

# Temple News

MONTHLY NEWSLETTER OF  
SOLOMON'S TEMPLE CHURCH

[www.solomonstemplechurch.net](http://www.solomonstemplechurch.net)

May 2016

## Commitment in Adversity

by Dorothy Patterson

When I made a commitment to marry a preacher, it was with joy, excitement and the dream of serving God with all my heart. I was not prepared for serious and debilitating illness, the miscarriage of a baby, the trauma of a financially troubled church and personal attacks from the family of faith.

Within one of my husband's sermons, I found a nugget of hope: "Our adversities are God's universities." The adversities drove me to God and God had what I needed to endure and fulfill the commitment I had made.

In Ruth 1:16-17, the innocent young widow Ruth expressed her passionate and devoted love for her old and bitter mother-in-law. It was not Naomi's beauty, wealth or even joyfulness that drew Ruth to her, for all of these had long since fallen away. Rather it was Naomi's faith in the living God, her spiritual wisdom and her consistent piety that bound the young pagan widow to her. Ruth made a commitment to travel, live and pursue life with Naomi, to accept her God and even to die and be buried in Naomi's homeland. Her commitment was not just with loving words and well-meaning feelings, as her sister-in-law Orpah (Ruth 1:14), but with purposeful love and devoted deeds.

Commitment must be fueled not merely by head knowledge but also by heart determination. Ruth had nothing to offer to Naomi or to God but herself, and that she gave willingly and eagerly. Every woman, whatever her circumstances or position, has at least that to give the Savior, and it is enough.




*Pastor K. D. & (LL) Elder E. R. Shivers*

## Church Events

- May 1<sup>st</sup> – Women's Day
- May 7<sup>th</sup> – Mother's Day Celebration at Nike Park
- May 8<sup>th</sup> – Mother's Day
- May 11<sup>th</sup> – Choir & Ushers serve at Shiloh Baptist Church
- May 15<sup>th</sup> – Ministry Day / Pentecost Sunday
- May 15<sup>th</sup> – Fellowship with Light House Evangelistic Ministries
- May 29<sup>th</sup> – Fellowship with Zion Southampton AME Zion Church



- 1. Faith** – A Virtuous Woman [serves God with all of her heart, mind, and soul](#). She seeks His will for her life and follows His ways. (Proverbs 31: 26, Proverbs 31: 29 – 31, Matthew 22: 37, John 14: 15, Psalm 119: 15)
- 2. Marriage** – A Virtuous Woman [respects her husband](#). She does him good all the days of her life. She is trustworthy and a [helpmeet](#). (Proverbs 31: 11- 12, Proverbs 31: 23, Proverbs 31: 28, 1 Peter 3, Ephesians 5, Genesis 2: 18)
- 3. Mothering** – A Virtuous Woman [teaches her children](#) the ways of her Father in heaven. She [nurtures her children](#) with the love of Christ, disciplines them with care and wisdom, and [trains them in the way they should go](#). (Proverbs 31: 28, Proverbs 31: 26, Proverbs 22: 6, Deuteronomy 6, Luke 18: 16)
- 4. Health** – A Virtuous Woman [cares for her body](#). She prepares [healthy food for her family](#). (Proverbs 31: 14 – 15, Proverbs 31: 17, 1 Corinthians 6: 19, Genesis 1: 29, Daniel 1, Leviticus 11)
- 5. Service** – A Virtuous Woman [serves her husband, her family, her friends, and her neighbors](#) with a gentle and loving spirit. She is charitable. (Proverbs 31: 12, Proverbs 31: 15, Proverbs 31: 20, 1 Corinthians 13: 13)



*Charm is deceptive,  
and beauty is fleeting; but a  
woman who fears the Lord  
is to be praised.  
Proverbs 31:30*

