

IF YOU HAVE SOMETHING TO SAY

SPEAK UP!

MARCH 2014

"Serving in the Four-State area since 2001"

Speak Up Community News promotes the Culture, Health and Success of the community. Subscription is free. Articles and remarks are welcomed. Contact: Brothers Who Care, 131 W. North Avenue, Martin Luther King Community Center, Hagerstown, Maryland 21740. Phone (301) 393-9290. Download a full-color copy of this news publication at: www.brotherswhocare.org

WORD ON THE STREET

March is Women's History Month so let us help Women PATCH up a few problems



In the 1970's tobacco companies targeted women for nicotine addiction using Virginia Slims cigarettes ads that played upon the progress and success of women. The cigarette commercial campaign slogan was "You've come a long way baby". Historically women's rights fell behind that of any other population group in the United States, including the right to vote. Women were not allowed to vote in the United States until Congress ratified the 19th Amendment in 1920 that guarantees American women the right to vote. The American Tobacco Company exploited the women's rights movement of the 1920's to increase their cigarette sales to female customers and did so with the "Torches of Freedom" campaign promoting a women's right to smoke openly in public. A resurgence of the "Torches of Freedom" campaign in the 70's increased tobacco sales to women from 5% in 1929 to about 35% in 1979. With better education and winning lawsuits against the tobacco companies women's use of tobacco in the U.S. has dropped to around 18% but is still higher than the adult average of 16%. What is even more frightening is the percentage of women in the U.S. who smoke while pregnant. 20% of pregnant teens, ages 15 to 17 in the U.S. use tobacco. The connection is most pregnant women smoking did not finish high school. Women, especially pregnant women, should know that nicotine is a drug and like any drug, you should avoid letting it come in contact with you or your unborn child without a medical reason. Smoking or second-hand smoke is a danger to you and your baby. Electronic cigarettes that contain nicotine are still a health threat. The fact is, cigarette smokers are incidental "drug addicts" because of the powerful addicting qualities of nicotine. Nicotine can raise your blood pressure and add to your chances of experiencing heart disease and stroke. Prolonged nicotine consumption can lead to high blood pressure which can enlarge the heart and lead to congestive heart failure. Not to say all the other chances of getting sick from additives in tobacco. If you want a healthier baby, don't smoke while you're pregnant. If you want to be around while your child grows up and be around for their children, stop using tobacco for life. Washington County has a history of being in the top five counties in the State of Maryland for pregnant women using tobacco and this history can change. Brothers Who Care is working with the Pregnancy And Tobacco Cessation Help program to HELP in ways that matter. If you are an older teen or adult female without a high school diploma, we can HELP. If you are you pregnant or if you are able to get pregnant and you are looking for ways to stop using tobacco, we can HELP? The Pregnancy And Tobacco Cessation Help (PATCH) team can HELP. Call (240) 313-3360 in Washington County, Maryland to get HELP from the PATCH program and contact Brothers Who Care at (301) 393-9290 for more HELP.

A Women's History Month fact

In Hagerstown Maryland, Tekesha Martinez created the "Spit UR Peace" open microphone Spoken Word and storytelling program. Ms. Martinez has brought to the Western Maryland community the poetry and storytelling talents of HBO's M'Reld Green and Tasha Jones (an international poetry lariat). Recently Tekesha invited spoken word artists/storytellers "Archie the Messenger" Barlow and Jo'rell "Lyrical the Lyricist" Whitfield to Hagerstown for a Spit UR Peace event. The duo also paid a visit to the Robert W Johnson Community Center in Hagerstown, Maryland giving a storytelling workshop to the center's youth and staff. The motivational and energetic demonstration encouraged several observers to give poetic presentations of their own. Archie and Lyrical further encouraged listeners not to let anyone keep them from pursuing their dreams. The duo shared how they started some years ago helping other young people in a high school on the West side of Baltimore. Archie & Lyrical are preparing for Archie's 30th birthday bash celebration at the two-day 2014 Awesome Weekend shows in Baltimore on March 8th & March 9th 2014 including a poetic tribute to the life of B.I.G. For tickets RSVP to archieatm@gmail.com. Tekesha Martinez, stage name "Fiyahfly" has invited spoken word/storytelling artist "Chamber" to do a show on March 15, 2014 at the VFW Post 1936 on 70 E. Washington Street, Hagerstown Maryland 21740. For tickets contact Tekesha by email: tekeshamartinez@gmail.com or Facebook: www.facebook.com/fiyahfly

