why are you running for Taylor City Council?

The way I can best serve the people of Taylor is on City Council. Taylor is my home; my grandmother lived in Taylor since the 1950's when Taylor was a chartered township, Taylor means a lot to me. I have been involved in the community for years through local volunteer work and my service on Taylor's Downtown Development Authority. I know I am bringing a wide range of experience and new ideas to Taylor. I will work to bring solutions to the council table when elected. I do not want to be the council member you see twice a month; I want to be more than that, I want to be open and available to the members of this community 24/7. I tell residents I am an advocate for conversation. Whether we bring same or different ideas to the table, we must find common goals and work to achieve them. This is why I am running for city Council. It would be an honor to serve the citizens of Taylor.

2. What makes you qualified to represent the citizens of Taylor?

My educational and work experience in Public Administration has prepared me to serve my

community on city council. I have dedicated my career to serving the public interest. As an aide in State Representative Rashida Tlaib's one-of-a-kind neighborhood service center, I gained valuable experience about how best to help the people of my community. I've worked hard alongside Rep. Tlaib to help families obtain more responsive and higher quality city services. As a City Downtown Development Authority Member, I fight for public improvements that have the greatest impact in strengthening the downtown Taylor area, leading to new private investments. I have a proven track record of putting my community first, and I would like to continue my passion for service to you on the Taylor City Council.

3. What are some of the changes you would like to make in your city if any?

Even though there are many changes that are equally important, taking control of our city budget deficit is my top priority in these challenging times. As an elected Council Member, I will work hard with my colleagues to reach a balanced city budget every fiscal year. Currently, our city is operating under a state

deficit elimination plan, a plan that must be solid for our city to realize a budget surplus in the near future. We need to continue to implement and carefully plan and evaluate all budget issues to make the tough decisions less damaging to residents.

4. What do you like about your city and how would you convince another person to come live here?

I love my city dearly and everything about it. Taylor is Downriver's comeback city. As the largest city Downriver, we are going to take the steps to make sure we are the #1 city Downriver once again. It is very important we continue to attract people that want to be apart of a positive change. Our city is also home to some of the greatest attractions in Southeast Michigan, including Southland Mall and Gibraltar Trade Center that many people are attracted to every year. Overall, Taylor is a great place to live, shop, and do business. We are the comeback city, so be apart of it!

5. What type of job/career do you have currently?

I currently am a Research and Policy Analyst

Candidate for Romulus City Council - John Barden

1. Why are you running for this elected position?

I am running for re-election because I have 8 years of experience on how the city operates. It would be a privilege to continue to serve on the Romulus City Council. I will always represent you fairly and honestly for our families and community.

2. What makes you qualified to represent the citizens of Romulus?

What makes me the best and most qualified person for the job are my 35 years of being a Romulus citizen so I am aware of what the community is in need of. Also, the years of being a Romulus city council member, my background in business (Western Michigan University BBA) which allows me to understand and strategize ways to lead, and having experience and years in the city, county and government.

3. What would be some of the changes that you would make in your city, if any?

My top priority as I seek election in the Romulus City council is the city of Romulus not having a substantial amount of businesses. This is important to me because bringing in businesses will reduce the taxes amongst our community. To promote this issue I will contact my business associates and inquire about ways to bring businesses to Romulus. Also the closing of our parks is a tragedy amongst our community. What I plan to do to influence change on this issue is to be more proactive to find sources that bring revenue into our general fund to reopen our parks for the community.

4. What do you like about your city and how would you convince another person to come live here?

I like my city because we are one of the few cities in Wayne County that has room for growth and development. I would convince someone to live here by saying we have a good school system and athletic program for our students. As well as our police officers and fire fighters in our community are dedicated and willing to serve.

5. What type of job/career do you currently have?

Department Executive for Patient care management system- Wayne County Romulus City Councilman

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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.

MEMBERSHIPS



Michigan Minority Press Association

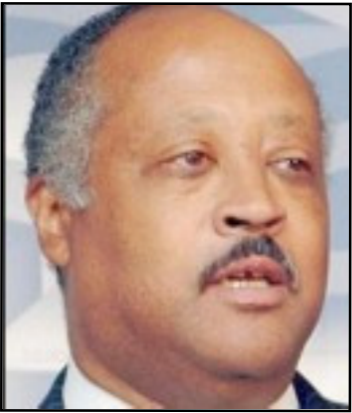
Michigan Ethnic Media

National Newspaper Publishers Association

Beyond the Rhetoric

An Inside Look at our Rotten Prison System

By Harry C. Alford - NNPA Columnist



In the interest of full disclosure, I have a bachelor's degree in Correctional Administration from the University of Wisconsin. During the summer of 1969, I did my required internship at the Wisconsin School for Girls in Oregon, Wis. These were under-age offenders who were found guilty of petty crimes or "bad behavior." My ambition was to change bad human behavior into honorable behavior. The curriculum I was reading promoted the best models of rehabilitation. I was so pumped but the internship showed me the reality of our system of corrections.

None of the girls in the reform school were evil or bad. They all had a messed up family life. The overwhelming majority had no fathers in the home and their mothers lacked a work ethic and were welfare dependent. Role models were nowhere to be found. For those three months, I basically became their father (for Whites, Hispanics and Blacks alike). The supervisors were elated as the girls quickly started changing from bad girls to nice girls with ambition. I enjoyed them and even named my oldest daughter after one of them. My lament was that they would eventually go back to those environments. I would go to Milwaukee and Chicago and visit their households. It was so depressing and showed that their progress would be short-lived. My ambition started to move towards a career in business.

Another reality was that the correctional industry, in comparison with my text books, had no ambition to rehabilitate anyone. Incarceration was a business and mass imprisonment meant business was good. What I didn't know was that "business" was about to take off northward at an exponential rate. Various drugs were imported into poverty stricken communities. The epitome was the crack invasion. Drugs cause addiction and addiction leads to criminal behavior along with the trafficking of the drugs themselves. Prisons started to fill and recidivism was rising at a hopeless rate. Rehabilitation had become a thing of the past.

It appears that the whole thing was a conspiracy. Prison guards unionized and the unions started lobbying for more prisons, stiffer sentencing and anything to grow the prison population. Some entrepreneurs saw a great opportunity and lobbied elected officials. Then President Ronald Reagan did a very awful thing. He announced the "War on Drugs." As David Simon, the writer of HBO's The Wire stated, "In effect this was a war on

Blacks that evolved into a war on both Blacks and Hispanics." This brought on a new form of slavery.

The first privately managed prison was established in Hamilton County, Tenn. in 1984. The contract went to Corrections Corporation of America. CCA currently owns 65 facilities all over the nation. It is the largest prison management company and is traded on the New York Stock Exchange (CXW) with revenue and assets totaling more than \$1 billion. The industry continues to grow at a rapid rate and has much power in lobbying. Things like "three strikes and out," more funding for new prisons and the courting of judges who seem to be issuing longer sentences. The longer the sentence, the more the money for private prison companies. Obviously the crack invasion was a financial boon for all of these private prisons.

With new, fast and big cash comes corruption. An example is Pennsylvania Judge Mark Ciavarella Jr. He and his partner, Judge Michael Conahan, received millions of dollars from a private prison management firm for their "Kids for Cash" sentencing. More than 5,000 youths received extreme sentences and were sent to a private prison in exchange for cash from the executives of the company. Judge Ciavarella sent a 10-year-old to two years incarceration for accidentally causing minor damage to his mother's car. This was typical of these two judges.

Judge Ciavarella has been sentenced to 28 years. Judge Conahan has pled guilty and will be sentenced shortly. But for 5,000 children, their lives will never be the same. These victims were sent to PA Child Care and Western PA Child Care detention centers. The company or companies have kept their names out of the press, which shows you how sophisticated their crisis management firm is. This example is one of many and I am certain much corruption is taking place at all levels and in all geographies.

Their lobbying firms are powerful, too. They got Congress in 1997 to dictate that the Department of Justice should do a test on privately-run prisons. The new federal prison was located in Taft, Calif.. The contract went to Wackenhut (now called The GEO Group, Inc). The test was declared "successful" and federal prisons started becoming privatized ever since.

We have a rotten prison system. If we would legalize drugs, perhaps the prison population (predominantly Black and Hispanic) would start to fade away and private prisons will be a thing of a horrible and ugly past.

(Next week: Our Rotten Probation system.)

Harry C. Alford is the co-founder, President/CEO of the National Black Chamber of Commerce. Website: www.nationalbcc.org. Email: halford@nationalbcc.org.

Native American

from page 1A

chair. This is a free outdoor event.

The North American Indian Association of Detroit is the oldest urban Indian organization in the United States. The purpose of the organization is to promote self sufficiency for Native Americans through education assistance, employment and training, and awareness of available human services, and to foster and preserve Native American culture.

The Nankin Mills Interpretive Center is located at 33175 Ann Arbor Trail, Westland, MI 48185. Hines Drive will be closed due to Saturday in the Park, however, you may go around the barricades (at Ann Arbor Trail and Hines Drive) for Native American Heritage Day parking.

