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MY STORY: COPING WITH TYPE 2 DIABETES

By Walter L. Mathis

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DIABETES PREVENTION: 5 TIPS FOR TAKING CONTROL

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DIVERSITY IS EVERYONE'S BUSINESS!

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OUR HISTORY

Founded by Walter L. Mathis Sr. and his wife Patricia E. Mathis. Our founders had a vision of contributing to the community; this vision gave birth to a scholarship fund that has awarded over \$60,000 in scholarships to students across Michigan. Our focus on providing information in the fields of education, health, finance, real estate, and religion keeps the vision alive today—and for the future—of providing more scholarships to underprivileged and needy students.

OUR MISSION

We envision **Unity Magazine** to be a driving force for the community to achieve their goals through a well-rounded education. We believe that all the people of the United States, including Black Americans, must come together to build strength as a nation and to work towards logical and fair solutions to our nation's problems. This can only happen when the children of this nation are properly educated. But our society does not allow every child that chance. We want to correct this problem.

OUR GOAL

We hope to encourage businesses and agencies to donate and invest their paid advertising dollars with **Unity Magazine**. We see a world where Blacks, Whites, Latinos, Asians, and Arabs all have the same opportunities regardless of their nationality. In order to create equality we must offer educational and economic empowerment to those without the proper opportunities. And so our goal is that every reader will have the opportunity to gain the education they need, so that no one, regardless of nationality, sex, age, or class, will be left without a chance to live up to their potential.

REMEMBER

Not all people of your nationality or culture are your friends, and not all people of other nationalities or cultures are your enemies; but we must learn to live together as brothers and sisters in Christ, or perish together as fools.

Winning Spirit of Leadership

Every morning in Africa a gazelle wakes up. It knows it must run faster than the fastest lion or it will be killed. Every morning a lion wakes up. It knows it must run faster than the slowest gazelle or it will starve to death. It doesn't matter whether you are a lion or a gazelle; when the sun comes up, you'd better be running.



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1014 Franklin St. SE | Grand Rapids, MI 49507 | (616) 243-1919 | Published by Unity Magazine L.L.C.

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Unity Magazine, LLC

1014 Franklin St. SE • Grand Rapids, MI 49507

UNITY MAGAZINE was founded in 2005 on the principle that all people of All Nationalities and Cultures deserve to be educated about Health, Business, Finance, Politics, Real Estate and Religion. Our founders have a vision of contributing to our Community.

Unity Magazine, L.L.C. publishes Unity Magazine 6 times a year. The registered publisher is Patricia E. Mathis. This publication is guided by the constitutional principle of free press and is open to contributions from any one regardless of nationality, gender or religion.

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Unity Magazine reaches thousands of readers including Black Americans and other ethnic groups in Michigan. Our mission is to provide the community with opportunities to obtain a proper education that does not normally extend to members of the community.

COPING WITH TYPE 2 DIABETES: DON'T LET THIS HAPPEN TO YOU

BY WALTER L. MATHIS SR.

When I was about twenty five years old, I purchased my party store. Working late hours and not eating right, I started drinking all kinds of soda pop. I was drinking at least two to three bottles of sixty-four ounce bottles a night. This went on until I reached the age of 65 years old, and I started to notice that my vision was getting bad. I couldn't read the street signs twenty feet in front of me. I told my wife about it and she said that my sugar might be high and I didn't want to believe her. A couple of days later I stopped by my older sister's house, thinking she might know more than my wife and my sister told me I better go to the doctor and have my sugar checked. A week later, I was able to get into the doctor's office and my doctor had my blood sugar tested, and it was 596. My doctor told me that I was lucky that I didn't go into a diabetic coma. My doctor ran several tests and told me that I had blown one of my kidneys and was working on the other one.



After 10 years of working in the store, I went to the VA doctors and they told me that drinking diet pop is not as bad as drinking regular pop. But, I found out that drinking any pop, regular or diet with a caramel base is bad for your kidneys.

Slowly over a 12 year period, I started having a lot of swelling in my feet and legs. I had been going to my VA provider all this time and the first part of May of this year I went to the VA clinic without an appointment because my feet and legs had swollen so bad and I could hardly walk. Also, I had trouble breathing. While I was walking down the corridor, my case worker saw me

and told someone to call an ambulance for that soldier. I was taken to Spectrum Hospital immediately. I woke up four days later and found out that a port was placed in the right side of my chest and I had my first dialysis treatment that night. I received my second treatment the next night. These two treatments helped remove the excess fluid from around my heart. Unfortunately I have congestive heart failure also.

I received dialysis the entire time that I was hospitalized. I am out of the hospital now and I go to dialysis three days a week: Monday, Wednesday and Friday. And, it will remain this way until I receive a donor kidney.▲



DIABETES PREVENTION: 5 TIPS FOR TAKING CONTROL

Changing your lifestyle could be a big step toward diabetes prevention — and it's never too late to start. Consider these tips.

By Mayo Clinic Staff

When it comes to type 2 diabetes — the most common type of diabetes — prevention is a big deal. It's especially important to make diabetes prevention a priority if you're at increased risk of diabetes, such as if you're overweight or you have a family history of the disease.

Diabetes prevention is as basic as eating more healthfully, becoming more physically active and losing a few extra pounds. It's never too late to start. Making a few simple changes in your lifestyle now may help you avoid the serious health complications of diabetes down the road, such as nerve, kidney and heart damage. Consider the latest diabetes prevention tips from the American Diabetes Association.

