

IF YOU HAVE SOMETHING TO SAY

SPEAK UP!

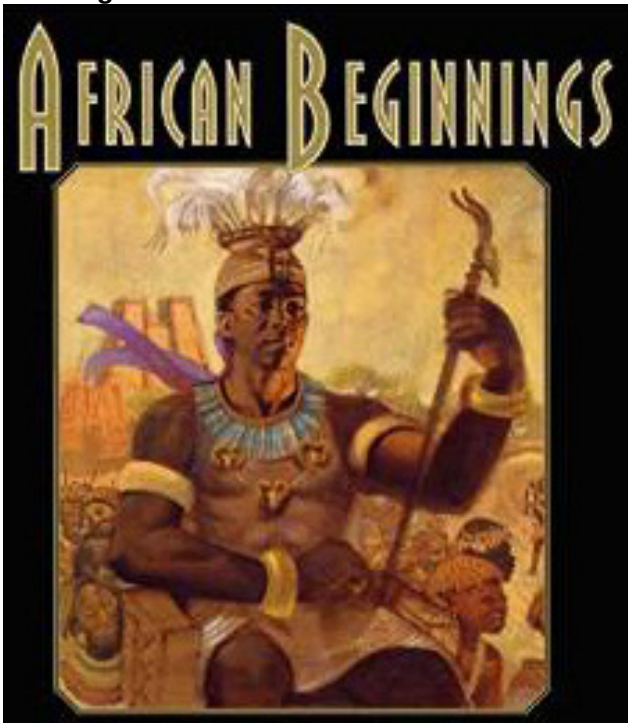
FEBRUARY 2015

"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

CULTURE

The Origins of the "N" word



The ancient Egyptians called their Pharaohs "N-g-r" (pronounced "en-ger") their word for God. In the translation of ancient Egyptian and Hebrew, one will not always find vowels. "N-g-r, the Egyptian Pharaoh, was seen as a representation of the sun and the Sun God. The original Pharaohs, who were pure Black Africans, saw black skin as sacred and a direct blessing from the Sun God, Aten. In fact Blackness and black skin became associated with God and the sun. Black people during the time of the Pharaohs were powerful, culturally advanced and militarily superior to other civilizations in the world. Blacks were dark brown in complexion, strong stature, tall and described as a "handsome" race, (see Herodotus, "The Histories" descriptions of Ethiopians of Africa and South India). The Egyptian word for "nature," is also the word used for God. That word is "nty,," pronounced "net-ger."

The recognition of the Pharaoh as a living God and the black skin as a blessing spread worldwide to other cultures. The term "Net-ger" became the Ethiopian "Negus" or "Negashi." In the Sudroid (Indo-Negroids of India) languages of India, which are part of the Cushite branch of the African languages, the term "Naga" denotes original or first. In ancient India, the people with the blackest skins were respected and held to high esteem, unlike today where the racist, colonialist and alien concept of "varna" or caste color racism places Sudroid, Indo-Negroid, Black Tribal, Dalit, Negro-Australoid and other blacks at the very bottom of the Indian Society. The first

people to corrupt the term "N-g-r" were the Romans invading Egypt who may have heard the term used to describe the leader of Egypt or Nubia. The Ancient Romans had two words for black: "ater" was a flat, dull black, while "niger" was a brilliant, saturated black. The term "Niger" was later used to mean any Black/Negroid person that the Romans saw in Africa or anywhere else. "Ater" has vanished from the vocabulary, but "niger" was the source of the country name Nigeria, the English word Negro and the word for "black" in most modern languages (French: noir; Spanish: negro; Italian: nero). The English colonialists and slave entity borrowed the term "Negro" from the Spanish. The term for Black people in England before Shakespeare was "Moor" or "Black-a-Moor." The English slave owners degraded and defiled the word Negro into the racist term "nigger." Over the course of history in the United States, the word "nigger" holds on to a racist derogative meaning which has no equal racial insult compared to any other word in the English language, maybe even on the face of the earth. There is not another single word that can apply as much insult as the word "nigger" other than calling a woman a "bitch". Some have taken to trying to use these words as terms of endearment such as, "my nigga" or she's a "bad bitch", yet the word nigger is forever, an insult. You may even say they have insulted an original sacred name for God (the word N-g-r). A survivor of the Rosewood Massacre (that claimed the lives of more than 40 innocent black citizens of Florida after a white woman lied and said a "nigger" raped and beat her) had this description of the word:

"When someone says *nigger*, I hear the word *guilty*." – *Sylvester Carrier* (Rosewood, Florida 1923)

Medal of Honor Group



NEIGHBORHOODS 1st

2015 Day of Hope

On behalf of the Neighborhoods First Medal of Honor Group and Brothers Who Care, I wish to invite you or your organization to join us as an outreach participant at the 2015 Neighborhood Day of Hope. Each year we have had over 30 organizations, agencies and businesses offer their services at our annual event which attracts hundreds of friends and neighbors who gather at this joyous celebration of community and heritage.