If you have any questions regarding this or any other Wayne County Parks event, please call (734) 261-1990 or visit www.parks.waynecounty.com.


Traffic Ticket Amnesty

July 8 - Sept 30

For a limited time, the court will waive all default fees, 20% late fees and warrant fees on traffic and parking tickets.

Amnesty includes Inkster tickets also. You can pay your ticket in Inkster at the 22nd District Court located at 27331 South River Park Drive. Regular court hours are weekdays 8:30am - 4:30pm

Is your spouse or kids getting on your nerves?



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Town hall meeting hopes to provide answers

By Christian Young - Contributing Writer



State Representative David Knezek

In a time like this, with many questions being raised about the future of education in general and education in Michigan in particular, citizens have a lot on their minds.

State Representative David Knezek is hoping to help provide them with a platform. Knezek will be hosting a town hall meeting on education tonight at 6 p.m. at the library of Riverside Middle School, located at 25900 Warren Ave. in Dearborn Heights.

"For me its about providing an opportunity for residents to connect with professionals in education," he said. "We really want it to be a dialogue, where they can ask honest questions and get honest answers." Knezek is bringing out some heavy hitters to the town hall, and all levels of education will be addressed. The keynote guest will be John Austin, president of the Michigan state board of education.

"He'll be giving a presentation called the Michigan Dream Restored," Knezek said. "It's a presentation centered around creating the type of state we want to be proud of, and that includes finding ways to create livable communities and attracting young professionals and talent to our state."

Other guests on hand will be Ann Kalass, CEO of Starfish Family Services, who will address early childhood education; Garden City

Public Schools superintendent Dr. Michelle Clein, who will talk about K-12 education; and University of Michigan-Dearborn vice chancellor Stanley Henderson will address higher education.

But that will cover only half of the town hall, as Knezek plans for the second half to be a full question-and-answer forum where residents are encouraged to attend and speak up.

As a member of the state education committee and a former social studies teacher himself, Knezek says that this is a cause that is dear to his heart, and is very concerned about the developments taking place in education—not the least of which has been the passing of the bill that allows the state to dissolve insolvent school districts, a bill that claimed Inkster Public Schools as one of its first victims.

"For me, this is a very personal issue and one that we need to get right in the end," he said.

One major focal point will be education funding and the treatment of teachers, as well as other education inequities.


"The teaching profession has been under attack for so long, we need to have a serious conversation about valuing and respecting the profession," Knezek said.

"The state is disrespecting our teachers when they cut funding to public education. Our teachers are being asked to do more and more with less and less. At the end of the day, we forget that these people are creating the next generation of doctors and lawyers, and business owners. People forget that not every student that walks through the door has the same opportunity to succeed, and we need to provide them with the support that they need to make up for those inequities."

For more information, contact Knezek at 855-456-3935, or visit his Facebook page at <https://www.facebook.com/pages/Rep-David-Knezek/383128715105490>.

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
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Magnificent Man-Steve Sanders

By: Janine Folks Edwards- Telegram Religion Columnist



As me and Treva discussed planning this year's Michigan Leading Ladies Conference we talked about women and pondered honorees. We believe in celebrating women while they are here to appreciate it and honor their accomplishments and inspire other women in the process.

We started talking about men. We both said how much we love our fathers and how important they are to who we have become. Where would great women be without great men? So then we said, "How about the men? Let's honor some men and call them Magnificent Men!" We laughed and talked about how we love men and thank

God for them. We admire their strength, the way they provide and how they protect us. We even like the way they look. No, we don't want all of them, but we acknowledge that we need and appreciate them and how they complete us. We could not imagine living in a world with only women. We thank God for men! We hope you too appreciate the magnificent men in your lives!

Healthy relationships with men bring balance to women. Whether it's a father, brother, cousin, uncle, friend or husband, women need magnificent men in their lives. When you look at someone like Treva [Sanders] Gordon, there is no question that she comes from greatness! Today, I introduce her father, Mr. Steve Sanders!

You can tell a lot about a man by the way his family feels about him. When he is adored by his family, his children and grandchildren, then you know he has lived with love and he is consistently committed to them. Mr. Sanders has this.

He celebrates his daughter, nurtures her dreams and sup-

ports all the good things she does. Last year, Mr. Sanders could be seen throughout the neighborhood passing out flyers on foot to promote his daughter's event, Michigan Leading Ladies! He even flies to Tennessee periodically to assist Treva and her husband with their business and their children. Now that's a supportive dad! It is wonderful to have a man in your life who you know will do anything for you. Treva and her three sisters all have that in their father Steve.

A life long resident of River Rouge, Steve Sanders continues to be a staple in the community. Known to many as "Uncle Stevo", the 1964 graduate of River Rouge High School was a star basketball player and continues to be a beloved example to others. Steve is a member of Triumph Church where Pastor S. W. Kinloch is his pastor. He serves on the usher board ministry and is a greeter.

Mr. Sanders worked for the Chrysler Corporation for 30 years and 6 months where he retired. He is a community helper. He assists with com-

munity work and by setting a standard within his neighborhood. He also works the youth and serves as a mentor to those who know him. For many years, he has volunteered his time working also with the elderly. Mr. Sanders is a motivator with his "tell it like it is" truths that have helped others get on the right path. We are proud to honor him as a community hero. Join us as we present him at a special luncheon on Thursday, October 31 at the Double Tree by Hilton in Dearborn. To learn more, go to: www.trevagordon.com or www.gogirlpreach.com.

United Church of Faith

6064 Fourth St Romulus



Sunday Worship 11:30am

Bible Classes

Tues & Wed-6:00 PM

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Pastor

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Senior Choir Anniversary

September 22, 2013
4:00 pm

Come stop by for dinner
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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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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 unti God;*

Spirit of Praise

Church of God in Christ

368 Salliotte, Ecorse MI * 313-389-1267

Sunday School 9:30am

New Member Class 10:00 am

Morning Worship/Youth Church 11:00 am

Sunday Evening Worship 6:00pm

Wednesday Family Night 6:00 pm

"The only hope we have is in Jesus"



Samuel A. Wyatt,
Senior Pastor

Missionary
Esther Lee Wyatt,
First Lady



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Reverend Damon L. Pierson, Pastor

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



Union Second Baptist Church

459 Beechwood River Rouge, MI 48218
Church office - (313) - 383-1558 Church fax 313-383-1611
Email: union2bapchurch@att.net
Dr. Kenneth L. Brown - Pastor

Services Times

Sunday

Sunday School and New Members Class 9:15 am
Intercessory Prayer 10:30 am
Morning Service 11:00 am

Tuesday

Prayer Service 6:00 pm
Family Night Bible Study 7:00 pm



As a real church for real people, we provide ministry for the entire family.
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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

Mt. Nebo Baptist Church

4411 5th Street Ecorse
313-382-8577

Rev. Marcus Johnson
Pastor

Sunday Morning Service
11:00am

Everyone is welcome

Runner For Christ Ministries

1125 Fort St., Lincoln Park
Sunday Worship 10am

Bible Classes

Thursday - 6 - 8:30 PM



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

Ecorse Seventh-day Adventist Church

3834 10th St
Ecorse, MI 48229-1617
(Corner of 10th & Francis Streets)
Dr. Errol Liverpool, Pastor

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Sabbath Worship Service (Saturday) 11:00 a.m.
Prayer Meeting (Wednesday) 7:00 p.m.

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Rev. Arthur C. Willis, Sr. Pastor

Growing Forward

SERVICES

Sunday School - 9:30am

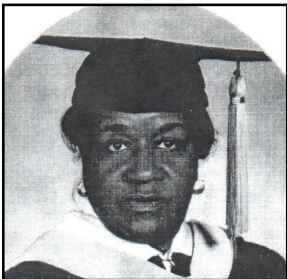
Sunday Morning Service - 11:00am

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

*Let's worship together down here so
we can live together up there*



DEATH NOTICES



BARBARA "BOBBY" LOUISE ROBINSON
Nov 3, 1938 – Aug 31, 2013

Barbara's lifelong dream was to become an educator for Autistic Children, which she accomplished.

Barbara leaves to cherish her memory two children Joe Louis, Jr. (Tonia), Nanette Nicole (Kenya); one special daughter Letitia Ezell; three grandchildren Joe Louis III, Jada, Jakaree; four sisters Bertha, Sara, Dorothy (John), Nancy (Nathan); one brother Robert James Wourman, Jr.; a host of nieces, nephews, cousins, and close friends; a special "THANK YOU" to Nancy English.

Final arrangements were entrusted to Kernan Funeral Home



TYRONNA J. HOWARD
Mar 11, 1959 – Aug 31, 2013

Ms. Howard married Mark Edward Howard on October 12, 1990, and had three beautiful children Gabriele Brandi, Quinton Sterling, and Quinlan. Sebastian, she loved them with all of her mind, body, and soul.

She leaves to cherish her siblings Terrance, Freddie (Deceased) Artirmio, and Antonio.