1. Get more physical activity

There are many benefits to regular

physical activity. Exercise can help you:

- Lose weight
- Lower your blood sugar
- Boost your sensitivity to insulin — which helps keep your blood sugar within a normal range

Research shows that aerobic exercise and resistance training can help control diabetes. The greatest benefit comes from a fitness program that includes both.

2. Get plenty of fiber

It's rough, it's tough — and it may help you:

- Reduce your risk of diabetes by improving your blood sugar control
- Lower your risk of heart disease
- Promote weight loss by helping you feel full

Foods high in fiber include fruits, vegetables, beans, whole grains and nuts.

3. Go for whole grains

It's not clear why, but whole grains may reduce your risk of diabetes and help maintain blood sugar levels. Try to make at least half your grains whole

grains. Many foods made from whole grains come ready to eat, including various breads, pasta products and cereals. Look for the word "whole" on the package and among the first few items in the ingredient list.

4. Lose extra weight

If you're overweight, diabetes prevention may hinge on weight loss. Every pound you lose can improve your health, and you may be surprised by how much. Participants in one large study who lost a modest amount of weight — around 7 percent of initial body weight — and exercised regularly reduced the risk of developing diabetes by almost 60 percent.

5. Skip fad diets and just make healthier choices

Low-carb diets, the glycemic index diet or other fad diets may help you lose weight at first. But their effectiveness at preventing diabetes isn't known, nor are their long-term effects. And by excluding or strictly limiting a particular food group, you may be giving up essential nutrients. Instead, make variety and portion control part of your healthy-eating plan.

TRANSCENDING RELIGIONS' MEANING AND VALUE

BY GREG GOURDIAN

Religion is a special way of sharing ourselves with others. Perhaps the best thing that we may share with others through our religions is our connectedness to each other and to our Creator.

We may go through many relationships with religion in our lives. Some of us may find our spiritual path by only a single religion, whether they find that path through their religious heritage or go seeking a path on their own. Some of us may try many religions and may finally understand that none of them will be their single path to the divine; these people may go on to develop a personal, independent relationship with their Creator.

Whether we have followed one religion or sampled many different religions, many of us celebrate our relationship to our Creator through religious worship. Our sacred traditions remind us of the intimate ways we are connected to each other and to all of Creation.

Some of us may sometimes err in our perceptions of religions. We may think one or another of the many religions we encounter may be false or hurtful. It is true that we may sometimes experience hurts from the careless words or hands of those who practice their religion sanctimoniously or dogmatically. There may always be those who would exclude from grace anyone who will not bow



down to those holy laws peculiar to their own religion, holy laws which they may often purport to be the only path to God.

But those hurtful acts are the acts of foolish people who have warped their creed to ignoble ends. That their creed still has its roots in the divine remains undeniable, and there is still beauty and value in their creed beyond any mean divisive or invective words or deeds.

Religions are living wonders; they take on a life of their own that transcends the sum of their individual members with a continuity that spans many generations. The lives of religions are fulfilled and renewed through the members who practice their faith. If religions sometimes bring some harm to one another, or to

their members, they may still yield a great good to those within their folds in need of companionship and guidance on their path through life.

It may be pointless to reiterate all the many faults of so many various religions. We may know that religions often appear to be made into tools to control and to subjugate us rather than to liberate and enlighten us. But in spite of any perceived faults in another person's choice of spiritual paths we should respect the fact that the paths that other people choose to walk remain their own decision, and that the enlightenment they seek may be of a different order than that which we want for ourselves.

We cannot be free in our pursuit of spiritual knowledge and the blessings of wisdom if we hold a closed place in our hearts over any matter, particularly matters of faith or religion.

What we close off from our hearts will shut us away from life, experience and joy.

There are so many, many beautiful aspects to religious faiths of every kind, regardless of whether their roots lay in the east or in the west, in mystical experience or in doctrinal compliance. We are enriched by all the many various religions in ways both subtle and sublime.▲

ARTICLE SOURCE: [HTTP://EZINEARTICLES.COM/EXPERT/GREG_GOURDIAN/43077](http://EZINEARTICLES.COM/EXPERT/GREG_GOURDIAN/43077)



Winning Spirit of Leadership

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THE STRENGTH OF EDUCATION

BY GARY G SWEET

Strength comes in different forms. A person who displays and utilizes physical attributes is considered to be strong. Someone who demonstrates calmness in times of stress or trouble could be thought of as emotionally strong. An individual exhibiting an above-average intellectual capacity could be classified as mentally strong. Educational strength, though not as widely acknowledged, is a life-changer capable of helping anyone who develops it.

Quality education produces the kind of strength life can be built upon. Its foundation is reinforced with the fortitude of knowledge, its pillars erected from the support of wisdom, and its structure solidified with the cement of confidence. Without it, the winds of chance and circumstance can blow through one's existence like a hurricane in a treehouse.

Reading today's reports on the challenges facing public schools would leave readers shaking their heads and thinking, why bother? Poverty, classroom size, family issues, technological inadequacy, bullying — physically and online, student attitudes, student health—obesity at epidemic levels, parental under-involvement or over-involvement, funding... when taken together, it's no wonder such a bleak and negative picture presents itself.

Education is the Bedrock of Our Future

The truth is, we have to care because our future depends on it. The power of education is enduring, and it forms a bedrock for understanding and addressing the critical issues facing our country and the world in the 21st-century. Contrary to pessimistic headlines emanating from critics of public education, success stories are rampant in schools struggling to overcome the ever-present challenges and obstacles to daily learning.



