

Through the Window



Gotta Find a Way Back Home

See Inside:

Upcoming Theatrical Performance on
the Story of Ted Ginn

Nalaxone... how it can save your life

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Seasons to Win - Against All Odds:

The Ted Ginn Story

A Let it Ride Performance At the Hanna Theater

December 19th and December 20th

Overview:

On the surface, Theodore "Ted" Ginn, Sr. is a highly successful high school football coach in a state that is considered a hotbed for high school football. He's gained national attention for his football knowledge and ability to develop players who have excelled at the collegiate and professional level.



But to truly appreciate Ted Ginn, you need to know the man and the neighborhood he has spent a lifetime in.

Glenville

The Glenville neighborhood was founded as a small village. At the turn of the 20th century, it was mainly a resort community for Cleveland's middle and upper class who prospered as the city became an industrial giant. Glenville was bordered to the north by Lake Erie and the west by a tract of cultural gardens donated by John D Rockefeller when the village was annexed by the City of Cleveland in 1905.

Through the years, Glenville had its' share of notable residents including the family of President James A. Garfield, Olympic Champion Jesse Owens, and Jerry Siegel and Joe Shuster, the creators of Superman.

But the neighborhood mirrored the decline for many northern cities in the 1960s. Poverty led to crime and its companion offshoots of urban decay and substandard education. In short, the neighborhood which was once a source of pride for Northeast Ohio became a national example of violence and civil unrest.

A Gift from Louisiana

The 60's were hard times in Glenville, but nothing compared to Louisiana, where a 10 year old boy learned the lessons of segregation at his grandparents church where he would frequently remove the charred remnants of cross placed along the roadside. By the time the 10 year old was ready for high school, he and his mother had found their way to Ohio and settled in Glenville. Before long, Ted Ginn became a star linebacker for the Glenville Tarblooders football team.



But much like the neighborhood, the team was in a state of disrepair, forced to compete against schools that were better funded and better equipped. Despite the conditions and the challenges Ted Ginn had found his calling. He went from player to volunteer coach, earning a living as a factory worker and then security guard at Glenville.

Finally, he earned his lifelong dream---head coach of the Glenville Tarblooders. The first years were rough. Wins were few. But the man and the message preserved. Discipline, building character, respect for self and others became the X's and O's of life. By teaching his team that football was just a beginning, Ted Ginn and his Glenville Tarblooders became a point of pride for an entire city.

Today Glenville boasts numerous professional players, over 100 alumni who earned College scholarships and hundreds of young men who make a positive impact on their families and their community.

"This area is a Diamond mine," explains Ginn. "For years people have been walking among these young men, these diamonds, without picking them up. All I did was pick them up, brush them off and polish them off a bit. And now you see them...Tons of diamonds."

For tickets and more information call Sue Templar at (216) 861-4246



Please Read – This can save the life of a loved one, or even your own!

Project DAWN (Deaths Avoided with Naloxone) was created in to order to combat Ohio's opioid overdose fatality epidemic. Project DAWN is an opioid overdose education and naloxone distribution (OEND) program whose aim is to arm those at-risk of opioid overdose with the life-saving medication naloxone.

Opioids include both prescription painkillers (Percocet, OxyContin, Oxycodone, Vicodin, etc.) and heroin. Opioid overdoses occur when there are so many opioids or a combination of opioids and other drugs in the body that victims become unresponsive to stimulation and/or breathing is inadequate. This occurs because opioids fit into specific receptors, called mu receptors, which also affect the drive to breathe. If someone cannot breathe or is not breathing enough, the oxygen levels in the blood decrease. This oxygen starvation eventually stops vital organs and can lead to unconsciousness, coma, and death.

Naloxone (also known as Narcan) is an opioid antagonist and the antidote to an opioid overdose. When administered during an overdose, naloxone blocks the effects of opioids on the brain and restores breathing to the overdose victim. Naloxone has been used safely by emergency medical professionals since the 1960s and has only one function: to reverse the effects of an opioid overdose in order to prevent death. Naloxone has no potential for abuse and is innocuous if administered to an individual not experiencing an opioid overdose. Naloxone does not reverse overdoses that are caused by non-opioid drugs, such as cocaine, benzodiazepines (e.g. Xanax, Valium), methamphetamines, or alcohol. If naloxone is administered to a person who is dependent on opioids, the medication will produce withdrawal symptoms. Opioid withdrawal, although uncomfortable, is not life-threatening.