- 6. Finances** – A Virtuous Woman seeks her husband's approval before making purchases and [spends money wisely](#). She is careful to purchase quality items which her family needs. (Proverbs 31: 14, Proverbs 31: 16, Proverbs 31: 18, 1 Timothy 6: 10, Ephesians 5: 23, Deuteronomy 14: 22, Numbers 18: 26)
- 7. Industry** – A Virtuous Woman [works willingly with her hands](#). She sings praises to God and does not grumble while completing her tasks. (Proverbs 31: 13, Proverbs 31: 16, Proverbs 31: 24, Proverbs 31: 31, Philippians 2: 14)
- 8. Homemaking** – A Virtuous Woman is a homemaker. She [creates an inviting atmosphere of warmth and love](#) for her family and guests. She uses hospitality to minister to those around her. (Proverbs 31: 15, Proverbs 31: 20 – 22, Proverbs 31: 27, Titus 2: 5, 1 Peter 4: 9, Hebrews 13: 2)
- 9. Time** – A Virtuous Woman uses her time wisely. She works [diligently to complete her daily tasks](#). She does not spend time dwelling on those things that do not please the Lord. (Proverbs 31: 13, Proverbs 31: 19, Proverbs 31: 27, Ecclesiastes 3, Proverbs 16: 9, Philippians 4:8 )
- 10. Beauty** – A Virtuous Woman is a woman of worth and beauty. She has the [inner beauty that only comes from Christ](#). She uses her creativity and sense of style to create beauty in her life and the lives of her loved ones. (Proverbs 31: 10, Proverbs 31: 21 – 22, Proverbs 31: 24 -25, Isaiah 61: 10, 1 Timothy 2: 9, 1 Peter 3: 1 – 6)





# May Kingdom Schedule



## May Scriptures

- 05/01 Women's Day
- 05/08 1 Corinthians 13:4-7
- 05/15 Ephesians 3:14-19
- 05/22 1 John 4:18-21
- 05/29 Psalm 33:1-5



## Welcome Schedule

- 05/01 Women's Day
- 05/08 Ariana Parker
- 05/15 Elder Sarah Hatton
- 05/22 Sis. Frances Wells-Robertson
- 05/29 Sis. Alice Day



## Door Opener

Bro. Rodney Murphy

## Worship Leaders Schedule

- 05/01 Women's Day
- 05/08 Sis. Wendy Green
- 05/15 Sis. Sylvia Gundy
- 05/22 Elder Sarah Hatton
- 05/29 Elder Edith Shivers

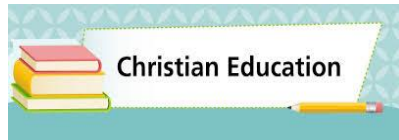


## Servant Leaders Schedule

- 05/01 Sis. Phyllis Duck
- 05/08 Sis. Wendy Green
- 05/15 Sis. Shirley Haskins
- 05/22 Sis. Sylvia Gundy
- 05/29 Sis. Turekia White

## Communion Bowls

Sis. Wendy Green & Sis. Phyllis Duck



## May 2016 Teachers Schedule

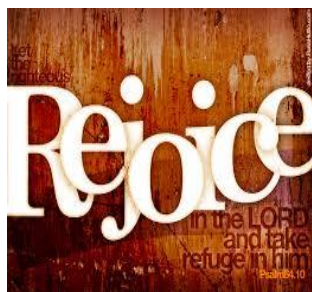


- May 3<sup>rd</sup>** CID Adult Teacher: Sis. Shirley Haskins | Luke 17:11-19 | "Grateful Faith"  
CID Youth Teachers: Sis. Turekia White & Sis. Lenore Williams
- May 10<sup>th</sup>** CID Adult Teacher: Sis. Jackie Ruffin | Luke 18:9-14 | "Humble Faith"  
CID Youth Teachers: Sis. Wendy Green & Sis. Deborah Williams
- May 17<sup>th</sup>** CID Adult Teacher: Sis. Wendy Green | Luke 18:15-17; Mark 10:16 |  
"Childlike Faith"  
CID Youth Teachers: Sis. Phyllis Duck & Sis. Samantha Little
- May 24<sup>th</sup>** CID Adult Teacher: Elder Edith Shivers | Luke 19:1-10 | "Joyous Faith"  
CID Youth Teachers: Elder Sarah Hatton & Sis. Stacy Turner
- May 31<sup>st</sup>** CID Adult Teacher: MIT Ernest Ruffin | Zephaniah 1:4-6, 14-16, 2:3 |  
"The Day of the Lord"  
CID Youth Teachers: Sis. Shirley Haskins & Sis. Hope Parker