Education, particularly in our public school system, has received a bad, and some would say unfair, rap. Accentuating the negative is, unfortunately, what makes news headlines far more frequently than positive stories which occur daily in classrooms across the country. Teachers labor intensively every day to build academically strong students who will be able to apply that strength throughout life.

Students from all walks of life are being provided quality education that will make a profound difference in their lives, and in their communities. Learning the three R's and discovering their connection and meaning to the world outside school walls, is creating the kind of strength only literacy can provide.

Educational Strength Gives Birth to New Ideas

Educational strength gives birth to ideas and options crucial for dealing with some of the most serious issues facing the United States, and the entire planet. Discovering sustainable solutions to address present and future concerns, can only be accomplished through ongoing public education development, and a dedicated

commitment to interactive instruction, engaged learning and quality graduates.

More than ever, societal issues are impacting our students and their search for a meaningful and productive life. Poverty continues to be a major contributor to academic failure. Among children under the age of 18 in the United States, 41 percent are classified low-income and nearly 19 percent — one in five — are considered poor and living in poverty.

Statistics like these represent sobering, and in many cases, insurmountable factors in the near-term, for achieving the kind of scholastic success needed to permanently reverse the continuous trend of 'disadvantaged disengagement' in our schools. However, through education we find knowledge, and through knowledge comes hope. Hope for the future, and hope for a better life. We find strength.▲

"I did then what I knew how to do. Now that I know better, I do better."
— Maya Angelou

ARTICLE SOURCE: [HTTP://EZINEARTICLES.COM/EXPERT/GARY_G_SWEET/2551975](http://EZINEARTICLES.COM/EXPERT/GARY_G_SWEET/2551975)

CHILDHOOD CANCER: WHY ME? WHY HER? WHY US?

BY DIANE K MOORE

When your child is diagnosed with cancer, you can't help but ask yourself all sorts of practical "why" questions.

You scour your brain trying to figure out why your child got cancer when there are millions of other children that don't? Was it the fluorinated water we gave our children thinking it was good for them? Was it the fertility medications that I took while trying to conceive? Was it the prednisone that the doctor told me that I had to take in order to sustain the pregnancy? Why didn't I force her to eat more fruits and vegetables?

Then I moved on to spiritual questions. Why would God allow this to happen to a child? Why would He allow a child to be diagnosed with a disease that is so painful? Why didn't we have more warning so we could have caught it earlier? Why us? We are good people. We haven't done anything bad. We have attempted to take good care of our children and be upstanding people in the community.

Colleen was diagnosed in September 2007. I continue to ask myself many of these questions to this day. The frequency at which I ask myself has slowed and I feel like I can answer some of the questions, but I continue to ask them anyway because I am not always content with the answers.

I vividly remember a conversation that I had with a close friend and spiritual advisor shortly after Colleen was diagnosed. I remember asking her "How could God allow this to happen to her?" Her answer was brief but powerful and I will never forget it.



"God is crying along with you," she said. She continued on to remind me that God has given us all free will. As a result, we sadly live in a fallen world full of pollutants and dangers that have the potential to harm us (and our children). He can't save us all. What He can do is support us on our journeys if we choose to let Him.

One of the hardest situations for me was when people told me that they were praying for Colleen to get her miracle. I am a woman of deep faith. Sadly, however, I did not have faith that the multitudes of tumors in my daughter's body were going to suddenly disappear from the scans. So those prayer offers often upset me. Prayers for comfort, peace and pain-free days were much more welcome. But how do you say that to someone?

I was speaking to a friend the other day whose son has terminal brain cancer. He was in hospice for several months, the family in a holding pattern, not quite sure how many days they had left with their precious son. When people asked her what they should pray for, she would say that she just didn't want him to suffer.

A couple of months ago, he began to gain his energy back. He started to feel better and he was happy and playful. The family excused hospice, as their services did not seem to be needed any longer. I spoke to his mom last week, she was devastated because the new scan results came back and they were "all lit up," meaning that the cancer had spread significantly. She was so confused. How can this little boy that seemed to be feeling so much better be riddled with cancer? I told her that I was very sorry to hear about the scan results. She must be horribly confused. But it sounds to me like God had answered her prayers. He wasn't suffering.

I asked her if she had peace. She said she did but that she felt guilty for having it. Boy, can I relate to that! I feel guilt every time I consider that I am happier in my career now, as a result of my newfound career (helping children with cancer and their families) than before Colleen died. But then I have to remind myself, as I did my friend on the phone that day, that this is a beautiful gift that God bestowed on me and we should never, ever feel guilty for the gifts God gives us.

So why her? Why us? Nobody can answer that question. Why anyone? What I do know is that each of us is put on a path in our lives, and we can choose to live that life triumphantly like Colleen did or choose to kick and scream the entire time. I am very proud of my daughter and the number of lives she touched through her unfortunate and painful journey. However, I found my purpose and that is an incredible gift that I will always be grateful for. ▲

ARTICLE SOURCE: [HTTP://EZINEARTICLES.COM/EXPERT/DIANE_K_MOORE/990070](http://EZINEARTICLES.COM/EXPERT/DIANE_K_MOORE/990070)

HOW TO WASH A BASEBALL CAP WITHOUT RUINING ITS SHAPE

BY WALLIS XIE

Summer is coming, nothing should stop the people who enjoy a healthy life breaking a sweat! It is time for them to pick up the fashion baseball caps to play a serious game! Actually, the baseball caps are not only for the sports fun, we can also wear them out to add much stylish flavor to our daily street-style looks. A fashionable cap is a nice accessory to make any outfit and anyone look cool. But what if when they get dirty, how to wash a baseball cap correctly without ruining its original shape? Here come the simple steps for your reference.