Cuyahoga County Project DAWN, a MetroHealth program, operates two community overdose prevention training and naloxone distribution sites at the Cuyahoga County Board of Health and the Free Medical Clinic of Greater Cleveland. Program participants are educated on the risk factors for opioid overdose, how to recognize an opioid overdose, and how to respond to an opioid overdose by calling 911, giving rescue breaths, and administering nasal Naloxone. Participants are given free naloxone kits containing 2 vials of naloxone and other educational materials. Eligible program participants are individuals at-risk of opioid overdose, whether in recovery for opioid addiction or actively using opioids, and individuals who know someone who is at-risk of opioid overdose. Project DAWN services are offered on a walk-in basis, no appointment necessary. **For more information call 216-778-2100 or visit www.metrohealth.org/projectdawn**

Cuyahoga County Project DAWN Hours of Operation:

Fridays 9:00am-12:00pm

Cuyahoga County Board of Health

5550 Venture Dr., Parma, OH

Fridays 1:00pm-5pm

The Free Medical Clinic of Greater Cleveland

12201 Euclid Ave., Cleveland, OH

SAVE A LIFE, GIVE NALOXONE

CTC Events Calendar

CTC Halloween Party

Friday October 24, 2014

6pm at Cleveland Treatment Center



Description: Come join the CTC family for this spooktacular drug-free Halloween Party. Please wear a costume. Food, drinks, and candy will be provided. Bring your kids!

First Day of Hooked on Fishing

Saturday October 25, 2014

1pm at Cleveland Treatment Center

Description: Come in and register your kids to join our Hooked on Fishing program. For almost a quarter of a century, it has proven successful in providing fun, safe, and team-building activities for kids. In the end, the program helps the students develop various skills that will help with employment and make them more successful in the future.



Food Bank



Where:

Cleveland Treatment Center



When:

October 16th, 2014

November 6, 2014

November 20, 2014

December 4, 2014

December 18, 2014

Time: 8am until supplies run out — Look on Jessica's door for more info

Description: Take some free food for yourself and your family.

The Greater Cleveland Foodbank contact info: (216) 738-2265

Location : 15500 South Waterloo Road, Cleveland Ohio 44110

To see if you qualify and to apply, visit the Ohio Benefit Bank program site:

<http://www.ohiobenefits.org/> or call their office at 1-800-648-1176



Sue's Healthy Eats: Cactus Salad



Recipe Summary:

Preparation time: 45 minutes

Number of Servings: 4

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 1 cup cleaned and finely chopped cactus leaf or 1 (14oz) jar cactus, drained and rinsed
- 1 serrano chile, finely chopped
- Pinch of salt, optional
- 1 tomato, finely chopped
- 2 Tbsp chopped fresh cilantro
- 1 small white onion, cut into thin wedges
- 3 Tbsp cider vinegar
- 1 small head of romaine lettuce, shredded
- 2 radishes, thinly sliced
- Crumbled queso fresco or shredded mozzarella cheese as garnish, optional

Directions:

In a medium bowl, mix cactus, onion, chile and vinegar. Add salt, if desired. Let stand 15 to 30 minutes.

Place lettuce on a platter. Top with marinated cactus mixture, tomato, radishes and cilantro. Garnish with queso fresco or mozzarella cheese, if desired. Serve.

Nutrition Facts	
Cactus Salad	
Serving size 1/4 of recipe	
Amount Per Serving	
Calories 35	Calories from Fat 5
% Daily Value (DV)*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 2g	
Vitamin A	80%
Vitamin C	40%
Calcium	6%
Iron	6%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Carbohydrates: 0

Meat: 0

Fruit: 0

Vegetable: 1

Milk: 0

Fat: 0

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included



Sue's Healthy Eats: Taquitos



Recipe Summary:

Preparation time: 30 minutes

Number of Servings: 4

Cups of Fruits and Vegetables per Person: 1

Ingredients:

- 2 cups frozen vegetables, thawed (peas, carrots, and corn)
- 12 corn tortillas, warmed
- 2 cups fresh salsa
- 1/3 cup crumbled queso anejo or shredded Monterey Jack cheese
- 2 tsp vegetable oil
- 1/2 avocado, chopped

Directions:

Heat oven to 450 degrees. In a medium bowl, mix vegetables and cheese. Spoon 1/4 cup vegetable and cheese mixture down the center of each tortilla. Roll up tightly. Place taquitos on a baking sheet. Brush each Taquito lightly with oil. Bake until crispy, about 7 to 10 minutes. While taquitos are baking, mix fresh salsa with avocado. Spoon salsa mixture over each serving of taquitos. Serve.