## **New To Solomon's Temple?**

First of all, **WELCOME!** We are so pleased that you have come to visit our church. Whether you are just inquiring about our church, a new visitor, or simply want to see if Solomon's Temple is the right fit for you and your family, we are grateful to have you among us. We hope you will find your spiritual home here. Here at Solomon's Temple, we offer many exciting ministries to assist in your daily walk.

Solomon's Temple holds New Disciple Orientation sessions that can provide information about our church, what we offer and what to expect from your church family. If you have any questions, please contact **Elder Sarah Hatton, Bro. James Green Sr.** or **Elder Wayne Hatton.**



Isn't life glorious!  
 Isn't it grand!  
 Here – take it –  
 hold it tight in  
 your hand;  
 Squeeze every drop  
 of it into your soul,  
 Drink of the joy of  
 it, sun-sweet and  
 whole! Laugh with  
 the love of it, burst  
 into song! Scatter  
 its richness as you  
 stride along! Isn't  
 life splendid – and  
 isn't it great. We  
 can always start  
 living – it's never  
 too late! **Helen  
 Lowrie Marshall**

My soul glorifies  
 the Lord and my  
 spirit rejoices in  
 God my Savior, for  
 he has been  
 mindful of the  
 humble state of his  
 servant. From now  
 on all generations  
 will call me  
 blessed, for the  
 Mighty One has  
 done great things  
 for me – holy is his  
 name. His mercy  
 extends to those  
 who fear him, from  
 generation to  
 generation. – **Mary**



## May Birthdays

If your birthday is missing from the list or incorrect, let the office know.



Sylvia Gundy  
 Castachia Turner  
 Terry Rawls  
 Charles Turner  
 Phyllis Duck  
 Allan Clark Jr.  
 Grayland Robinson  
 Dorothy Robinson  
 De' Ahzha Williams  
 Nytara Clark  
 Stanley Robinson

May 1<sup>st</sup>  
 May 2<sup>nd</sup>  
 May 2<sup>nd</sup>  
 May 2<sup>nd</sup>  
 May 6<sup>th</sup>  
 May 8<sup>th</sup>  
 May 14<sup>th</sup>  
 May 14<sup>th</sup>  
 May 20<sup>th</sup>  
 May 27<sup>th</sup>  
 May 27<sup>th</sup>



## May Anniversaries



If your anniversary is missing from the list or incorrect, let the office know.

Mike and Wendy Green      May 1<sup>st</sup>



## Newsletter Submissions

Do you know someone who is doing great things in the community, school, or church? Nominate them to be the Solomonite of the Month. This person can be a youth or an adult.

Don't forget to recognize those celebrating an anniversary, graduation (from high school, college, or any other), or special occasion.

We also want to know about those who have made the honor roll. Let's not forget baby announcements, bible humor or recipes.

If you have a story or idea that you would like to incorporate into the newsletter, forward the story to [stsecretary1@gmail.com](mailto:stsecretary1@gmail.com) or leave the idea on the secretary's desk.

## OUTREACH

Solomon's Temple Outreach Ministry is in Full Effect! Please let us know if anyone is in the hospital, in-outpatient surgeries, and death in the family or any other life changing event (medical or death). We have "Care Teams" for each month that is willing and ready to contact you. We love our church family and we believe love is not what it says - it's what it does.