Final arrangements were entrusted to Chapel of Chimes Funeral Home. (chapelofchimes.com)



ARELIA COOPER
Mar 7, 1935 – Sept 9, 2013

She put her heart and soul into every task she put her hands on. Arelia even helped her husband to build their home.

She leaves to cherish her memory, her loving husband of 58 years Deacon Frank Cooper. Two Children Sharon (Phil) Price, Gregory (Mary) Cooper, three grandchildren, Tiffany, Tamira and Gregory Jr., two brothers

Jimmie and Walter Earby, two Sister-in-law Margaret and Gladys Earby, and a host of nieces, nephews and friends.

Final arrangements were entrusted to Chapel of Chimes Funeral Home. (chapelofchimes.com)



CLEVELAND PETTAWAY
Mar 20, 1946 – Aug 27, 2013

He had a passion for fishing, cooking, watching sports esp. football, and playing the Lottery.

He leaves to cherish his memory and celebrate his life his wife Cassandra, sons Cleveland, Terrance & Tirrell, 2 brothers, 2 sisters, 2 grandchildren, family and friends.

Final arrangements were entrusted to Penn Funeral Home.



JOHN R. MAYFIELD
Mar 14, 1935 – Sept 5, 2013

When he returned home from the service he was employed by Ford Motor Co for over 41 yrs. retiring as a Millwright and a proud member of UAW Local 600.

He leaves to cherish his memories his two sons John Jr. (Mabel) & William, one daughter Connie, one granddaughter Austyn, two sisters Jean Kersey & Delores Gardner, family, the Barden family, and friends.

Final arrangements were entrusted to Penn Funeral Home.



RUBY ROBERTS
Apr 29, 1922 – Sept 11, 2013

She began to work for the Veteran's Hospital in Allen Park, in the Dietary Dept. and retired after 30yrs. of faithful service.

She leaves to mourn her passing and celebrate her life her sister Hattie Walker, nephew Leo Walker, Neice Linda Smith, nieces, nephews, relatives and friends.

Final arrangements were entrusted to Penn Funeral Home.



SADIE B. JOHNSON-KILGORE
Apr 7, 1930 – Sept 5, 2013

My greatest joy was teaching, enjoying good company, great conversation and cooking.

I leave to cherish my memory; her children Reginald Brian, and Kimberly Renee, a brother Clarence (Mildred) Johnson; sisters-in-law Wendell Kilgore-Walker and Pearl Johnson and a host of loving nieces, nephews, cousins, god-children, and friends.

Final arrangements were entrusted to Stinsons Funeral Home.



ROY LEE TATE
Sept 2, 1946 – Aug 30, 2013

Roy loved cars as well as working on them.

He leaves to cherish his memory: Ann M. Spruille-Watson (Donald), Celestine Spruille, Better Ann Smith, Willie E. Spruille, Patrick Smith, Fredrick Smith, and Patricia Spruille, 12 Grandchildren, 2 great grandchildren, His brothers and sisters: Annie Allen, Dorothy Snow (James), Margaret Stewart, Estellar Harndon (Leonard), Willie Tate, Jimmie Tate (Johnnie Mae), one sister-in-law: Mary Tate (Issac), Joe Tate (nephew/brother/friend) and a host of nieces, nephews, other family and friends.

Final arrangements were entrusted to Stinsons Funeral Home.



ANNIE FANCIS IVERY-SMITH
Feb 27, 1931 – Aug 23, 2013

She leaves to cherish her memories: two daughters Marva Ivery and Felicia Ivery, two sons Christopher Ivery and Marvin Ivery, three grandchildren Christopher Boyd, Eboni Boyd, and Nicholas Winters, two great grandchildren De'Angelo Stanley and Andra Stanley,

three sisters Lillian (Doll) Norwood, Thelma Norwood, and may (Robert) Moore. Annie ahs a host of nieces, nephess, great nieces and nephews, great great nieces, nephews, cousins, and friends and extended family.

Final arrangements were entrusted to Stinsons Funeral Home



BETTIE EUNICE COKLOW
Oct 2, 1926 – Aug 18, 2013

She had a great sense of humor and everyone always enjoyed her home-made caramel cakes, bread pudding, banana pudding, and a host of other deserts and her hospitality.

Bettie leaves to cherish her memory her children Leonard Coklow (Deborah), Warren Coklow, and Jacqueline Watts (Richard), sisters Eula Draper, and Mary Bostick, brother -in-law Theodore Coklow, sister-in-laws Alice Gray, Delores Hunter, Velma Davis and Mary Howard (Bob), eight grandchildren, six great grandchildren, and a host of nieces, nephews, relatives and friends.

Final arrangements were entrusted to Stinsons Funeral Home

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

"Empowered by the living Word" Matt 4:4

TELEGRAM NEWS

ESTABLISHED 1944

* SENIOR NEWS *

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)

INEZ SMITH



INEZ SMITH
Age: 87
Montgomery, Alabama

Number of children 6;
Number of grandchildren 8

Inez is a person that loves her family. She has been living in the same home in Southwest Detroit since 1950. Her and her husband, Ezekiel, saw it built from the ground up. She worked at Sinai Hospital for 16 years and Riverside Hospital for 12 years.

Her children are Audrey

Smith, Mavis Smith, Ezekiel Smith Jr., Myra Smith and Edgar Smith. Her daughter Phyllis Smith is deceased.

The motto she lives by is Treat everybody right. Her encouraging words are "Don't drink. Don't smoke. Enjoy life and dance."

What she remembers most about growing up in Southwest Detroit is having a garden filled with tomatoes and cabbage.

Here favorite person is Linda Davis – a close friend of the family.

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5 Money Management Tips Every Woman Should Know

Financial expert offers advice for taking control

Ginny Grimsley - National Print Campaign Manager
News and Experts

While women are earning bigger paychecks and many consider themselves their family's Chief Financial Officer, nearly half fear they'll end up broke and homeless and 54 percent feel alienated by a financial industry they say is male oriented.

The Great Recession prompted more women to get involved in financial matters, but more than 40 percent of them say they don't feel any smarter about managing their money, according to the 2013 Allianz Women, Money & Power Survey by Larson Research + Strategy.

"The number of financially savvy women who feel confident about their spending, saving and investing strategies is also growing, which is wonderful news, but they still represent only 20 percent of all women," says Certified Financial Planner™ Luna Jaffe (www.lunajaffe.com<http://www.lunajaffe.com>), citing the survey.

Jaffe, the author of "Wild Money: A Creative Journey to Financial Wisdom" and its companion workbook, "Wild Money: A Financial Field Guide and Journal," takes a different approach to managing finances.

"While we are focused on family, career and business, often the last place we pay attention is to our own financial future," she says. "There are many reasons for that. One is that, as the women in the survey recognized, financial advising tends to be male oriented; it's geared toward how men think. Another is that we don't think about our relationship with money as just that – a relationship."

Jaffe offers five tips for women who want to feel more confident about managing their finances.

• Start small. Mastering the little things can boost your confidence and give you the ability to tackle bigger issues. If you're daunted by debt, for example, start by simply writing down where you are right now. Write down each company or person to whom you owe money and the interest rate. Numbers can be soothing (even if the story they tell is not) because they're concrete and tangible. Once you know exactly where you stand, you can begin planning your next steps.

• Do something every day to tend to your finances. Money, like a garden, needs attention. Get into the habit of doing something daily, even if it's just five minutes. You might check on your accounts, organize your paperwork, or find out what interest rate you are paying on your credit card debt. Give your relationship just a few minutes each day and you'll watch it come alive. An excellent resource is www.youneedabudget.com<http://www.youneedabudget.com>.

• Ask questions – even (espe-

cially) if you think they're "dumb." When you're at the bank, with your advisor or talking to your CPA, ask all the questions that lurk in the back of your head. You'll discover that 1) They're not dumb, 2) You'll get different answers to the same question, and 3) People will respect you for wanting to learn and having the courage to ask.

• Listen to your body when you're consulting with financial professionals. We are so skilled at masking the intelligence of our bodies, it can be hard to recognize when they're trying to tell us something. If your stomach knots up every time you meet with your accountant, financial advisor or attorney, you should bring it up and talk it out. Are you uncomfortable with the relationship? The topic? Something else altogether? Remember – you do not need a reason to change or end a financial relationship.

• When in doubt, talk it out – with your money. You have the wisdom within yourself to make great decisions. The question is: Will you listen? The next time you feel uncertain about whose advice to follow, or you find yourself returning to old habits that leave you feeling less than happy, sit down with a pen and paper and have a heart-to-heart talk with your money. Dialogue. Ask a question, then write the answer and trust that these answers come from the deepest place within you. You'll be surprised by what you learn.

Your relationship with money is one you have from birth until death, Jaffe points out. It's important to make sure it's a good one.

"You can't prevent bad things from happening, but you can prepare for them," she says. "Being able to respond to a crisis with resilience has to do with having the resources to make decisions you feel good about."