Nutrition Facts

Taquitos

Serving size 3 taquitos

Amount Per Serving

Calories 360 **Calories from Fat** 110

% Daily Value (DV)*

Total Fat 12g **18%**

Saturated Fat 3g **13%**

Cholesterol 10mg **3%**

Sodium 230mg **10%**

Total Carbohydrate 56g **19%**

Dietary Fiber 8g **32%**

Sugars 3g

Protein 8g

Vitamin A **80%**

Vitamin C **20%**

Calcium **10%**

Iron **10%**

* Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange**

Carbohydrates: 3

Meat: 0

Fruit: 0

Vegetable: 1

Milk: 0

Fat: 2

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included



Upcoming Events in the Metroparks

Fall Hayrides

October 18th and 25th 2014

6-9pm at Mill-stream Run Reservation

Address: 18500 Albion Rd, Strongsville, OH 44136

Phone: (440) 580-3260

Description: Tractor-drawn hayrides for the whole family as well as many other activities.



Boo at the Zoo

October 16-19 and 23-26, 2014

6-9pm at Cleveland Metroparks Zoo

Address: 3900 Wildlife Way, Cleveland, OH 44109

Phone: (216) 661-6500

Description: \$8 for admission. Safe Halloween fun! Great for families!



Thanksgiving at Zoo

November 27, 2014

10am—5pm at Cleveland Metroparks Zoo

Address: 3900 Wildlife Way, Cleveland, OH 44109

Phone: (216) 661-6500

Description: Free admission to zoo that day



Ideas on How to Increase Happiness in your life.

Try them!

Plan a vacation and how you would spend every day. It does not necessarily have to come true in the next year, but planning alone helps.

Try to do one thing every day that makes you happy – that you can remember that day by. No matter what... whether it's that trip to Starbucks, or the park, or seeing an old friend.

Go outside! The sun really works wonders. It increases your metabolism of vitamins that make you feel more content

Create a list of things that you are unhappy about. Then, next to each one, start writing down what can you do about each thing. Realize, you often have a choice in many of them, but for some reason the current option is best. If you feel like you don't have much of a choice somewhere, that is something that you don't have to worry about too much. You aren't making a decision there after-all.

Smile more – even if you don't mean it. First, you are more attractive when you smile. It is 1,000,000X more attractive than a duck face and probably just as much more attractive than a scowl. When you smile, other people smile back. Eventually, the happiness spreads... you just helped make someone's day more pleasant and they will try to do the same for you. Try it, perhaps it will work for you!

- Lukas



How to Help Avoid Passing Seasonal Allergies on to your kids

Allergies are a pain to deal with. Some say that they are simply hereditary. However, allergies have become a major problem for Americans only in the past 30 years. Why is that? In many cases, it has been the lack of exposure to pollen and the country side. Many of us live in extremely sanitary environments at home and a walk in the city



park is not the same as running through a field of wildflowers and grasses. As children grow up in environments further away from the natural world, their bodies fail to recognize pollen as just pollen – instead, they react to it as it is a dangerous bacteria which they try and fight. Your eyes water and throat swells from seasonal allergies because it mistakes all these allergens for bacteria. While it may be a bit too late for you, avoid having your kids deal with these problems in the future by taking them out to parks with different trees and grasses. There are plenty of Metroparks and other natural areas to choose from. Several summer trips is all it takes to help prevent a child from suffering from season allergies for the rest of their life. Do a good deed! Take them out to the park!

Nurse Dorian

Cleveland Clinic Allergy Department Contact Info and Location:

my.clevelandclinic.org

9500 Euclid Ave # C22, Cleveland, OH, US, 44195 · (216) 444-6933

Poison Control Contact Info: 1-800-222-1222

Cleveland City Health Department contact info: (216) 664-2324

A write-up on the Camping Retreat at Camp Whitewood

Approximately 25 clients attended weekend camping retreat at Camp Whitewood in Windsor, Ohio March 28-30. Clients were able to enjoy a wide range of relapse prevention activities including: Archery instructions and shooting exhibition, Ohio Boating Education Course, Fishing, and nature walks. Clients were able to attend group therapy with topics focused on Spirituality, and utilizing my personal journal. This retreat helped clients to understand how to utilize outdoor activities as a positive sober activity.