### CARE TEAM FOR THE MONTH

Sis. Deborah Williams  
Sis. Tami Drew  
Bro. Donald Watkins



## SOLOMONITE SPOTLIGHT



### MAY SOLOMONITE SPOTLIGHT IS: Sis. Tracy Murphy

Tracy joined Solomon's Temple on April 20, 2014. She is the wife of Bro. Rodney Murphy and mother of 3 adult children. Tracy is active in the Couples Ministry, Women's Ministry and Music Ministry. She is also active in the Praise Dance Ministry where she serves as Contact Person. Tracy is a very gifted and talented disciple. Solomon's Temple would like to congratulate **Tracy** for being this month's Solomonite Spotlight.

**WE LOVE YOU!**

Will YOU be the Next  
"Solomonite of the Month"?



5

Bro. John Shivers  
Sis. Ruby "Mae" Clarke  
Bro. Michael Wellons  
Sis. Mary Diggs  
Sis. Lonnie Batten  
Sis. Marion Smith  
Bro. Donald Watkins  
Bro. Carl Duck  
Sis. Florence Turner  
Sis. Mary Cornick  
Bro. Grayland Robinson

Bro. Walter Chapman  
Sis. Tammy Rawls  
Sis. Vernell Brown  
Sis. Connie Payne  
Sis. Vernell Wrenn  
Sis. Sonjia Moore  
Bro. Micheal Wiggins  
Bro. Jerry Boyce  
Min. Cynthia Edwards  
Bro. James Green Sr.

*If there are any names that need to be added to the list, let the Church Administrator know. Thank You.*

**Congratulations!**



**Sheila Gatewood**, our newest disciple, successfully completed her New Disciple's class last month.

**Sunday, May 15, 2016**



**Guest Messenger:**

**Elder Terrell Batten, Associate Minister  
Olive Branch Baptist Church**

**Everyone is asked to dress in white.**

### Verse of the Month

**Psalm 63:3 (NLT)**

*Because your love is better  
than life, my lips will glorify you.*





## Schedule of Events

**IMPORTANT NOTE: ALL INFORMATION TO BE ADDED TO THE TEMPLE NEWS FOR THE MONTH NEED TO BE GIVEN TO THE CHURCH ADMINISTRATOR NO LATER THAN THE 3<sup>RD</sup> TUESDAY OF EACH MONTH.**