1. The first preparation is adding a proper amount of detergent into a basin of clean water. When the detergent is melted into the water evenly, you can put the dirty fashion cap into the water and let it soak for 5 to 10 minutes. If your hat is not cleaned for a long time, the soaking time could last a little bit longer.
2. Brush the cap gently with a soft brush. The hair of the brush could not be too hard, or it might lead to pilling in the appearance. And you should not use too much strength in brushing for the same purpose to avoid pilling of the fabric.
3. Then rinse the baseball hat with clean water. Turn on the tap to wash off the foaming in every part of the cap. Remember not to fold or rub the cap in this step, just rinse.
4. Now it is time for us to check the details carefully. If the baseball cap is not clean completely with some tough stains found, we should apply a little bit of toothpaste on it and then brush it gently again, then rinse



it with water. The toothpaste has a stronger cleaning and whitening power.

5. For the record, the inner part of your stylish baseball cap should be

brushed at least several times to get rid of the accumulated sweat and bacteria for sure. The anti-bacterial detergent has the special removing function, which should be used when we wash the cap after a certain period.

6. Press the hat with a dry towel. The towel is going to absorb the water from the cap gradually, which is much faster than the natural air-drying. But still, should not fold or rub it, or the original shape would be damaged.
7. Place the custom vintage baseball hat by its original shape on a dry towel to let it be air-drying completely. The towel is going to absorb the water more quickly and makes the drying done in a shorter time. ▲

ARTICLE SOURCE: [HTTP://EZINEARTICLES.COM/EXPERT/WALLIS_XIE/2434569](http://ezinearticles.com/Expert/Wallis_Xie/2434569)

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CHEAP GETAWAY DEALS

GUIDE TO FINDING AFFORDABLE AIRFARE, HOTEL ACCOMMODATION, AND MORE

BY GEORGE BOTWIN

A couple of decades ago, vacation planning was a lot of hard work. You had to look through newspaper and magazine ads just to find a good deal—unless you had enough money to hire a travel agent to find one for you. Today, you can be your own travel agent and just sign up to receive phone alerts and emails informing you of all of this week's cheap getaway deals. You can also scour over travel discount sites and blogs for some ideas.

Travel in general has gotten a lot cheaper since the Internet Age has taken off. All of the airline industries, hotels, cruise lines, travel agencies, etc... are all competing on who can provide the best value to travelers. You no longer have to be wealthy to go on a luxury cruise or to travel overseas. In fact, cruises have never been cheaper!

As for airfare, many experts recommend that you keep an eye out for budget carriers like WOW Air, Norwegian Air, Allegiant, JetBlue, and so forth. Sometimes you can find cheap getaway deals involving larger carriers like Delta and Southwest Airlines who work with select hotel chains as their partners.

If you're flexible with the timing, you might want to wait to go on your trip, as many of the cheapest deals are the last-minute kind. You might be able to obtain airfare for as much as 50% its typical price if you wait to book within a few days of the flight.

It is also possible to find some of the best deals if you bring a friend along, as the majority of packages are priced for two people. You might even end up facing a



surcharge at some point if you travel by yourself. The hotels like it when more than one person stays in a room because it means more customers in less space. If you have trouble finding cheap accommodation in a hotel, you could always look into hostels.

If any of the cheap getaway packages you come across have specific dates, keep in mind that those dates aren't always set in stone. Don't brush off a deal just because you don't think it will be long enough. There may be an option to extend the trip depending on the popularity of the hotel and whether or not it's booked full. If airfare is involved, find out if you will be charged any fee for changing the return date.

Ideas for Cheap Getaway Deals

Where should you go? Right now, some of the cheapest domestic destinations include:

- Las Vegas
- Atlanta

- Denver
- Jacksonville
- Austin
- St. Louis

Cheap international destinations include:

- Uganda
- Peru
- Ecuador
- Costa Rica
- Mexico City

Of course, these are only a few suggestions. Depending on tourist season and the time of year, you can find cheap getaway deals to most destinations.

Learn all about these cheap getaway deals and more by checking out online. It's part of what makes affordable travel so attainable in the 21st century. You can always use online coupons to help you get an even bigger deal on your next trip.▲

ARTICLE SOURCE: [TTP://EZINEARTICLES.COM/EXPERT/GEORGE_BOTWIN/1425000](http://EZINEARTICLES.COM/EXPERT/GEORGE_BOTWIN/1425000)

HOW TO KNOW WHEN CAR BRAKES NEED WORK

BY SARAHBETH KLUZINSKI

It would be a perfect world if our cars and trucks never required routine maintenance and upkeep, but unfortunately that is not reality. Our vehicles require a specific level of care to preserve and sustain appearance, performance, and most importantly, safety. Routine maintenance such as windshield wiper blade replacement, radiator flushes, tire rotations, oil changes, tune-ups, and more, are critical to overall vehicle preservation.