Marvin's Quotes from the retreat:

"Clarity can be obtained when you take time off the cares of the world."

"If you do what you always did, you will definitely get what you always got."

Established in 1940, Camp Whitewood provides year-round outdoor educational opportunities on 227 acres in northeast Ohio. Nestled between beautiful Warner's Hollow and historical orchards, the unique campus is also home to Young Adventurers Day Camp, Grindstone Creek Lodge & Conference Center, and is an official stop on the Maple Tour in Northeastern Ohio. It is located in one of the largest Amish communities in Ohio.

In 1976, 4-H Camp Whitewood became a part of the American Camp Association. Each year camp is required to meet the standards and regulations for health, safety and program qualities the ACA upholds. The goal of 4-H Camp Whitewood is for each camper to grow in appreciation, respect, and knowledge of:

Oneself

Those living things with whom the camper shares the Camp environment;

The relationship to one's peers, the adults who help at camp, and the creatures and plants living in the surrounding environment.

A write-up on the Camping Retreat at Camp Whitewood Continued...

Camp Whitewood is located next to Camp Whitewood Lake near the following address:
7983 S Wiswell Rd, Windsor, OH 44099

For more information go to the Camp Whitewood 4-H website at:

<http://4hcampwhitewood.osu.edu/>

Or call their office at (440) 272-5275

More on the 4-H program

4-H is the nation's largest youth development and empowerment organization, reaching more than 7 million 4-H youth in urban neighborhoods, suburban schoolyards and rural farming communities. Fueled by university-backed curriculum, 4-H'ers engage in hands-on learning activities in the areas of science, healthy living, and food security

4-H is a national youth organization that prepares young people to step up to the challenges in their community and the world.

Young people who are a part of 4-H have the opportunity to explore all types of science, health, and citizenship programming delivered through 4-H clubs and camps, as well as after-school and in-school.

In most states, you can join 4-H if you are between the ages of 8-18. Some areas have special age-appropriate programs designed especially for younger kids. Check with your Cooperative Extension office to find out what projects and activities are available for youth your age.

For more info on 4-H: Go to <http://www.4-h.org/> or call them at (216) 429-8200

Antoinette Gray



Eternal Dedication: Praising the Unpraised

Spotlight on Sue Templar

The Cleveland Treatment Center's staff has oftentimes contributed much of their time, energy, and resources to allow for the agency to offer an exceptional level of service. They work here especially because they care and want to help. All the while, they have missed out on their own family time as a result and on occasion sought much support from someone highly significant in their life. This column is a spotlight on those unsung heroes, those family members of various employees who donated their own time and effort to make this agency what it is. It also focuses on those employees who gave their all to this agency from the perspective of their relatives who also work here.

An interview with Jess about her Mother

Lukas: How long have you worked at CTC?

Jess: 7 years

Lukas: How did you come here?

Jess: The nursing station needed help, so I came in to help out

Lukas: What do you like most about CTC?

Jess: The personalities of the clients and workers. They are truly interesting and fun to be around.

Lukas: So tell me more about Sue...

Jess: Sue loves kids, she is very old-school in her ways in terms of having a stellar work-ethic, the way she raised me, how committed she becomes to anything that she is part of, and her perseverance. Sue always had a sense of dedication and commitment to what she believes in. She truly believes and wants to help the kids in the program and she would literally do anything for them.

Lukas: What are three words that would best describe Sue?

Jess: Loyal, compassionate, strong

Lukas: Can you share with us an inspiration story involving?

Yes, Sue is fiercely independent and self-reliant. Everything that Sue has ever had, she has gotten herself. There was a time when she would ride several miles by bike regardless of weather and season so that she could work with kids and earn money. Times were difficult then. But, she made it through and retained that rare quality of good-heartedness and would do anything for the people she cares about.

Sue proves that women or anybody for that matter needs a provider, and that if you want something, you need to work to achieve your dreams – although support undoubtedly helps. It's all possible and shows an example to many young women out there.

Lukas: So, when did Sue first begin working with the kids?

Jess: My Mother became involved in the children's programs five years after joining CTC in 1999. Sue had always loved kids. Prior to this job, she worked at a day care. She invested countless hours into the program and in some cases became a mother figure for the kids that didn't really have that type of "mother" in their life.