DATE	TIME	EVENT
5/1/16	9:00am	Women's Day; Guest Evangelist: Apostle Laequinla Hunter, God's Anointed Touch Ministries, Windsor, VA
5/2/16	7:00pm-8:30pm	Youth Praise Dance Practice
5/3/16	6:30pm / 7:15pm	CID Session/Bible Study Teacher: Elder Wayne Hatton "Kingdom Characteristics"
5/4/16	7:00pm-8:30pm	Youth Praise Dance Practice
5/4/16	7:00pm	Sons of Solomon rehearsal
5/7/16	12:00pm – 4:00pm	Mother's Day Celebration at Nike Park sponsored by the Men's Ministry
5/8/16	<b>ALL DAY</b>	<b>HAPPY MOTHER'S DAY</b>
5/9/16	7:00pm-8:30pm	Adult Praise Dance Practice
5/10/16	5:45pm	Leading Lady Day committee will meet at the chapel
5/10/16	6:30pm / 7:15pm	CID Session/Bible Study Teacher: Elder Wayne Hatton "Kingdom Characteristics"
5/11/16	7:00pm	Choir & ushers will serve at Shiloh Baptist Church for Spring Revival service
5/12/16	6:00pm	Mass Choir rehearsal
5/12/16	7:00pm	Men's Ministry & Women's Ministry meetings at the chapel
5/15/16	<b>ALL DAY</b>	<b>PENTECOST SUNDAY / Everyone is asked to dress in white.</b>
5/15/15	9:00am	Ministry Day – Guest Messenger: Elder Terrell Batten, Olive Branch Baptist Church
5/15/16	3:00pm	We will fellowship with Light House Evangelistic Ministries, 204 East Washington St., Suffolk, VA; Family & Friends Day service
5/16/16	7:00pm-8:30pm	Adult Praise Dance Practice
5/17/16	6:30pm / 7:15pm	CID Session/Bible Study Teacher: Elder Wayne Hatton "Kingdom Characteristics"
5/18/16	7:00pm-8:30pm	Adult Praise Dance Practice
5/19/16	6:00pm	Praise Team rehearsal
5/19/16	7:00pm	Joyful Voices rehearsal
5/22/16	9:00am	Elder Margaret Shivers-Thomas will preach at Joe Apostolic Ministry in Suffolk, VA for Women's Day service
5/23/16	7:00pm-8:30pm	Adult Praise Dance Practice
5/24/16	6:30pm / 7:15pm	CID Session/Bible Study Teacher: Elder Karen Lee "Kingdom Family–Married Couples"
5/25/16	7:00pm-8:30pm	Adult Praise Dance Practice
5/26/16	6:30pm	Youth Choir rehearsal
5/28/16	TBA	Bridge Ministry Outing; see Sis. Mor'Netra Johnson for details
5/29/16	1:00pm	We will fellowship with Zion Southampton AME Zion Church, 17121 Wakefield Rd., Courtland, VA 23837; Family & Friends Day service
5/30/16	<b>ALL DAY</b>	<b>MEMORIAL DAY</b>
5/31/16	6:30pm / 7:15pm	CID Session/Bible Study Teacher: Elder Karen Lee "Kingdom Family–Married Couples"

**June 24<sup>th</sup> – June 25<sup>th</sup> – Men's Conference**

**GET READY!**

**June 26<sup>th</sup> – Men's Day**

**Guest Messenger: Pastor E. Brion Perry**

**GET READY!**



# May 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1.</b> 9:00am Women's Day Sylvia Gundy Happy Anniversary James Sr. & Wendy Green	<b>2.</b> 7:00pm-8:30pm Youth Praise Dance Practice Castachia Turner Terry Rawls Charles Turner	<b>3.</b> 6:30pm CID session 7:15pm Bible Study	<b>4.</b> 7:00pm-8:30pm Youth Praise Dance Practice 7:00pm Sons of Solomon rehearsal	<b>5.</b>	<b>6.</b> Phyllis Duck	<b>7.</b> 12:00pm-4:00pm Mother Day Celebration at Nike Park
<b>8.</b> <b>Mother's Day</b> Allan Clark Jr.	<b>9.</b> 7:00pm-8:30pm Adult praise dance practice	<b>10.</b> 5:45pm LL Day committee will meet at the chapel 6:30pm CID session 7:15pm Bible Study	<b>11.</b> 7:00pm Choir & ushers serve at Shiloh Baptist Church	<b>12.</b> 6:00pm Mass Choir rehearsal 7:00pm Men & Women meetings	<b>13.</b>	<b>14.</b> Grayland Robinson Dorothy Robinson
<b>15.</b> Pentecost Sunday Ministry Day 3:00pm Fellowship with Light House Evangelistic Ministries	<b>16.</b> 7:00pm-8:30pm Adult praise dance practice	<b>17.</b> 6:30pm CID session 7:15pm Bible Study	<b>18.</b> 7:00pm-8:30pm Adult praise dance practice	<b>19.</b> 6:00pm Praise Team rehearsal 7:00pm Joyful Voices rehearsal	<b>20.</b> DeAlzha Williams	<b>21.</b>
<b>22.</b> 9:00am Elder Thomas preach at Joe Apostolic Ministry Suffolk VA	<b>23.</b> 7:00pm-8:30pm Adult praise dance practice	<b>24.</b> 6:30pm CID session 7:15pm Bible Study	<b>25.</b> 7:00pm-8:30pm Adult praise dance practice	<b>26.</b> 6:30pm Youth Choir rehearsal	<b>27.</b> Stanley Robinson Nyara Clark	<b>28.</b> Bridge Outing
<b>29.</b> 1:00pm Fellowship with Zion Southampton AME Zion Church	<b>30.</b> MEMORIAL DAY	<b>31.</b> 6:30pm CID session 7:15pm Bible Study				