About Luna Jaffe

Luna Jaffe is a Certified Financial Planner™ and CEO of Lunaria Financial, Ltd. in Portland, OR. She holds a master's degree in Depth Psychology and a bachelor's in Bilingual Education. Jaffe is a popular speaker whose creative compassionate approach to financial guidance differs sharply from male-oriented approaches. Securities and advisory services offered through KMS Financial Services, Inc.

If you would like to run the above article, please feel free to do so. I am able to provide images if you would like some to accompany it. If you're interested in interviewing Luna Jaffe or having her write an exclusive article for you, let me know and I'll gladly work out details. Lastly, please let me know if you'd be interested in receiving a copy of her book, Wild Money, for possible review.

FROM THE ARCHIVES

August wedding is planned



On December 28, 1983, in a gala affair at the Touch of Class, River Rouge, MI, Mrs. Yvonne Milan and Mr. Ralph Milan announced the engagement of their daughter, Miss Deamaire Lady Milan to Mr. Eddie Stephens, Jr. of San Francisco, CA. Mr. Stephens' parents are Mrs. Lee Belle Poole and Mr. Eddie Stephens Sr., both of Ypsilanti, MI.

The bride is a student at Michigan State University and will graduate in March. The groom is a graduate of Michigan State

University and is San Francisco, CA. An employed at Owens August 11th wedding is Corning Fiber Glass in planned.



Deamaire and Eddie have been married for 29 years. They have two sons Ryan, 24 and Nicholas, 21. Both sons live in Los Angeles. They also have Brandy, their 7 year old Labradoodle!

Ryan works for Warner Bros. He is a Post Production Coordinator and is currently working on the show "The Following". Nick is a senior at Loyola Marymount Univ and will graduate in May 2014. Major: Finance

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Affordable Rental Communities for Seniors

The guide to a successful school year

By Harmony Rhodes -
Telegram Newspaper Intern University Prep Academy



As summer has wound down, most students across Michigan have just completed their first week of school. Whether you're entering into elementary or college, going back to school may prove to be overwhelming for anyone as you get back into the groove of things.

Not only are you getting back into a routine, which entails early mornings, studying, and homework, but becoming acclimated with new classes and teachers. 1). Exercising time management and organizational skills, while building relationships is the solution to balancing academics, extracurricular activities, and the

social aspects of your life which will result in a successful school year. 2). Designating an allotted time throughout the week for all tasks will ensure everything gets done. Then, you can schedule time to do things you enjoy. 3). Stay organized, therefore, eliminating any hiccups along the way. Build relationships not only with friends, but with your teachers and the administration, as well. Your teachers and the administration are there to help guide you to the next chapter in your life. Use their expertise to your advantage. When you incorporate these three lifelong skills to your daily life it will allow you to gain wisdom, ensure knowledge, and enhance your understanding.

Implementing these fundamental principles will also build character, ultimately making you a well-rounded individual. These skills will help you to take a seemingly inordinate task and turn it into a smooth adjustment as you go back to school.

The Amistad Reading Project

Unlocking Young Minds



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2400 Beatrice, Detroit, MI*

*Classes are held
Tuesday and Thursday
from 4:00pm - 5:00pm
and its FREE!!*

*Term I September 17 to
December 19, 2013
Term II January 14, 2014
to May 22, 2014*

*Contact Randall Mosley;
313-627-9216 or
313-806-0011*



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Mr. Robert Solari, Recreation Supervisor
Dr. D. Leonard, Reading Corner Coordinator
September 2013

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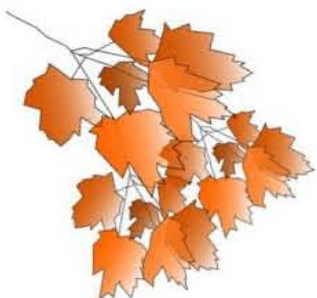
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River Rouge High School



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KaBOOM

from page 1A



Teacher simulating instructing at the outside classroom with kids looking on

Drew Academy. The new playground's design is based on drawings created by children who participated in a Design Day event in July. They took the area of grass beside the school and transformed it into a fun place for the school. According to staff at the school, each administration since the school was established wanted to put a playground on the grounds for the kids. But it wasn't until the partnership with KaBoom and Mercedes-Benz Financial Services that the dream was

realized.

Michael Johnson says the playground was needed to provide additional recreation for the kids. "The teachers won't have to be stationed along the sidewalk to make sure the balls or kids didn't go into the street." The kids will have a place to play outside on new equipment.

Today's kids spend less time playing outside than any previous generation in part because only one-in-five chil-

dren live within walking distance of a park or playground. This play deficit is having profound consequences for kids physically, socially and cognitively. Children need a place to play every day in order to be active and healthy, something KaBOOM! has been committed to since 1996.

The new playground will provide more than 350 children in the community with a safe place to play. The outside area isn't just equipped with only a playground. It also has an outside classroom complete with chalkboard and seating for the kids. The area has an outdoor stage, picnic tables with game tops and a mural that was designed by the middle school kids at Dr. Charles Drew Academy. The playground is the fourth built by KaBOOM! and Mercedes-Benz Financial Services. It is one of more than 150 playground builds KaBOOM! will lead across the country in 2013 in an effort to fulfill its vision of providing a great place to play within walking distance of every child in America.

For more information visit www.drewacademy.com



Principal Michael Johnson thanking the volunteers for coming out to transform the play area while Charles Drew Academy staff members prepare for the process of breaking the volunteers into groups.

PHOTO OF THE WEEK



At a recent Community Gathering, hosted by Mayor William R. Wild at Corrado Park, children had the opportunity to try on a firefighters uniform. Mayor Wild was very pleased to see the interest the children showed and was proud to have his photo taken with one of the participants.

TAKE TIME TO READ WITH YOUR CHILDREN

IT'S ONLY A FEW MORE WEEKS OF SUMMER EDUCATION SO THAT YOUR CHILD IS READY FOR SCHOOL IN THE FALL.

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Saturday, October 12, 2013

Registration Begins: 9:00 am - 10:00 am

5K Begins @ 10:30am

6200 Fourth St, Romulus, MI 48174

Registration Fees:	\$30 (18 and above)	\$40 after October 11
	\$25 (Ages 13-17)	\$25 after October 11
	\$10 (Ages 12 & under)	\$15 after October 11

For more information please contact Jason A. Malloy at 1-888-695-6575 or nextlevelsports55@gmail.com.

To download registration form and volunteer go to www.nextlevel55.com

Runners will register at Romulus Community Baptist Church at 6200 Fourth St., Romulus MI 48174
Register online at active.com and type in the race name: **Dominate Diabetes**



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Gov. Snyder signs Healthy Michigan into law,

bringing health care to 470,000 Michiganders Will improve health and quality of life, save taxpayer money, boost economy



DEARBORN, Mich. — Gov. Rick Snyder today signed the Healthy Michigan plan into law, bringing health care to nearly a half-million Michiganders, strengthening the state's residents — and also its economy.

"A healthier Michigan is an important part of our state's continued comeback," Snyder said. "Today, we're reaching out to nearly a half-million Michiganders with a message that help is there for them and their families to lead healthier, more productive lives. And this innovative approach will make our recovering economy stronger, too, saving money for taxpayers and job providers."

Snyder signed the landmark bill, HB 4714, into law today at Oakwood Hospital and Medical Center in Dearborn, surrounded by people whose lives have been affected by illnesses, as well as small business owners and health care professionals.

In the first year, Healthy Michigan is anticipated to cover 320,000 Michiganders, eventually providing care for 470,000 — most working but earning about \$15,000 a year.

The plan emphasizes personal responsibility. Those covered by the plan will be required to share in the costs. There also will be incentives for them to take responsibility for their lifestyle choices and to maintain or improve their health.

Previously, those without health insurance often waited until their medical conditions were severe, and then sought treatment in an emergency room. Not only did they suffer with their illnesses, but that's also the most expensive way for them to get medical care.

Michigan's hospitals bear more than \$880 million in uncompensated costs every year, which are passed along to individuals and businesses through higher health care premiums. Healthy Michigan will help alleviate hundreds of millions of those costs annually.

"Extending insurance coverage to those most in need is a monumental achievement for our state that will benefit more working adults who currently lack health coverage, as well as Michigan taxpayers and employers," said Kim Sibilsky, CEO of the

Michigan Primary Care Association.

"The association applauds Gov. Snyder and the leadership of both houses for ensuring more Michigan residents have increased access to health care. Michigan Health Centers look forward to working with our partners to connect Michiganders with affordable health coverage options and to serve as their health care homes."

Healthy Michigan helps people like Marcia Perkins. The Grand Rapids-area breast cancer survivor was self-employed for more than 30 years, earning enough to pay her bills. But she could not afford health insurance.

"We need this Medicaid program to help folks like me, who work hard," she told Gov. Snyder at a recent event. "We want to take care of ourselves and do well. But we did need this help."

The new plan will help small job providers like Cynthia Kay add new employees and care for the ones she has already. As the owner of a small video production company and member of the Small Business Association of Michigan, she provides health insurance to her eight employees, and premium increases made it difficult to grow her business.

"I had to think twice about adding more people," Kay said, adding that Healthy Michigan could help control costs and allow her and other small business owners to create more jobs.