Lukas: What were some challenges that Sue faced with these programs

Jess: It was especially difficult working with the kids in the beginning. The first five years were rough – as with all programs, persons viewed as outsiders have to earn the trust and respect of the participants. They knew how to get what they wanted. At first, they did not like Sue, and did things that were extremely mean such as spray painting profane phrases about her... and Sue would come home drained of energy and very upset. I was 13 at the time. However, Sue learned a lot about the kids. She always wanted to help them, learned how to communicate better to them, and now their relationship is a very different story. Many of the kids from the program get very excited when they see Sue and thank her for all that she had done to help them. This new generation is a different more benign group, but every generation comes with its own challenges and needs.

Lukas: Where does Sue make the greatest difference for the kids?

Jess: A significant number of kids in the program are at a low point in their lives and are dealing with very trying time. I think that because Sue truly believes in them and gives them her all to help them accomplish their dreams, they overcome these things and successfully navigate through the tumultuous waters of their teen years. When she is done with the day, sometimes, she doesn't really have much energy for anything else. But always back the next day and filled with energy.

Lukas: Care to share a story?

Jess: I remember a kid named Hunter very well. He had a really rough life, an unspeakable life at home, and Sue provided him with a real support system. She tutored him, taught him certain skills he never had, and provided emotional support too. Now, he is successfully finishing up college with many bright plans for the future.

Lukas: What is a lesson we can all learn from Sue?

Jess: It's important to be self-reliant, if you put in the hard work and dedication, it will pay off. Don't ever give up, and don't lose your sense of compassion while you are at it.



Transformations



Welcome...

Cleveland Treatment Center warmly welcomes you to the 2014 Let It Ride-Game Ready For Life Production of *Transformations: Complicity Eye of The Storm*. The Let It Ride Program used the graphic novel *Complicity Eye of The Storm* as a medium in each program concentration area (music, theater, graphic design, video production) to create a dialogue surrounding the struggles and temptations of teenage life. *Complicity Eye of The Storm* is a tragic tale of Original Gangster Oscar Holmes, who is forced with the prospect of avenging his brothers' murder or earning his degree. *Complicity* is a look at how youth get caught up in cycles of drugs, violence, and hate.

It is our hope that the work based on *Complicity Eye of The Storm* and produced through the Let It Ride Program will be used to teach future students and impact Cuyahoga County. The students have created artwork, scripts, music, and short films through hard work and dedication. Copies of *Complicity Eye of The Storm* will be available for purchase directly following the production. Thank you for attending the production and we wish all of you well!

The Let It Ride/Game Ready For Life Youth Theatrical Group

NOTE FROM THE DIRECTOR... Ashely Martel

Retribution is a short film depicting the struggles and temptations of inner-city life in Cleveland. The consequences of gang violence and drugs for teens are illustrated through the life of two brothers, Javier and Ricky, and their story of vengeance and temptation. Ultimately, role models and the path we follow impact inner-city life and we see that in *Retribution*. Viewers may ask themselves what kind of examples they are currently setting and what path they're following. Sit back, relax, and enjoy the show!

Written By: The Entire *Retribution* Cast

Directed By: Ashley Martell

Filmed By: Professor John Bond at Cleveland State University & The Cleveland Treatment Center Video Production Crew . Theatre continued..



THE ASHES OF THE PHOENIX

NOTE FROM THE DIRECTOR...

Pierre Betts

The Ashes of the Phoenix is a Stage Read about a group of friends (D.J., Elloh, Peaches and Tone) who return home to bury their friend, Erica. Erica was the “rock” of the crew. She realized the group’s overall potential and inspired them all to make it out of “the hood.” However, she lived with a deep secret, which led to her premature death. That secret brings about conflict and uncertainty amongst “rollies.” Can D.J., Elloh, Peaches and Tone overcome the unexpected drama? You will see. Enjoy the show!