**2016 Theme:**  
**Modeling Kingdom Concepts:**  
***Through Power, Love and Sound Mind***



*Mother's Day*  
*Sunday, May 8, 2016*



**A Ray of Sunshine on a Cloudy Day**

The world was turning upside down and everything seemed to go wrong. Then I saw a beautiful smile on your face when you came along. My day was cloudy with troubles and woes, I couldn't seem to get into gear, then suddenly before me there you were and a ray of sunshine seemed to appear. When you walk into my day and bring your smile with a glowing face, the clouds of despair soon disappear and rays of sunshine take their place. A smile from heaven it seems to me, a gift from God to bring me through, A way of making the day seem brighter You are my ray of sunshine, a gift from you.

by Judy Crowe

**Happy Mother's Day**  
**Leading Lady Shivers**



*To the Mothers of the Church*

*Sis. Connie Payne*

*Sis. Vernell Brown*

*Sis. Mary Diggs*

*Sis. Lonnie Batten*

**A MOTHER is she who can take the place of all others, but whose place no one else can take**

The lyrics to a "Mother's Prayer" sung by Celine Dion powerfully express the heart of a mother:

I pray you'll be my eyes; And watch her where she goes; And help her to be wise; Help me to let go  
 Every mother's prayer; Every child knows; Lead her to a place; Guide her with your grace  
 To a place where she'll be safe; I pray she finds your light; And holds it in her heart  
 As darkness falls each night; Remind her where you are; Every mother's prayer; Every child knows  
 Need to find a place; Guide her with your grace; Give her faith so she'll be safe  
 Lead her to a place; Guide her with your grace; To a place where she'll be safe

**"In Memory"**  
**A Mother's Day Poem**

**In Our Hearts**

Author: Unknown



We thought of you with love today.  
 But that is nothing new.  
 We thought about you yesterday.  
 And days before that too.  
 We think of you in silence.  
 We often speak your name.  
 Now all we have is memories.  
 And your picture in a frame.  
 Your memory is our keepsake.  
 With which we'll never part.  
 God has you in his keeping.  
 We have you in our heart.



**Happy Mother's Day**



**Mother Ida Ford Shivers**

**Sis. Shirley Ballard**  
**Sis. Thomasine Garner**  
**Sis. Lois Jones**  
**Sis. Evelyn Moton**  
**Sis. Rhonda Ralph**  
**Sis. Lula Scott**  
**Sis. Evelyn Wilkerson**



**Mother Doris Seaborn**

**Sis. Jeanette Finney**  
**Sis. Bettie Goodwin**  
**Sis. Arlene Langhorne**  
**Sis. Vernetta Raines**  
**Sis. Romona Seaborn**  
**Sis. Joyce Turner**  
**Sis. Jackie Williams**

**GONE BUT NOT FORGOTTEN!!**





# Solomon's Temple Youth Day 2016 Sunday, June 12, 2016 9:00am



Rev. Dr. K. D. Shivers, Pastor  
Elder E. R. Shivers, Leading Lady

**iWin**

## ***"Recognizing the Winner within Me"***

**1 John 5:4 "for everyone born of God overcomes the world. This is the victory that overcomes the world, even our faith."**



**Guest Youth Speaker**  
**Rev. Maurice H. Bowles III**  
**Mount Hope Baptist Church**





# Solomon's Temple Church

# MEN'S PRAYER BREAKFAST



**Speaker:**  
**Rev. James W. Ricks**  
**Associate Minister -**  
**New Branch Baptist Church**  
**Ivor, Va.**

**Menu:** Bacon, Sausage, Cheese /  
eggs, Fried Potatoes, Fried Fish,  
Fried Apples, Corn Bread, Coffee,  
Water, Juice, and more.