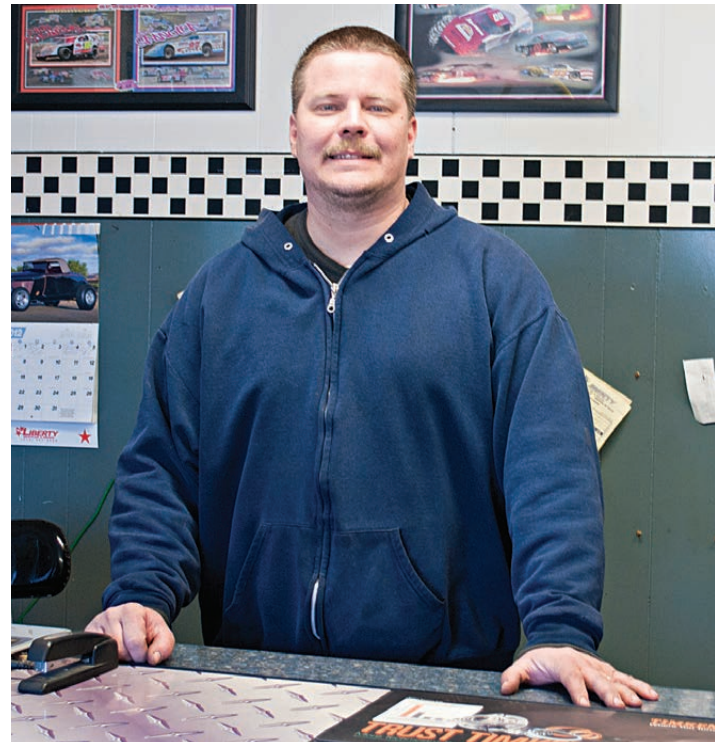
Pay Special Attention to the Brakes

One of the most important components to keep in a safe and functional condition is the braking system. This system requires special attention in order to keep you safe on the road and protect your investment. If you neglect your car brakes, not only can it cause extra damage to your vehicle, it can lead to your car being a total loss. That is because, in many cases, when an entire braking system needs replaced, the cost can exceed the total value of the vehicle. In this situation, a person's best bet is to sell their totaled car to a junk car buyer, purchase another vehicle, and then stay dedicated to a routine brake maintenance agenda to avoid vehicular damage.

As soon as you start to notice signs of brake problems, bring your car into a professional automotive body shop for an inspection before the problem can cause overall car damage. Don't know the signs that suggest your car brakes need some work? Continue reading to learn the most common ones to keep an eye out for while you drive!

Repair or Replacement?

To understand how to identify or look out for brake problems in your vehicle, first it is helpful to understand the basic components of a car brake system. There are four general parts: the hydraulic clamp, brake fluid line, brake pads, and brake rotors. Some may argue that brake pads and rotors are actually part of the wheel, but in this case, we will still include them because they can influence the need for brake repair. In most cases, the brake lines and hydraulic clamp will not experience



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much wear and tear; they are built to last a long time. On the other hand, brake pads and rotors are susceptible to wear and tear at all times and will need replacing every few thousand miles or so.

They are exposed to deterioration every time you drive because the pad presses against the smooth metal rotor every time the brake is applied. Over time, this pad is worn down and will make a recognizable noise to warn you that they are low. Brake pads squeal or hiss when they get low. The noise is actually the result of the bare pad scraping against the metal rotor (the metal disk that spins on the wheel) and causing friction between them. It can start out as a faint squeak, and turn into a high-pitched squeal if neglected. If you hear grinding then the pad is most likely worn completely thin and is grinding against the rotor. This can really damage the brake rotors. The thickness of the brake padding, the amount of driving you do, and the way you drive all influence the amount of times you will need to replace them.

Selling a Junk Car for Cash

If you discover that your car brakes are shot and need to be replaced, but the cost exceeds the total value of your vehicle, you can still make it profitable by selling it to a junk car buyer. Choose a company that has premium electronic scales that can accurately assess the value of your junk car. Then use the cash toward another vehicle! ▲



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DO YOU FINISH WORK FEELING WELL?

BY SUSAN LEIGH

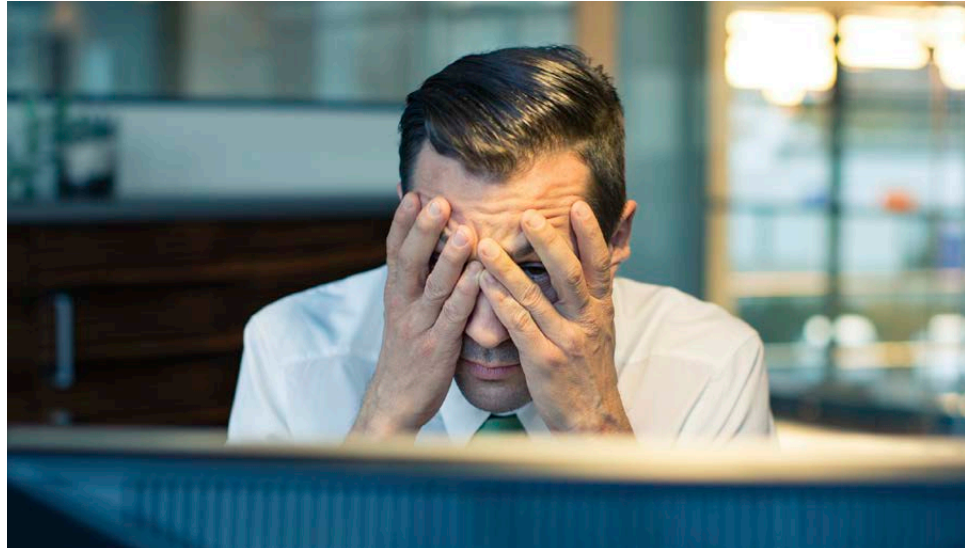
How many of us arrive home after a busy, exhausting day feeling fit for nothing, perhaps short-tempered, with no energy, barely able to keep our eyes open throughout the early evening news or soap operas on TV? We may have unfinished work playing on our minds, worries about a business situation, or an unresolved issue with a colleague or customer.