Sincerely,

Pierre Betts

Written By: *DeQueon Johnson*
& *Rameel Walker*

Directed By: *DeQueon Johnson* & *Pierre Betts*

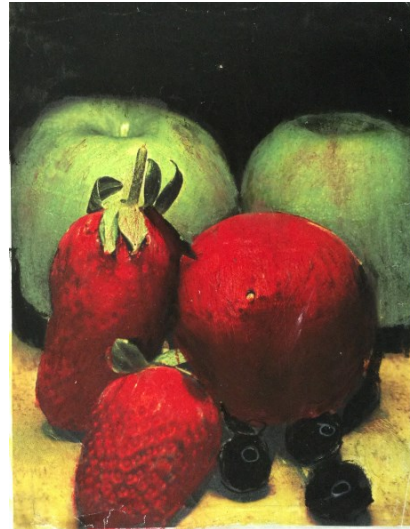
Filmed By: *Professor John Bon* (Cleveland State University)

2014 Theater Group:

A'Kyra Alston
Jahier Gales
Malik Grays
Taijanna Jackson
Tymell Jackson
DeQuon Johnson
Princess Jones
J'Shanna Leathers
Antonio Powell
Rameel Walker
Damonte Ware

GRAPHIC DESIGNS

Inspired by *Complicity* Eye of the Storm, *A graphic novel*



Close Up by Demean Giaguere



Ranch by Deandre Wilson



Paradise by Jazmyne Washington



The Wave by Kierra Norris



Contempt by Xavier Washington



Quote from Complicity by Xavier Washington



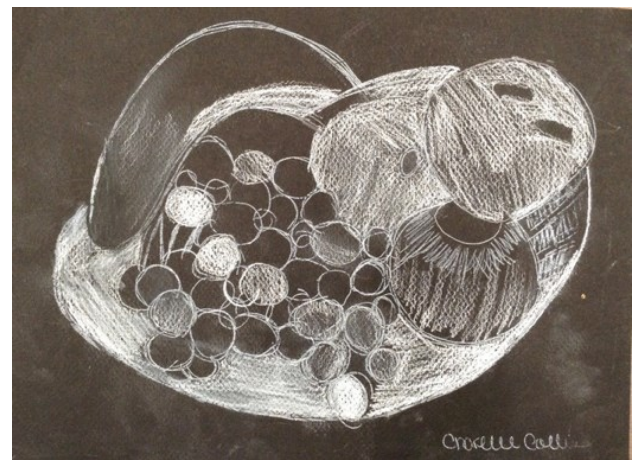
An Apple a Day by Charelle Collins



In Thought by Deandre Wilson



Florescent by Deandre Wilson



Fruit Under Lamp by Charelle Collins

GRAPHIC DESIGNS Continued

Graphic Design Students:

Charelle Collins

Damean Giaguere

Kierra Norris

Jazmyne Washington

Xavier Washington

Deandre Wilson

Graphic Design Instructors:



Rodney Carpenter



Jason Mercier

VIDEO PRODUCTION

Please download a "QR Code" Mobile Application on your smartphone

and watch *Retribution* (Left) and *The Ashes of The Phoenix* (Right).



Video Production Students:

I'Shawn Brooks

Donyell Chambers

Chajuan Collins

Dea Malone

Marlon Moore

Video Production Instructors:



Professor John Bon



Keith Hemphill



Mark McQueen Jr.

Music

Please download a "QR Code" Mobile Application on your smartphone and listen to multiple tracks written & recorded by the 2014 Let It Ride Music Students and Staff.



"Any Way The Wind Blows "



"Letter of Appreciation "



"Prisoner In My Own Skin "



"The Funeral Song"



"MLK Boulevard"



Everybody Knows
(The River Song)

Music Students

Efrain Camarjo
Matthew Cooperwood
Kenneth Daniels
Brandon Fisher
Semaj Green
Braxton Harris
Joe Helzenstein

Marvin Hemings, Jr.
Nick McCord
Elijah Monroe
Jaquel Parker
Michael Preston
Darnell Turgood
Valarie Vazquez

Music Program Instructors



Joshua Cheoweth



D.J. Szucs

Preview to Next Newsletter: Tales from the VisionQuest

Captain Antoinette Gray is on a mission...

On a ten day mission with 9 troopers from Let it Ride Program and fellow Officers Mark McQueen, Joe Stanonik, Bob Uhoda, Jay Collins, Candice Robinson, and Marvin Raum to travel in the footsteps of original Buffalo Soldiers to Fort Huachuca, Tombstone, and Cochise Stronghold amongst several other sites for battle. Each morning the youths wake up and rush out of their teepees to take care of their horses, get ready for their day of drills, and set out to visit a museum or site. Look for the full story in our next issue how these youths became leaders as they went through the challenges of survival through the wilderness... how they fulfilled the missions before them... developed trust, and became an invincible team.