POWER TO THE PEOPLE

St. Patrick's Day "Run For Your Luck 5K" on Saturday, March 15, 2014 from 8:00am - 12:00pm, Registration begins 8:00 a.m. in the Public Square & Maryland Theatre Hagerstown City Center. The St. Patrick's Day "Run For Your Luck" 5K is a joint effort between the Community Free Clinic, the Washington County Recreation Department and the City of Hagerstown. The event is in its third year and will not only provide a great route for novel and experienced runners but there will be music entertainment and an awards ceremony to follow. This year a new addition to the festivities; vendors will be on-site from 8 a.m. to 12 p.m., to include crafters, artists, direct-sales, etc. All participants will be receiving an event bag that contains promotional information about businesses, non-profits, restaurants and other related information including the flier with all the specials. In 2013, the St. Patrick's Day 5K attracted nearly 700 runners and with those runners came family and friends to support them. The St. Patrick's Day 5K Committee is preparing for at least 1000 runners this year. City of Hagerstown **Department of Community and Economic Development**, 14 North Potomac Street, Suite 200A, Hagerstown, Maryland, 21740. (301)739-8577 ext. 111 email: dced@hagerstownmd.org

Christian Storytelling Café Drama Troupe performance featuring a two-act production in 21st Century setting "A Debate between Satan and the Christian Church" on March 29, 2014 at 11am in the New Joy Fellowship SDA Church on 319 W. Howard Street in Hagerstown, Maryland 21740. For more information contact Faith Crumbly (301) 797-1537.

Hagerstown YMCA 2014 Teen Achievers Banquet to honor Adult Achievers who are positive role models and to salute Teen Achievers and Adult Mentors. The celebration will be held on Saturday April 5, 2014 beginning at 6pm in the Fountain Head Country Club. Keynote Speaker for the event is retired U.S. Army Diver Julius Green. Nominees for Adult Achievers are: Vicky Bullet (College Professor/Women's Head Basketball Coach at Hagerstown Community College); Bridgett Jones Smith (Educator, Business owner of Abrakdoodle Remarkable Art Education). For more information, please call Deborah Phillips, Achievers Director at 301-739-3990 Ext. 4239.

"They Have A Name" is a must see video honoring those lost to senseless violence. Children are being lost to senseless shootings and murders. These thirty victims are white, black and Latino. They are female and male. Sadly some of the victims are as young as six-months old. Awareness brings change, please view and share:

<http://globalgrind.com/playlist/they-have-a-name-honoring-those-lost-to-senseless-violence-photos/item/3886352/>



Hagerstown Public Access Corporation (HPAC) to help public get use of cable access channel. Back in 2005 a group of citizens formed a federally recognized non-profit organization to help the public get use of a cable access channel per the Cable Franchise Agreement between the City of Hagerstown and Antietam Cable (the Hagerstown based cable company which is owned by Schurz Communications, who also owns the Herald Mail Newspaper in Hagerstown). The City's cable franchise allows Antietam Cable to use public utility poles to bring cable and internet services to the homes of their customers. In exchange for this opportunity cable companies share FREE cable access channels to the public, the education system and the government (typically called PEG access channels).