After a busy, stressful day it can be hard to leave the assorted demands, responsibilities and cares of work behind. But it's important to finish work and go home feeling well, ready to enjoy that part of the day with enthusiasm. After a day's work we still need to have enough time and energy to enjoy spending a quality hour or two with the people who motivate us to work so hard, our partner, children and maybe friends.

Let's look at some good habits we can set in place so that we can draw a line, finish work and go home feeling well more often.

Many of us will spend some, if not all of our working days in our office at home. If you do work from home, be sure to either screen off your workstation or close your office door at the end of each day. Change your clothes and go outside for a twenty-minute break. As there's no drive home where you can unwind or switch off, instead define the end of your working day with a meaningful ritual or habit, like putting your working jacket on the back of the chair, closing your laptop or putting your coffee mug in the dishwasher. All things that say, 'that's it for today!'

Turn off your technology. Some people have a separate phone for work. If that's you commit to turn it off and finish work until the following day, unless there's a crisis or emergency situation. Have set times for checking online and pay attention to



how much you benefit from a more time-efficient way of managing your technology and workload.

Use lists. They're a great way of keeping control, monitoring where you're up to and reminding yourself of how much you've accomplished. Maybe add to your list those unexpected items that are bound to crop up and need dealing with. It's easy to forget how much you actually do. Use lists to prioritise or to break down big or complicated jobs into manageable segments.

Take breaks throughout the day. They provide thinking time and are a great way to manage stress. Use breaks to disconnect for a little while. You could go for a quick walk outside, have a glass of water, a healthy snack like a piece of fruit. Breaks also ensure that you pace yourself throughout the day.

Ask for help. There's no merit in tackling an increasing number of tasks simply because you've been asked or become the 'go to guy', or agreeing to do things you're unsure of or unfamiliar with. Ask for help. You may need to delegate, get some guidance or even receive additional training in aspects of the

business. Take the pressure off yourself, share the load and find ways to manage stress effectively.

Draw a line under your working day by using travelling time to listen to music, an interesting talk or to catch up on that phone call with a friend. Plan to call at the gym after work and go for a swim or a workout. You could arrange to meet your partner or friends for a game of tennis, walk or meet for a chat over coffee, but use that time to separate the different areas of your life.

Change your clothes. Most of us have either a uniform or more formal clothes that we use for work. Going home feeling well can include shedding your work persona or image and having more relaxed off-duty attire. Take a shower to symbolically wash away the days' cares and stresses.

By adopting a few simple habits you can ensure that you better manage stress and finish work feeling well more often, able to really enjoy and appreciate the different areas of your life.▲

ARTICLE SOURCE: [HTTP://EZINEARTICLES.COM/EXPERT/SUSAN_LEIGH/399535](http://EZINEARTICLES.COM/EXPERT/SUSAN_LEIGH/399535)