James K. Haveman, director of the Michigan Department of Community Health, called the plan "a significant step forward for 477,000 Michigan lives in a very Michigan-specific way."

"Today marks the culmination of many months of thoughtful discussion and innovative planning by a broad array of stakeholders across the state of Michigan," he said. "Our work at the Department of Community Health is just beginning and we are eager to get this program started in our continual effort to improve the overall health and wellness of our state."

HB 4714 was sponsored by Rep. Matt Lori, with changes in the Senate shepherded by Sen. Roger Kahn and leadership from Senate Majority Leader Randy Richardville and Minority Leader Gretchen Whitmer. The governor also commended House Speaker Jase Bolger, Rep. Mike Shirkey and Minority Leader Tim Greimel for their work on this legislation earlier this summer and throughout the process. It will become Public Act 107 of 2013.

"Health care is an issue that prompts strong opinions, and debate over this plan was thoughtful, and, at times, intense," Snyder said. "But in the end, lawmakers from both sides of the aisle came together on an improved plan that is built upon our shared Michigan values and hopes for a stronger state, both physically and financially."

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* COMMUNITY NEWS*

WAYNE/
WESTLAND

Flashlight Cany Hunt
Kids Night Out

September 28th, 2013
6pm – 10pm

Want to have the night off? Leave the babysitting to us! Children ages 6-13 are welcome to come join us for a night of fun! Swimming, Games & More!! Plus Pizza and Pop!

Participants must be registered by Friday, September 27th, 2013

Parent or guardian responsible for pick up & must bring picture ID.

What to bring!
Kids must bring a LINED bathing suit, Towel, flash light, tennis shoes & Lot's of ENERGY!!

Cost:
Yearly Members/Residents: \$13 per child
Non-resident: \$16 per child
\$3 late registration fee applies if not registered by specified date.

Family Howdown

Tuesday, October 8th
Rain Date October 9th
6:30pm – 8:30pm
Attwood Park Pavilion 2

Res: \$6/person or \$20/Family of 4
Non-Res: \$7/Person or \$25/Family of 4

Includes: Square dancing, Hayrides, Bonfire, Pumpkin Hunts, Cider and Donuts
Families and participants are encouraged to come dressed in their Best Western or Festive attire.

For more information call The Wayne Community Center 734-721-7400 Ext 1309, 4635 Howe Rd, Wayne, MI 48184

WYANDOTTE

Third Friday

September 20th, 2013
5:00 PM until 9:00 PM
This is a family friendly event.

Downtown Wyandotte
Biddle Avenue
Wyandotte , MI 48192

Many of the shops and restaurants in the downtown district stay open later than usual, offer giveaways, specials and discounts on these nights. In addition, there is musical entertainment and free trolley and horse and carriage rides throughout the downtown district. For more information please visit www.wyandottebiz.org or call 734-324-4514 or email the Wyandotte Business Association at wba@wyan.org. Third Fridays are funded by the Downtown Development Authority and run by the Wyandotte Business Association.

HOROSCOPES

SEPTEMBER 19 - 25, 2013

ARIES

Trials and tribulations are damaging this week only if you let them be. You are a master at living above day-to-day concerns. Enjoy looking at the big picture. Watch bright skies gathering above a distant horizon. Bring the future into the present and enjoy.
Soul Affirmation: I enjoy the fruits of past labor.

Lucky Numbers: 17, 19, 21

TAURUS

This week is a good week for remembering that without the help of your colleagues it would be impossible for you to expedite the tasks that need to be done. Cultivate relationships with those who can help you get important stuff done. Thank them graciously and celebrate with them.
Soul Affirmation: I am everybody's sweetheart.

Lucky Numbers: 12, 41, 55

GEMINI

You can be very efficient this week if you set your will to the task. New ideas will occur to you as you are working steadily, so keep pencil and paper nearby to jot down your latest brilliance!
Soul Affirmation: I will ask joy to marry me.

Lucky Numbers: 1, 8, 14

CANCER

The forces that disrupt your life this week are not as big as they seem while you are standing close to them. Move back. See what surrounds the problem area and you'll notice how small it is on the landscape of your life. Enjoy looking at the goodness that is all around your problems.
Soul Affirmation: I keep my attention on the highest and the best.

Lucky Numbers: 22, 46, 52

LEO

This is a week when you can be a singular beacon. Shine for those around you. Go inside yourself and find those rays of sunshine that others need. Sure you're a bit touchy yourself but that's just the situation in which you can make yourself happy by creating happiness for others.
Soul Affirmation: I avoid negative feelings, especially this week.

Lucky Numbers: 7, 8, 21

VIRGO

Business as usual is good business. Energy is high. Others give back to you what you gave to them the past few weeks. We hope you were generous because what you get this week will be a multiple of what you bestowed.
Soul Affirmation: I give happiness wherever I go.

Lucky Numbers: 6, 13, 48

LIBRA

Energy is higher than it has been for a while. You might feel like the sunshine inside yourself provides blinding light. Walk into it. There are no dangers. Put dark glasses on your soul and be cool. Smile and keep stepping.
Soul Affirmation: My mental powers are my greatest assets this week.

Lucky Numbers: 17, 29, 35

SCORPIO

High physical energy means you may roar through the week. Others will have trouble keeping up so exercise your compassion muscles and be as patient as possible. Keep your best interests in mind because they serve the best for everyone around you right now.
Soul Affirmation: I savor the flavor of the happiness I find in others.

Lucky Numbers: 5, 51, 53

SAGITTARIUS

Charm is an extremely effective tool for you this week. Charisma works better than at any recent time especially at home. Shine brightly and let your glow work for you. Your self-image is your most effective tool.
Soul Affirmation: Time is the greatest peacemaker of them all.

Lucky Numbers: 3, 24, 43

CAPRICORN

This week make your special interest pay off in cash. Enough of goodness for goodness sake. You've got bills to pay. People expect generosity from a big hearted person like you. Ask them for something in return or they'll drain you.
Soul Affirmation: Intelligent information does not have to come from intelligent sources.

Lucky Numbers: 6, 8, 14

AQUARIUS

During the next few weeks be ready for surprises that await you. Don't make any solid plans with anyone except you lover. This week will bring forth a new dimension in a special relationship. You will come upon a sensational poem that illustrates the love the two you share.
Soul Affirmation: The search for fun occupies my time this week.

Lucky Numbers: 34, 46, 55

PISCES

Stay steady in your pursuits. Temptations are all around you. Attractive pursuits abound but stay on course with what you planned to do with all the good energy that has arisen in your life.
Soul Affirmation: I do not allow demands to be placed on me this week.

Lucky Numbers: 17, 28, 31

Moods & Emotions 1

Find and circle all of the word that are hidden in the grid. The remaining 12 letters spell an additional word.

U	E	W	W	E	A	R	Y	R	E	S	I	M	A	D
N	D	V	O	A	N	G	U	I	S	H	B	L	U	E
E	G	E	O	L	Y	H	E	L	P	L	E	S	S	T
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Local High School Football Result

By Butch Davis - Telegram Sports Reporter



Photo by Garnett Carr

Senior Athlete Justin Patterson from River Rouge runs for a first down against Allen Academy.

Nick Fulton threw for 215 yards and two touchdowns, Manny Andrade rushed for 93 yards and a touchdown, and Adam McJunkin on defense had nine tackles and a sack for Allen Park as they defeated Woodhaven 28-13. Allen Park record is now (2-1). In other high school action Javon Perry rushed for 260 yards and three touchdowns, Kyrahl Hunt rushed for 70 yards including a 31-yard touchdown run and, Kerrell Jackson had 17 tackles, and Kennard Seal had 10 tackles for Detroit Community overthrow Ecorse by the final score of 30-14. Jason Doyle threw three touchdown passes, Malik Boynton had 182 all-purpose yards with two touchdowns and Darren David chip in for the defense with two interceptions for Melvindale as their record moves to 3-0, The loss is Lincoln Park's 63rd in a row. Finally Romello Ross had 27 carries for 186 yards and two touchdowns as Detroit Western beat Detroit Central in overtime by the score of 14-12. Here are the rest of the scores from last weekend's high school football

action.

