

Journey of Faith Church Newsletter



Topics

Power in His Name!

**New guidelines for
high blood pressure
issued**

**New Maryland Smoke
Alarm Law**

Sleep Apnea

Power in His name!

Invoking the name of Jesus – a Maryland pastor thwarted an armed robbery at his church. This attempted robbery took place during a Thursday night bible study in December of 2017 at St. Andrews Episcopal Church in Princess Anne, Maryland. The armed robber entered the bible study displaying a black holster, with an alleged gun, and demanded parishioners hand over their wallets and phones.

The pastor, Dr. Julius Zant, stood up and said, 'No, we're not having this. We're not doing this.' He told the robber they were worshipping God and noticed the robber's demeanor change. Trying again, the robber put the holster to the pastor's neck, insisting he didn't want to shoot. The pastor told him he didn't have to do anything, and the robber eventually left.

In a December 15, 2017, news article written by Leah Marieann Klett for News@GospelHerald.com, Pastor Zant talked about the important take-away of the scary experience. He said, "The power of God is real. You know, the Lord is my Shepard. He prepares a table for us in the presence of our enemy. It is real. The power of God is real. The protection of God is real."

Members of my family and myself were fortunate to have met Dr. Zant a few years earlier – involving a medical crisis in which he operated on a family member who was in his 90s. So humble – Pastor, Dr. Zant is also a retired neurosurgeon or brain surgeon. According to Forums.StudentDoctors.net, neurosurgeons make up about one percent of physicians. The selection process is very competitive – sort of like the very small percentage of special-ops military personnel who become Navy Seals. Very soon we will be celebrating the 103rd birthday of the family member Dr. Zant operated on.

Considering all of this, Pastor Zant has given the honor and glory to God. In the thick of the battle to thwart the robber, he did not call upon the strength of his own knowledge and understanding – he called upon the strength of the Lord. There is power in His name!

Growing in Faith,

Bro. Waters

The American Heart Association, the American College of Cardiology and nine other groups redefined high blood pressure as a reading of 130/80, down from 140/90.



From the Health and Welfare Ministry desk.....

NEW GUIDELINES FOR HIGH BLOOD PRESSURE ISSUED

Leading heart health experts tightened the guidelines for high blood pressure, a change that will sharply increase the number of U.S. adults considered hypertensive in the hope that they, and their doctors, will address the deadly condition sooner.

What is blood pressure? Blood pressure is the force exerted on the arteries by a wave of blood propelled from the heart. It is given as two numbers, each measurement recorded in millimeters of mercury (mm Hg), like 120/80. Systolic pressure (the top number of a blood pressure reading) gauges the pressure in the arteries at systole (SIS-tuh-lee), the instant when the heart contracts and pushes a wave of blood along the arterial tree. Diastolic pressure (the bottom number of a blood pressure reading) is the pressure during diastole (die-AS-tuh-lee), the brief period of relaxation between beats.

What Is High Blood Pressure (HBP)? High blood pressure (HBP or hypertension) is when your blood pressure, the force of you blood pushing against the walls of your blood vessels, is consistently too high.

High blood pressure is a “silent killer”

You may not feel that anything is wrong, but high blood pressure could be quietly causing damage that can threaten your health. The best prevention is knowing your numbers and making changes that matter to prevent and manage high blood pressure.

New year brings deadline to comply with Maryland law requiring smoke alarm Upgrade...

[Danielle Ohl](#) and [David Anderson](#) Contact Reporters Baltimore Sun Media Group

Many Maryland homeowners are facing a Monday deadline to comply with a fire safety law requiring them to replace older smoke alarms with devices that have sealed-in, long-lasting batteries.

The Maryland Smoke Alarm Law — passed in 2013 — requires homes with battery-powered smoke detectors and those with no detectors to have newer tamper-resistant alarms by Jan. 1, 2018.

The law affects an estimated 800,000 homes, according to the Maryland Office of the Fire Marshal.