**Saturday, June 04, 2016 @ 9:00am**  
**\$10.00 Donation per person**

## Upcoming Events

### June 2016

- 4<sup>th</sup> Men's Ministry Prayer Breakfast
- 12<sup>th</sup> Youth Day
- 12<sup>th</sup> 100 Women & Men in White service
- 14<sup>th</sup> Last night of CID Session/Bible Study
- 14<sup>th</sup> Graduating Seniors Speak-Out & Cookout
- 18<sup>th</sup> Bikers for Christ
- 19<sup>th</sup> Father's Day
- 24<sup>th</sup> - 25<sup>th</sup> Men's Conference
- 26<sup>th</sup> Men's Day

### July 2016

- 9<sup>th</sup> Pancake Breakfast Fundraiser at Applebee's
- 14<sup>th</sup> Pastor Shivers' Birthday
- 14<sup>th</sup> Pastor & Leading Lady Shivers' Anniversary
- 24<sup>th</sup> Family & Friends Day



### August 2016

- 9<sup>th</sup> - 11<sup>th</sup> Pastor Shivers in Revival at Shiloh Baptist Church
- 13<sup>th</sup> Bridge Ministry Outing
- 14<sup>th</sup> Fellowship with Diamond Grove Baptist Church
- 16<sup>th</sup> - 18<sup>th</sup> Pastor Shivers in revival in Como, NC
- 27<sup>th</sup> Back to School Bash sponsored by Youth Ministry
- 28<sup>th</sup> Fellowship with New Jones Grove Baptist Church

### September 2016

- 6<sup>th</sup> Back to School
- 11<sup>th</sup> Leading Lady Day
- 11<sup>th</sup> Grandparents' Day
- 13<sup>th</sup> Leading Lady Shivers' Birthday
- 17<sup>th</sup> Couples Ministry Movie Night
- 18<sup>th</sup> Armour-Bearer service at the chapel



### Health Care Ministry Corner

A stroke, sometimes called a brain attack, occurs when a blockage stops the flow of blood to the brain or when a blood vessel in or around the brain bursts. Although many people think of stroke as a condition that affects only older adults, strokes can and do occur in people of all ages. In fact, nearly a quarter of all strokes occur in people younger than age 65. Each year, almost 800,000 strokes occur in the United States. Strokes often lead to serious, life-changing complications that include Paralysis or weakness on one side of the body. Problems with thinking, awareness, attention, learning, judgment, and memory. Problems understanding or forming speech. Difficulty controlling or expressing emotions. Numbness or strange sensations. Pain in the hands and feet. Depression. Know your **ABCS** of health: **A**ppropriate Aspirin therapy: Ask your doctor if taking aspirin is right for you. **B**lood pressure control: Keeping your blood pressure under control reduces your risk of heart attack and stroke. More than half of the world's stroke deaths are caused by elevated blood pressure levels. **C**holesterol management: Get your cholesterol checked regularly and manage it with diet and physical activity or with medication, if needed. **S**moking cessation: Get help at 1-800-QUIT-NOW. Exercise regularly. Eat a healthy diet that's low in sodium. Maintain a healthy weight. Prevent or control diabetes. Limit your alcohol intake (fewer than two drinks per day for men, or one drink per day for women).

**When responding to a stroke, every minute counts.** The sooner a patient receives medical treatment, the lower the risk for death or disability. If you or someone you know exhibits the following signs or symptoms, call 9-1-1 immediately. Numbness or weakness of the face, arm, or leg, especially on one side of the body. Confusion, trouble speaking, or difficulty understanding. Trouble seeing in one or both eyes. Trouble walking, dizziness, or loss of balance and coordination. Severe headache with no known cause.