RIVER ROUGE 50, Detroit Allen Academy 6
Taylor Truman 50,SOUTH-GATE ANDERSON 0,
Belleville 53, DEARBORN EDEL FORD 0
Dearborn 24, REDFORD THURSTON 0
DEARBORN DIVINE CHILD 51, St Joan of Arc Catholic (CN) 14
Dearborn Fordson 40, DEARBORN HEIGHTS CRESTWOOD 6
Detroit Cass Tech 32, DETROIT RENAISSANCE 6
Detroit Cesar Chavez Academy 40, DETROIT DEPSA EARLY COLLEGE 22
Detroit Collegiate Prep 40, DETROIT HENRY FORD 0
DETROIT COMMUNITY 30, Ecorse 14
DETROIT DENBY 28, Allen Park Cabrini 7
Detroit Western International 14, DETROIT CENTRAL COLLEGIATE 12
GARDEN CITY 41, Dearborn Heights Annapolis 40
GROSSE ILE 42, Flat Rock 7
MELVINDALE 39, Lincoln Park 0
Riverview 27, CARLETON AIRPORT 10
RIVERVIEW GABRIEL RICHARD 49,

Dearborn Hts Star International 12
Romulus 1 Forfeit, INKSTER 0
TRENTON 47, Taylor Kennedy 20
Warren Michigan Collegiate 25, ROMULUS SUMMIT ACADEMY 14
Wyandotte Roosevelt 40, GIBALTAR CARLSON 0
WATERFORD OUR LADY 19, Melvindale Academy for Business & Tech 18

This Week's High School Football Action

September 19, 2013
ALLEN PARK CABRINI (0-2) vs. Riverview Gabriel Richard (2-1), 7:00 PM

September 20, 2013
RIVER ROUGE (2-1) vs. Detroit Community (1-2), 7:15 PM
DETROIT WESTSIDE CHRISTIAN (0-1) vs. Ecorse (0-3), 7:00 PM
BELLEVILLE (2-1) vs. Dearborn (1-2), 7:00 PM
BROWNSTOWN WOODHAVEN (0-3) vs. Taylor Kennedy (0-3), 7:00 PM
CANTON (3-0) vs. Westland John Glenn (2-1), 7:00 PM
DEARBORN FORDSON (2-1) vs. Redford Thurston (1-2), 7:00 PM
DEARBORN HEIGHTS CRESTWOOD (1-2) vs. Dearborn Edsel Ford (1-2), 7:00 PM
DEARBORN HTS STAR INTERNATIONAL (1-2) vs. Hamtramck (0-3), 6:00 PM
DETROIT CASS TECH (3-0) vs. Detroit Cody (1-2), 7:00 PM
DETROIT MUMFORD (3-0) vs. Detroit Western International (2-1), 4:00 PM
GIBALTAR CARLSON (1-2) vs. Lincoln Park (0-3), 7:00 PM
HIGHLAND PARK RENAISSANCE ACADEMY (2-1) vs. Detroit Consortium (1-2), 4:00 PM
MACOMB LUTHERAN NORTH (2-1) vs. Dearborn Divine Child (2-1), 7:00 PM
MARLETTE (2-0) vs. Melvindale Academy for Business & Tech (1-1), 7:00 PM
MELVINDALE (3-0) vs. Southgate Anderson (2-1), 7:00 PM
ROMULUS (2-1) vs. Redford Union (0-2), 7:00 PM
TAYLOR TRUMAN (3-0) vs. Trenton (1-2), 7:00 PM
Redford Thurston vs Dearborn Fordson
Dearborn Edsel Ford vs. Dearborn Heights Crestwood, 7:00pm

Bulldogs blaze Panthers for first win, 28-0

By Christian Young - Contributing Writer

The Robichaud Bulldogs got their first win—and first shutout—of the 2013 season in a 28-0 blanking of host Redford Union on Friday in a Western Wayne Athletic Conference-Red Division matchup.

The Bulldog defense flew around and hit anything in yellow and blue, and despite RU (0-3, 0-2 WWAC Red) quarterback Alex Shimmmons's shimmying runs, the Panthers could barely get anything going on offense.

"We finished today," Robichaud coach Al Demps said. "We put together a good game. Our offense is still somewhat inconsistent and not where we want it to be, but it'll get there."

The two teams slugged it out through a 0-0 first quarter, but Robichaud demonstrated their quick-strike ability, getting on the board with a 67-yard touchdown run from Jalen Walker, and then promptly following it up with a 30-yard touchdown pass from Norris Freeman to Aaron Thompson. Both two-point conversions were good, and the Bulldogs took a 16-0 lead into the break.

The Bulldogs (1-2, 1-1 WWAC

Red) came out stuffing the Panthers run in the third quarter, and seemed to go to another level when Robichaud's Steven Blackshear blocked a punt and recovered it at the RU 35-yard line.

A few plays later, Freeman hit Thompson with a 24-yard touchdown pass to make the score 22-0, Robichaud. Demps said that things are coming along.

"We're working to improve, and we have a little depth now," he said. "Kids are starting to trickle in, and we don't have to worry so much about the kids' stamina. We still would like more consistency on both sides of the ball."

Thompson capped off the night when he bobbled a punt at the Robichaud 25-yard line, but picked it up and followed his blockers to a 75-yard return TD. Defensively, the Bulldogs were led by seniors Marquise Clayton and Malachi Minion, who combined for 16 tackles and two sacks on a defense that sacked Shimmmons seven times on the night.

The Bulldogs will head to Flint Carman-Ainsworth on Friday.

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Same Old Song, Lions Lose

By Butch Davis - Telegram Sports Reporter

Detroit's reputation for penalties get the best of them again as Carson Palmer, let go of his pass with the game on the line, a pass interference call was a definite possibility. Sure enough, Lions cornerback Bill Bentley collided with receiver Andre Roberts in the end zone. A flag was thrown, a 31-yard penalty was called. It was Arizona's only third-down conversion in 11 tries this past Sunday. Two plays later, Rashard Mendenhall scored on a 1-yard run with 1:59 to play and the Cardinals won 25-21 in Bruce Arians' home debut as Arizona's head coach.

Matthew Stafford connected with Calvin Johnson on touch-down plays of 72 and 3 yards, and DeAndre Levy returned an interception 66 yards for a score for Detroit (1-1), which led 21-13 midway through the third quarter. Actually, David Akers misfired twice in Detroit's first scoring threat. His 52-yard attempt was wide right, but Bethel was called for running into the kicker. Then, Akers' 47-yard attempt was wide left. In the late minutes of the game 34-yard field goal was block. Ouch.



Time and again, Detroit found itself starting deep in its own territory. Stafford completed 24 of 36 for 278 yards and two TDs, but was only 8 of 16 for 77 yards in the second half. Calvin Johnson shouldered

the load once again for the Lions' passing game. Matthew Stafford connected with Johnson on 6-of-8 targets for 116 yards and both of Stafford's touchdowns. It was the 12th game in Johnson's career in which he gained at least 100 receiving yards while no teammate reached 50. Detroit is the only team Arizona has beaten in the Cardinals' last 14 games. Arizona has beaten the Lions twice and gone 0-12 against everyone else.


Detroit's Reggie Bush left the game after taking a helmet to the knee early in the second quarter, and played only briefly in the second half. "I was able to go back in the game, but I wasn't myself," he said. "I probably shouldn't have gone back in the game, but I tried to give it a shot. We will see what happens this week. I am not sure, but I don't think it is anything serious." Detroit also was without standout defensive tackle Nick Fairley with a sore shoulder.

The Detroit Lions return to action this weekend with a Week 3 road matchup against the Washington Redskins on Sunday afternoon with kickoff set for 1:00 PM ET. The Lions will be looking to bounce back after falling to the Arizona Cardinals 25-21 in Week 2, while the Redskins are seeking their first win of the season following a 38-20 loss to the Green Bay Packers.

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LeBron James and Savannah Brinson Marry in San Diego on Saturday

Miami Heat star LeBron James married longtime girlfriend Savannah Brinson in San Diego on Saturday.

Sources close to the couple say that the wedding took place at the Grand Del Mar Hotel and included about 200 guests.

James and Brinson have yet to give out any details regarding their ceremony and so the

sources spoke under anonymity. They had a three day celebration including the ceremony on Saturday and a brunch on Sunday. James and Brinson have been together since high school and have two sons. James popped the big question just after midnight on Jan. 1, 2012 in Miami Beach.

The wedding included extreme security measures to

keep the specific details from the press and public. Even guests were unclear of the exact details in the days leading up to the event.

The guests arrived with umbrellas to shield their identity and were taken to the wedding area, which was covered in tents. Heat owner Micky Arison, coach Erik Spoelstra and many of James' teammates including Dwyane Wade and Chris Bosh were on the guest list.

None of the guests released any details about the wedding Saturday and word is no cell phones were allowed during the ceremony. While Brinson told the AP last spring that she was both excited and nervous about the big day, James simply stated "that Savannah gets whatever she wants on her day, the wedding day she always dreamed of." www.eurweb.com

Red Raiders swept up by Hurricanes, 30-14

By Christian Young - Contributing Writer

Ecorse took a stinging loss to visiting Detroit Community, 30-14, on Friday night in a Michigan Metro Athletic Conference game.

The host Red Raiders (0-3, 0-2 MMAC) hoped to come out fresh after not playing last week, but spent the majority of the second half trying to dig themselves out of a hole—and get out of their own way. But Ecorse head coach Mansfield Dinkins said that it was all a part of growing up. "We're just real young. We have three seniors, one juniors, about 11 sophomores and about three freshmen," Dinkins said. "We made a lot of mistakes, a few missed tackled, but we're coming." He wasn't the only one dealing with growing pains.

"We have a rookie quarterback and a rookie center, so we pretty much ran off tackle all game," Detroit Community coach Del Humphrey said. "We have a lot of sophomores and juniors, but we do have 11 seniors."