The provision was part of a larger update to state fire safety law and aims to prevent deaths that result from older fire alarms with dead or missing batteries. The tamper-resistant models have a sealed, 10-year battery that a homeowner or renter cannot



remove. Click here to read more...They also have a "hush" button to temporarily silence alarms going off during nonemergency

situations — such as when smoke from cooking sets off the alarm in error. In those instances, the fire alarm resets after a few minutes. In a sustained fire, the hush feature is overridden.



"Being sealed takes away the chances of someone borrowing the battery to use somewhere else or taking it out when cooking," Rich Gardiner, a spokesman for the Harford County Volunteer Fire & EMS Association, said in an email. "Oftentimes, even with the best of intentions, the battery doesn't get replaced, and in some cases what has happened next is tragic." Officials say all alarms more than 10 years old should be replaced — the manufacture date can usually be found on the back of the alarm.

"If you can't find a date, the alarm is most likely older than 10 years," Gardiner said. People who bought smoke alarms in recent years may already have the new devices. Russ Davies, spokesman for the Anne Arundel Fire Department, said some stores and officials find a home or residence without the proper device, a smoke alarm installation order can be issued. The building owner or resident would have to comply within five days or face a misdemeanor charge, punishable up to 10 days in jail or a fine of up to \$1,000 or both.



"No one will be knocking on your door to see if you have the smoke alarms," said Senior Deputy State Fire Marshal Oliver Alkire, "but it's a good idea to make the upgrade. Code enforcement officials and fire safety inspectors will enforce the law for remodeled or newly built homes."

According to the Office of the State Fire Marshal, two-thirds of all home fire deaths nationally occur in homes with either no smoke alarm or no working smoke alarm, mainly because of missing or disconnected batteries. Smoke alarms should be placed on every level of the home and outside sleeping areas, such as a hallway leading to bedrooms. It is also recommended to place them inside each bedroom to allow sound sleepers to be alerted if smoke begins to enter the room.

Alkire noted that the sealed-battery devices are appropriate only where battery-only smoke alarms presently exist — or in houses that don't currently have smoke alarms. He said it's not appropriate to remove wired-in smoke alarms and replace them with any type of battery-only device.



The newer detectors include a lithium battery and are more expensive than a traditional detector with a 9-volt battery. A check of one retailer's website shows one model of a 10-year detector costing \$36.97, compared to \$11.97 for a 9-volt battery-powered smoke detector made by the same manufacturer.

"These devices are a bit more expensive than we are used to paying, but the cost savings from not having to purchase batteries over a 10-year period reflects the savings," said Gardiner. "But the real saving is that of a life." Some jurisdictions have programs where residents can get free fire alarms. For instance, residents of Baltimore City can call 311, and the Fire Department will deliver and install free detectors, according to department spokeswoman Blair Skinner.



WHAT IS SLEEP APNEA?

Those who have sleep apnea experience pausing in their breathing, or extremely shallow breathing, while they are asleep, most frequently due to a collapsed or blocked airway. These pauses can last only a few seconds or can last for minutes at a time. Eventually the sufferer takes a deep breath to compensate for the lack of air, which often produces a loud snoring sound and promptly wakes them up, thus disrupting their sleep.

Sleep apnea is a chronic condition. Due to the disruptive nature of sleep apnea, those who suffer from it do not get adequate sleep each night. Sleep apnea can lead to high blood pressure, as the constant sleep disruption raises your body's stress levels. Also, the regular lack of oxygen may contribute to heart disease.



WHAT ARE THE SYMPTOMS OF SLEEP APNEA?

Although many who suffer from sleep apnea never receive a diagnosis, there are some signs that you may have the sleep disorder. Loud snoring is a common sign of sleep apnea, and it is usually noticed by a loved one who can hear it.

Information Provided by The Journey of Faith Health and Welfare Committee
For informational purposes only, NOT INTENDED FOR DIAGNOSIS OR TREATMENT