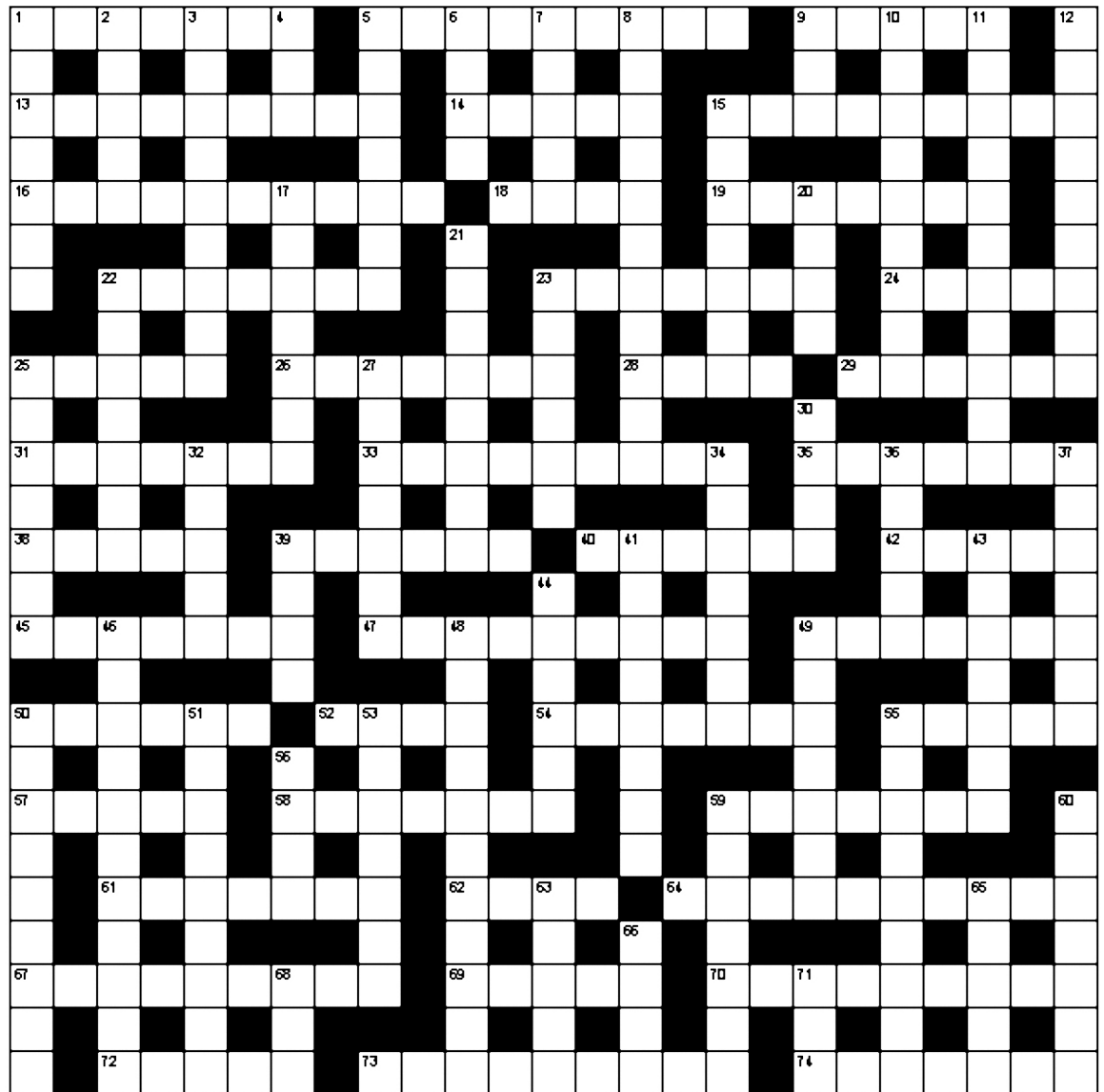
Across

1. Vegetable (7)
5. Blandished (9)
9. Titled peer (5)
13. Remember (9)
14. Units of time (5)
15. Escapade (9)
16. The study of insects (10)
18. Ship's steering device (4)
19. Cautious (7)
22. Entourage (7)
23. Lands surrounded by water (7)
24. Piece of furniture (5)
25. Rescued (5)
26. Mythical beast (7)
28. Olfactory organ (4)
29. Lets in (6)
31. Nipped (7)
33. Wrong (9)
35. Lower limit (7)
38. Skillful (5)
39. Up-to-date (6)
40. Fraudulence (6)
42. Ringlets (5)
45. Not paid on time (7)
47. Inventions (9)
49. Memory loss (7)
50. Physically strong (6)
52. Grain store (4)
54. Candidate (7)
55. Cake topping (5)
57. Freight (5)
58. Reproduction (7)
59. Patron (7)
61. Irritated (7)
62. Tight (4)
64. Cut (10)
67. Held sacred (9)
69. Hoard (5)
70. Pragmatic (9)
72. Dig (5)
73. Accumulated (9)
74. Superimposed (7)

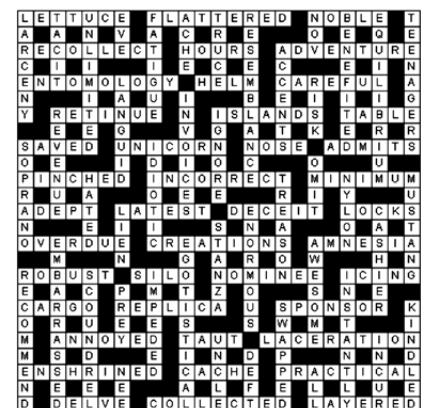
Down

1. Theft (7)
2. Implied (5)
3. Without bounds (9)
4. The night before (3)
5. Weariness (7)
6. Dull pain (4)
7. Cease-fire (5)
8. Similarity in appearance (11)
9. Month, in short (3)
10. Gained (9)
11. Equipose (11)
12. Adolescents (9)
15. Dialects (7)
17. Lackadaisical (7)

20. Hazard (4)
21. Bills (8)
22. Income (7)
23. Disregard (6)
25. Female singing voice (7)
27. Insanely irresponsible (7)
30. Leave out (4)
32. Detested (5)
34. Perfidy (7)
36. Synthetic fabric (5)
37. Type of horse (7)
39. Security interest (4)
41. Tremendous (8)
43. Teller (7)
44. Part of a poem (6)
46. Abashed (11)
48. Conceited (11)
49. Wondrous (7)
50. Advocate (9)
51. Villain (9)
53. Hindered (7)
55. Immediately (9)
56. Quarry (4)
59. Exchanged (7)
60. Ignited (7)
63. Male relative (5)
65. Become liable to (5)
66. Dexterous (4)
68. Indicating maiden name (3)
71. Whole (3)



[Solution]



BUDGETING: FROM PAPER TO ACTION

BY IVY BROOKS

Simply writing down your current expenses into a log and adding them up does not conclude creating and implementing a budget. It's likely that you are over-spending in categories and need to change your budget to accommodate your "debt load" (or expenses) or to best approach more ambitious financial goals. Sitting down and taking a hard look at your current situation is only the beginning of budgeting. Once you have written in expenses and seen where you can improve, you must give yourself new "guidelines" for spending in those categories and then the hard part, strictly enforce them. Here are my best suggestions for taking your budget from paper to action.