The Hurricanes (2-1, 2-0 MMAC) lived up to their moniker in the first half, building a 22-0 lead on the ground, with two touchdown runs of 51 and 71 yards from senior quarterback Javon Perry Jr., and a 31-yard run from Kyrahl Hunt coming in the first quarter.

The Raiders finally got on the board when Desmond Sinclair punched in an eight-yard run just before halftime. Detroit Community broke loose again with a 62-yard touchdown jaunt by Perry late in the third quarter. The two-point conversion was good to give the Hurricanes a 30-6 lead.

Senior running back Ahmad Williams led the Raiders on a 68-yard drive before punching in the last TD of the day from three yards out. Williams also ran in the two-point conversion to bring the

score to 30-14. Williams finished with 70 yards rushing and a touchdown, while Sinclair chipped in 61 yards with his TD. Defensively, senior Tresean Miller stood out for Ecorse with 10 tackles. "It was a very hard fought game," Humphrey said. "I have all the respect in the world for Coach Dinkins." Dinkins said that due to various off-the-field issues, his team started late, and that they are low in numbers—Ecorse has just 19 players on its varsity roster. "We're not where we want to be, but we're building," he said. "Everyone better take advantage now, because we're coming next year." The Red Raiders will face Sandusky on Friday, while the Hurricanes head to River Rouge in a crucial MMAC matchup.

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RIVER ROUGE HOUSING COMMISSION PUBLIC NOTICE

The River Rouge Housing Commission is accepting Proposal's for its legal services.

RFQ information packages can be obtained at the office of the Commission located at 180 Visger Rd., River Rouge, MI 48218 or at our website – www.riverrougehousingcommission.com.

Statement of qualifications must be received by Friday, October 25, 2013 by 3:00 pm/

Michael J. Sloan Executive Director (313) 382-1414

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 City Council chambers of City Hall on September 3, 2013 Meeting called to order at7:52pm

Mayor Bowdler in the Chair

The following Commissioners were present: Campbell, Perry, Pierce, Pruneau, Ward Absent: None Excused: Kerns

13-233 Approve the minutes of August 20, 2013

13-234 Voucher approval

13-235 Business license approval

13-236 Building permit approval

13-237 Approval to purchase new tasers for the Police Dept.

13-238 Approval to hire one part-time employee for the water dept.

13-239 Approve payment to Hi Side services

13-240 Approval to appoint Roland Bowdler to the Public Safety Commission

13-241 Approval to sell vacant lot at 51 Oak St. for \$300.00

13-242 1st and 2nd reading of new ordinance

13-243 Approval to award the demolition of 331 Polk to Berkshire Demolition

13-244 Motion to adjourn

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

Susan P. Joseph Deputy City Clerk

CITY OF INKSTER PUBLIC 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 September 16, 2013 Regular Council Meeting is hereby published.

APPROVED:

Agenda as presented.

Consent agenda as presented.

Approval of City Manager Contract.

Felicia Rutledge City Clerk

CRIME ALERTS

POLICE BLOTTER
RIVER ROUGE

River Rouge Police
Department
313-842-8700

September 9th, 2013

At 2200hrs, officers were dispatched to E. Great Lakes & Genesee on a man and woman fighting. When officers arrived they observed a 25 year old male standing and a female was sitting on the cement crying. The female screamed and cried and refused to tell what happened while the male stated his girlfriend's mother asked him to look for her. When he found her and told her the mother was looking for her she tried to run and he held her until the officers arrived. The mother told her daughter she could go to the park but designated a time for her to be back and when she didn't arrive, the mother sent the boyfriend to find her. The young female told officers that she didn't want to be around her mother or her boyfriend and she would run-away if she had to. The officer made contact with Wayne County Juvenile Intake and explained the situation. The officer notified a relative, the grandmother who was willing to take her in until the problem could be resolved.

September 8th, 2013

At 2137hrs, officers were dispatched to Jefferson & Maple on a report of a large fight. Upon arrival, several males and females was heard using foul language. They ordered to stop with young children being in their presence. The youths ignore the officer's command and threatened to shoot the complainants. Multiple children were crying over what had just occurred and witnesses pointed to a group of youths running away from the scene. Officers caught 2 of the males and detained them. Officers asked what had just happened and 1 of the suspect said that some guys threatened to shoot him and they ran. When the officer went to placed the male in the patrol vehicle the male was trying to pull away and did not want to get in the vehicle. He put up a fight and resisted the officer and had to be sub-

dued. The officer had to call for back up due to the male's violence behavior. The victims came into the station and identified the suspect as the one who originally began the threats. During the booking process the suspect blurred out 'wait, why I the only here, when my friend were the ones that was doing the threatening 'and the officer responded, "If you tell me who they are, I will follow up with that". The suspect replied that he wasn't going to snitch. Now he is where he is!

September 8th, 2013

At 209hrs, during the Rouge Days Festival, officers responded to a fight in progress. A male that was put out of the park earlier for disruptive4 behavior had return. At 2045hrs, the male returned to the park and refused to leave after being advised to do so by officers. The male resisted by flailing, pulling away and striking an officer. The officer did not arrest the male during that incident, but another matter arose that required the officers to respond. That male was physically removed from the park. AT 2108hrs, officers were advised to clear out the McDonald's parking lot at E. Great Lakes, and Jefferson of loitering of groups in the parking lot. All individuals were advised to leave. The same male was present amongst his friends and he suddenly stated he had to go to the bathroom. He was told to go home and use it. Then suddenly the male started using the "N word, stating he can't be arrested and when he pulled away from officers he starting calling them the"B" word. He continued to resist, cussed, holler, called officers out of their names and threatened to shoot them. He was placed in handcuffed and transported to the station. Wayne County Juvenile Intake was notified and the officers were told they had room. Officers made contact with his mother who came to the station. She told officer that he has been hanging out with the wrong crowd since his father passed and refused to go to counseling to deal with the grief. Maybe court intervention would help this young man.

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CRIME ALERT

I had a ninth street resident come to my office yesterday and informed me of someone claiming to be an inspector form the city of Ecorse and wanted to come inside to inspect the house.

He ask if I had sent anyone there . I informed him we had not had any inspectors out that day. All Ecorse inspectors have ID cards and I have ask all building department inspectors to wear the cards when inspecting. I would also ask that citizens not allow anyone into their home without proper ID. I hope you can get this into your paper in time .

Thank you Jim Hill
City of Ecorse Building Official

Secretary of State launches
anti-fraud task force

with Michigan State Police, prosecutors, state officials and industry leaders to protect drivers



LANSING, Mich. – Saying her office has uncovered significant evidence of fake and fraudulent auto insurance, Secretary of State Ruth Johnson today announced a new initiative to protect consumers.

"We have bad guys who actually set up phony help desks so when our Secretary of State office clerks call to verify a policy, they reach a real person who vouches for a bogus auto insurance policy," said Johnson. "We are going to put the brakes on the criminals who are selling this stuff and are preying on unsuspecting Michigan drivers."

Johnson announced the launch of a joint effort – the Fighting Auto Insurance Rip-offs (FAIR) initiative that will include the Michigan State Police, prosecutors, state officials and insurance industry leaders. She said her office is cracking down on suspected fraud through targeted staff training and aggressive vehicle registration suspensions, but the problem needs to be jointly addressed by the State of Michigan, the law enforcement community and the industry.

Col. Kriste Kibbey Etue, director of the Michigan State Police who attended today's press conference, said the MSP is honored to support this effort.

"The Michigan State Police is pleased to partner with the Department of State and the insurance industry on the FAIR Task Force," she said. "We look forward to the opportunity of helping identify long-term solutions to better protect our citizens by reducing auto insurance fraud."

Johnson said the severity of the problem became clear after a new law she supported that was sponsored by Sen. Bruce Caswell, R-Hillsdale, required all insurance companies to send electronic insurance verification to her office twice a month.

On July 31, Johnson's office conducted a one-day snapshot of the 15,000 registration renewals done across all Secretary of State branches. When electronic verification was not available, staff members verified about 3,500 paper

insurance certificates submitted by customers. More than 16 percent of the certificates checked that day were invalid or fraudulent.

"This is not an urban or regional problem," Johnson said. "We had fakes and forged copies turn up in more than half of Michigan's 83 counties."

Johnson said auto insurance scammers are arrogant and flagrant in breaking the law. One policy, used by nearly 30 customers, included an official-looking QR computer code. But when scanned, the QR code links to an online site that says only, "Llamas are sooo cool."

Johnson said it's clear some drivers knowingly purchase bad insurance but others buy fraudulent policies and believe they are covered until they are in an accident and file a claim. She said every honest Michigan motorist – who follows the law and carries no-fault insurance – has to pay the costs of having uninsured motorists on the road and those costs are in the hundreds of millions of dollars.

Also joining Johnson at today's press conference was Eaton County Prosecutor Douglas Lloyd who today announced felony charges in a case where the suspect allegedly advertised fake insurance online on Craigslist, with the warning, "use at your own risk ... no refunds."