There is no Public Access Channel, while the City Government and the school systems (Hagerstown Community College and Washington County Public Schools) have had FREE use of the cable system for about twelve years. The cable company has set up its own channel, Washington County Living (WCL-TV30), while their sister company Herald Mail Media has the channel, Herald Mail Television (HMTV6). A Public Access Channel will be ideal for groups that are paying Antietam Cable to air their sporting events or other community programs. With 24 hours in a day and 365 days a year, the public has the opportunity to use that much FREE access time from a company profiting from use of public property. Antietam Cable Company has 90 days to release a cable access channel for public use once the City of Hagerstown has put forth the request. If you are interested in joining the efforts of the Hagerstown Public Access Corporation to utilize a public access channel, contact them at (301) 992-1349 and leave a message for Luke Mason. Meetings with the group are currently ongoing. Like them on Facebook: for more information: www.facebook.com/hagerstownpac.

Speak Up limited door-to-door delivery during Winter Months

The season for inclement weather is here and our door-to-door delivery of Speak Up is limited to housing developments and apartment complexes. This is an E-publication which you can download from our website: www.brotherswhocare.org. Visit our website to watch our photo story movies of events you may have attended or missed. And when you visit our website you can see what you have been missing or catch up on *Movie Reviews, Photo Albums and Past or Current issues of Speak Up*. To receive monthly issues and regular publications by email, send your contact information to: speakup@brotherswhocare.org. We are also on Facebook, so join our friends at: <http://facebook.com/brotherswhocare>. Speak Up is a reader supported publication and we wish to thank those who continue to submit articles, information, remarks and comments as well as those who volunteer and donate money.

You are invited to the
Medal of Honor Group



NEIGHBORHOODS 1st

Day of Hope

Saturday – May 17, 2014

12noon to 4 PM

Wheaton Park in Hagerstown, Maryland

(In case of heavy rain or storm this event will be held in the Martin Luther King Jr. Community Center)

"Celebrating Our Youth"

\$50 Cash Prize for the Most Guests Invited!

There will be something for EVERYONE

FREE Food and Food you can Buy

FREE Music & Entertaining Presentations

FREE Community Services & FREE Health Screenings

Yard Sale & Flea Market (bring stuff to sell or come buy something)

The Day of Hope is sponsored by the City of Hagerstown's Neighborhood 1st – Medal of Honor Group with the participation of the Maryland Department of Health & Mental Hygiene – Community Transformation Grant program and the support of local organizations, agencies and businesses who are invited to exhibit and provide outreach to our guests. This flyer is an invitation for you or your organization to join us. This event is open to everyone from everywhere! We will have FREE space available for those who wish to exhibit or join the Neighborhood Flea Market/Yard Sale portion of our DAY of HOPE and it is FREE!!! DAY of HOPE food vendors are required to have proper licensing, insurance and health permits. Deadline for organizations to register is April 30, 2014. Contact: **Neighborhood 1st Medal of Honor Group** 131 W. North Avenue, 2nd floor (Martin Luther King Jr. Community Center) Hagerstown, Maryland 21740. Phone **(301) 992-1349**

Archie the Messenger & Lyrical the Lyricist



Photos above left: Jo'rell "Lyrical the Lyricist" Whitfield and "Archie the Messenger" Barlow at the Robert W. Johnson Community Center in Hagerstown Maryland where the spoken word artists made a stop to give a storytelling/poetry workshop to youth and staff.



Archie the Messenger & Lyrical the Lyricist two – man storytelling presentation is animated, energetic and very interactive as they use their unique spoken word talents to share messages that are historical revelations, motivating as well as fun and entertaining.



The spoken word style shared by Archie and Lyrical has developed from a partnership that dates back to their college days. The two have an amazing tag team delivery that is sometimes impromptu driven by their ability to take the "pulse" of their audiences whether they are speaking to a group of inner city youngsters at a community center or a crowd of adults in a local club. Their storytelling messages and poetic lyrics are often life experiences and current affairs that cannot be ignored as the two disarm listeners with levity and a genuine personal connection. Archie's 30th birthday celebration is expected to be a double portion of the Awesome event that the pair has given in the past by making the event a two-day experience. Speak Up Community News has plans to attend and document the two day affair being held in the Baltimore Maryland area. This may be a historical event you don't want to miss!