Negotiate Bills You Thought Were Set In Stone

Go one step further and revisit bills that once seemed set in stone. Can you switch insurance carriers or change your coverage? Adjust your phone plan? Negotiate a better interest rate on your credit card? Talk down your cable/internet package? Or forego a service altogether? Every year in Las Vegas, our rent goes up \$60-100.00. After having our first child and my then fiance

finishing his master's degree, I encouraged him to call our apartment's corporate office and ask them not to raise our rent so we could get through that year, or we'd be forced to find a less expensive place to live. They met us in the middle and only raised our rent by \$30.00! If you don't ask, you won't receive. The better you are able to confront uncomfortable situations like this, the easier it will become and the more financially secure you'll be!

Brainstorm A List of Ways You Can Further Save

Where it seems difficult at first to give up luxuries that feel like necessities, you can get excited to "cut the fat". Make a list of even the smallest ways you can trim down your dollar output. Can you shop at a better-priced grocery store? With additional gas rewards? Can you buy some of your personal care items at the Dollar Tree rather than at Target? Can you go to a less expensive salon? Shop online for some things? Sometimes you have to avoid certain people and places that encourage your unruly spending, and you might need to come up with solutions to put in their place. Saving money is like a muscle that needs exercise to become stronger.



Balance, Balance, Balance


During your "strength training" phase of budgeting, you'll want to not only track your checkbook expenses, but ALL your expenses. This is the beginning of turning your paper budget into action. You must be held accountable if you're going to see results from this budgeting effort. Spending is kind of like over-eating without realizing it, but when you log your diet, you'll be confronted with your choices.

You can create a simple spreadsheet for this purpose with the date, merchant, description of purchase, and payment method.


Your Budget Must Equal Zero

If you're living with little income or expenses that are largely out of your control, like having dependents, it will take a few weeks or months to make your budget "balance". The budget in balance means that your expenses and income are equal (0) or your income is more (+). If you have an overage, you can begin thinking about how you can best save or invest that money for a more secure, abundant future.▲

ARTICLE SOURCE: [HTTP://EZINEARTICLES.COM/EXPERT/IVY_BROOKS/2305072](http://EZINEARTICLES.COM/EXPERT/IVY_BROOKS/2305072)



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And ye shall know the truth, and the truth shall make you free. John 8:32 KJV

Your Genealogy starts with Noah and his wife, and they had three sons, Shem, Ham and Japheth, and each had a wife. After the flood, they were the only ones saved and they repopulated the entire Earth. Therefore, one third of us are brothers and sisters, and the other two thirds are cousins (read Genesis 5:1-32). This is why, **"We must learn to live together as brothers and sisters in Christ or perish together as fools; but when we lose the right to be different, we lose the privilege to be free."**



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"History shows us that the first humans, Adam and Eve, gave birth to the human race in the continent of Africa. Sin entered the world when Adam ate the forbidden fruit and his descendants grew to be very wicked. "And the LORD said, 'My Spirit shall not strive with man forever, for he is indeed flesh; yet his days shall be one hundred and twenty years.'"

GENESIS 6:3 NKJV

God saw the evil in the hearts of Adam's descendants and was going to destroy the world with a great flood. But because Noah loved God, He told him to build an ark to save his family. The Earth was destroyed and only Noah, his wife, their three sons, and their wives were spared. Noah's descendants eventually repopulated the entire Earth. Every person today came from those eight. We are all one race, the human race!

GENESIS CHAPTER 9-11

After many generations, Noah's descendants wanted to make a name for themselves and began to build a tower to reach the heavens. God grew furious and scattered the human race over the Earth to Europe, Asia, North and South America and Australia. As a result of this diaspora, a multitude of nationalities, cultures, and languages developed.

Today, many nationalities and cultures make up our nation, the United States of America. If we of this great nation can put aside our differences and work together, we will be able to overcome any obstacle and meet any challenge. Only then can we finally unite and spread peace and prosperity throughout the world as **one race, the HUMAN RACE**. Let us start with displaying our logo of **"United, We Make America"** to show people our strength and unity.



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Mission and Values of **Operation Resources, Inc.** A Partner with **FEEDING AMERICA** West Michigan Food Bank

MISSION and VALUES

Feeding America of West Michigan and Operation Resources Inc, are partners with the nation's leading domestic hunger-relief charity. Our mission is to feed America's hungry through a nationwide network of member food banks and engage our country in the fight to end hunger.

Operation Resources Inc., respect the inherent worth and dignity of every person and treat all with justice, equity and compassion. We honor the lives, concerns and stories of people in need and expect all people to do the same. **"We must learn to live together as brothers and sisters in Christ or perish together as fools; but when we lose the right to be different we lose the privilege to be free."**

We keep faith with the public trust through the efficient and compassionate use of resources entrusted to us and are mindful that our mission is accomplished through the generosity of others.. We evaluate and account regularly for how resources are used to implement and achieve our mission.

We believe in the power of community. We collaborate and build strong relationships, based on trust, with and among those who share our vision of creating a hunger-free America. We work together to

accomplish the vision on a local level, valuing each other's roles and using an open process and honest communication.

We operate with an acute sense of urgency that reflects the immediate needs of people struggling with hunger. We believe service to others is fundamental to creating a hunger-free America. We serve with excellence, compassion and responsiveness to meet the needs of those with whom we work, internally and externally. The better we serve, the more people we bring together in commitment to our vision.

We act with honesty, trust and openness and deliver on commitments. We act within the spirit of agreements, contracts and the law. Our intentions and actions will be transparent and above reproach.

We believe that the ethnic, cultural and social diversity of our nation should be reflected in our staff.

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