According to Prosecutor Lloyd, the law enforcement community is committed to going after such scams. "County prosecutors stand ready to ensure

charges are brought against people selling or presenting fraudulent insurance certificates," he said. "We look forward to working together to protect Michigan consumers, and to stop people from cheating the system."

Other supporters today included R. Kevin Clinton, director of the Michigan Department of Insurance and Financial Services; Peter Kuhnmuensch, executive director of the Insurance Institute of Michigan; and Kurt Gallinger, chairman of the Michigan Insurance Coalition.

Kuhnmuensch said fraud drives up the cost of insurance for everyone. "If someone isn't paying their fair share, the cost is shifted to everyone else," he said.

Gallinger said the problem has been ignored too long, adding, "Michigan's insurance industry looks forward to working with Secretary Johnson and the law enforcement community to develop a comprehensive plan to crack down on fraud."

Johnson said her department is training staff on what to look for to stop fakes and working closely with authorities to build strong cases for prosecution. This year, the Secretary of State's office has already suspended 4,300 vehicle registrations compared to 431 suspensions in all of 2011 before electronic verification was instituted. New signs in branch offices will alert customers that presenting fraudulent insurance is a felony.

The FAIR Task Force will explore new means to combat insurance fraud through procedural changes, new investigative efforts and potentially new legislation. It will include representatives from the Secretary of State's office, the Michigan State Police, the Prosecuting Attorneys Association of Michigan, the Insurance Institute of Michigan, the Michigan Insurance Coalition, Property Casualty Insurers Association of America and the Michigan Association of Insurance Agents.

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Lifetime Preps Gabby Douglas Biopic; Regina King to Play Mom



Gabby Douglas, Gymnast, Olympic Champion, attends ‘Star Trek Into Darkness’ Blu-ray/DVD Release Event at the California Science Center on September 10, 2013 in Los Angeles

Gabrielle Douglas, the first black gymnast in Olympic history to become the Individual All-Around Champion and the first American gymnast to win gold in both the individual all-around and team competitions at the same Olympics, will be the subject of Lifetime movie. The cable network has green-lighted “The Gabby Douglas

Story” (working title), an original movie starring Imani Hakim (“Everybody Hates Chris”) and Sydney Mikayla as the two-time Olympic gold medalist, “Southland” alum Regina King as her mother and S. Epatha Merkerson (“Law & Order”) as her grandmother.

Mikayla will portray Douglas during her childhood while Hakim will play her as a teenager and young adult. Douglas also will appear in the film, produced by Sony Pictures TV.

The film will begin during Gabby’s early years, including the difficult decision to leave her mother Natalie (King), three siblings and grandmother (Merkerson) in Virginia Beach at age 14 and move to Des Moines, Iowa, to train with renowned coach Liang Chow (Brian Tee) to pursue her dream of Olympic glory. The move paid off, and Gabby at 16 made it onto the 2012 U.S. Women’s Gymnastics team — known as “The Fierce Five” — winning Team Competition and Individual All-round gold medals.

She recently returned to the gym, training on her own in Los Angeles with the goal of competing at the 2016 Rio Olympics.
www.eurweb.com

Entertainment lineup set for Romulus Pumpkin Festival

ROMULUS – The City of Romulus’ 16th annual family-friendly Pumpkin Festival features a diverse lineup of musical acts, ranging from “rockin’ country” Sony recording artist Alan Turner on Saturday night to popular cover band Fifty Amp Fuse on Sunday afternoon.

Free musical entertainment has always been a staple of the festival, which opens with a Parade of Lights on Friday night and offers a classic car show on Saturday, a tractor show on Sunday, food, children’s games, a carnival and a host of contests throughout the three-day weekend.

Many of the events will take place in and around Romulus Historical Park and the Downtown Pavilion on Hunt Street. There will be a number of old-fashioned events for families.

“The main objective was to bring in popular groups that already have a large fan base and that will attract more people to the Pumpkin Festival,”

said Craig-Bragg, who is city clerk and entertainment coordinator for the festival. “We wanted to kick up the entertainment a notch, but still maintain that hometown feel.”

Scheduled to perform Friday are Chill FX from 6 to 7:30 p.m. and SRO (Standing Room Only) from 9 to 11 p.m. Chill FX is a five-piece jazz group. SRO is a four-piece classic rock band and the winner of radio station Doug-FM’s 2010 best cover band honor.

Saturday’s lineup features Apprehension from 11:30 a.m. to noon, Nemesis from 2:30 to 4 p.m., Mainstreet Soul from 5 to 7 p.m. and Alan Turner and the Steel Horse Band from 8 to 10 p.m.

Apprehension is a local teen band from Romulus. Nemesis is an eight-piece top-40 band from Windsor that plays hits from the 1970s through today. Nemesis singer Suzi Marsh has toured as a back-up singer with Bob Seger.

Mainstreet Soul is a high-energy 10-piece funk, soul and rock band with a full horn section. And Alan Turner – who has been compared to Garth Brooks – has just been signed by Sony Records.

As one Saturday band leaves the stage and the next sets up, the Mark Harrington Band – described as a “human juke box” – will perform on a second stage. Manzitti said father-daughter Mark and Jenny Harrington have a play list of 3,000 songs dating back to the 1950s and will take requests from the audience.

The popular Fifty Amp Fuse is the only band scheduled for Sunday. The 10-piece top-40 national touring band, based Downriver, will perform two sets from 3 to 6 p.m.

For more information on the Romulus DDA Pumpkin Festival, visit the City of Romulus website at www.RomulusGov.com.

ASK AYANA

A Dream Gone



Dear Ayana,
I’m writing to you about my 37- year- old cousin. I’m very close with him and we are more like siblings. My cousin has been working very hard over the last decade and we have both invested money to help him get his career started...as a rapper. My cousin is talented and has actually had a bit of success in the past as an opening act for some local Detroit artists. But beyond that, it seems like he puts more money into his efforts than he earns from them. He is very smart and could have gone to college and had a successful life by now. Instead, he keeps grinding this thing out-and he has mouths to feed. I understand his need to see this through; but at his age, I think it’s too late. How do I get him to understand that it’s time to move on?

Dear Caring Cousin,
I see your cause for concern. But why do you feel like it’s your place to tell your cousin that there’s no hope in his dream becoming a reality? Don’t you think he’s been told “no” by enough people already? Instead, continue to encourage your cousin. Look, I agree; the chances of him making it big in the industry at his age are small. But we don’t get to decide. The truth is: we have no idea who may give him a chance to show and prove. So until he chooses for himself that it’s time to move on, be his biggest fan. If you see some other areas in his life where he could make an impact while providing for himself and his family, point them out! The bottom line is this: you don’t get to be the dream snatcher. If your cousin senses that you’ve all of a sudden joined the masses and are now shooting his plans for stardom down, he will probably be very hurt. Time is a great teacher. Wait it out and see what happens. In the event that he decides to make a detour and do something different with his life, be there to pick him up if he’s down. But be optimistic. You never know, he could be the next big thing! I wish you both the best of luck.

Ayana

Caring Cousin

Have a question or story for Ayana
send Ask Ayana at:
telegram@telegramnews.net

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Five Reasons You Are Not Losing Fat



(StatePoint) Having trouble sticking to your diet? When your body doesn't respond to your efforts the way you expect, it's easy to lose the motivation to continue.

"Most dieters are using outdated or inefficient methods to reach their goals," says Dian Griesel, Ph.D., co-author of "TurboCharged: Accelerate Your Fat Burning Metabolism, Get Lean Fast and Leave Diet and Exercise Rules in the Dust."

Dian Griesel, and co-author Tom Griesel are attempting to debunk the myths many people believe about weight loss.

"Many dieters see slow

such as hydration level, water weight or muscle loss.

Setting the right goal and monitoring changes in your body composition is the first key to success.

- Water retention: Proper hydration is critical to fat loss and overall health. However, too little or too much water can cause problems. Water intake requirements are influenced by several factors, like weight and activity levels. A good starting point is to consume 1/2 ounce of water per pound of current body weight. Drink at least 16 ounces first thing in the morning -- pure water is best -- and more if you are thirsty.
- Too much exercise: Excessive exercise creates stress and can be counterproductive when you're restricting calories, causing loss of muscle mass.
- Low-intensity activities like walking -- along with minimal strength training to retain muscle mass -- is all that's needed.
- Too much of the wrong thing: Diet is the most

efficient way to create a caloric restriction, maintain blood sugar levels, which are conducive to fat loss, and provide all the nutrients you need for optimal health. If you're not seeing positive changes in body composition, the problem is almost always your diet.

- Stress and lack of sleep: Chronic stress can have an adverse effect on hormonal balance, which can hinder fat loss and cause loss of essential lean body mass. Stress and lack of sleep disrupt many delicate physiological functions. Regularly practicing some method of relaxation and getting seven to nine hours of sleep every night will make a big difference in your fat loss efforts.

More information about smart dieting habits and optimal health can be found at www.TurboCharged.us.com.

Don't ditch your diet before seeing the results you want. By working smarter, not harder, you can achieve your goals before losing motivation.

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