The Day of Hope is sponsored by the City of Hagerstown's Neighborhood 1st Medal of Honor Group in partnership with health initiatives from the Maryland Department of Health & Mental Hygiene and the Washington County Health Department.

We also have openings available for food vendors to sell food at this event and there is no fee for any of our vendors, we only require that you have a permit from the local health department for selling food at the event and proper insurance for your business or organization. Our Neighborhoods 1st group will purchase food from the first four (4) food vendors approved by our group. And we will give this food out to a limited number of guests who are the first to sign in at the event. There is also a section of our event area set aside for the community flea market/yard sale with no fees to participate.

We are also seeking activities for they Day of Hope event schedule. We have had cultural presentations, interactive fitness activities, speakers, poets and live bands. Perhaps you or your group could be selected for one of these event spots.

We hope that you, your organizations and friends will join us for the 2015 Neighborhood Day of Hope planned for Saturday, May 16, 2015 on Wheaton Park in Hagerstown, Maryland. Please mark your calendar and contact or email Brothers Who Care to participate as a vendor, business or agency. Phone (301) 393-9290 email: bwc@brotherswhocare.org.

Click this link to see the photo slideshow movie of last year's event:

<http://brotherswhocare.org/images/DayofHope2013.wmv>

Again, thank you for your interest and support.

Brothers Andy Smith, Neighborhoods 1st Medal of Honor Group

HEALTH

February 2015 Health Byte. By Erien Frazier



This month's topic is all about exercise! I want to tell you my personal story. About two years ago I made the decision to start working out and get in the best shape of my life before the age of 45. I knew it was possible so I contacted a trainer who put me in contact with a budding Crossfit group in Hagerstown. After my first session I knew I was in for an uphill battle. Nothing about Crossfit was easy. My lungs and muscles were constantly being challenged; more so than I would ever do on my own. But as the weeks went by I noticed that my normal everyday activities like walking up stairs, carrying groceries, getting up from a kneeling position got easier and easier. I also noticed that the pain I had in my shoulders started fading away as I built muscle around the joints. I noticed that I felt more alert and focused.

I later learned that exercise creates new neuro-pathways in the brain making it fresh again. I was excited about the changes in my body and how exercise demands that you eat properly and drink plenty of water. There was a chain reaction that happened when I started exercising. I began to make better eating and drinking choices. From those choices, I saw that I handled the stresses of life better and most of all, I felt younger!

The experience of exercising with other people who had similar goals to mine helped me tremendously. That group bonding experience made me want to keep exercising and improving in health. We all encouraged one another to keep going, to reach our goals. When I reached my 45th birthday, I could truly say that I was in the best shape of my life! I have come to the conclusion that if you want to reverse the signs of aging, you **must** engage in exercise that strengthens the entire body.

Our group is called FitLabs and we meet at the Police Athletic League (PAL) at Fairgrounds Park 521 N. Cannon Avenue in Hagerstown 21740. FitLab's goal is to see Hagerstown and Washington County's health changed one person at a time. It's an investment that's definitely worth it! You will **never** feel like an outsider and you will love the attentiveness of the trainer. Come by for a free intro class. If you're serious about your health, you'll never look back.

SUCCESS



FREE Tobacco Retailer Education is underway across the State of Maryland with the help of local community organizations. Washington County, Maryland finished its first phase of the education effort to eliminate minors purchasing tobacco from licensed tobacco retailers. Brothers Who Care in a partnership with the Washington County Health Department reached out and provided educational help to over 50 businesses in the Hagerstown area. The educational service is part of the Maryland Department of Health & Mental Hygiene (DHMH) "Responsible Retailer Campaign" announced in a letter sent out in November 2014 by outgoing DHMH Secretary Dr. Josh Sharfstein to every licensed tobacco retailer in the state of Maryland. The successful start of the Hagerstown area campaign was kicked off with the help of local store owner Michael Keates of C& M Convenience

Store on 248 N. Jonathan Street in Hagerstown. Keates allowed C&M Convenience store to be used as a retail training center for the Brothers Who Care outreach team who then went out and provided the help to other retailers who received a brief educational visit and free materials to assist in preventing minors from purchasing tobacco products or electronic devices that deliver nicotine. Dr. Sharfstein's letter included a fact that 7,000 Marylanders die each year due to tobacco use. The Responsible Retailer's effort can help prevent youth from eventually joining those numbers. Non-government organizations involved in improving the public health of Maryland is a grassroots approach showing the community's commitment in making itself healthier. We are also expanding the conversation about youth tobacco use. You can join us to help the young people in our communities by joining these talks and decisions to help. The trainings and materials are **FREE** and your voice will be heard by contacting Brothers Who Care or the Washington County Health Department. Other counties can contact their local health department to find out which community organizations are helping to provide the free face-to-face education sessions or to find out about tobacco use cessation assistance. The 1-800-QUIT NOW (1-800-784-8669) is offering cessation assistance that includes incentives for pregnant smokers to quit. Brothers Who Care gives a Big thanks to C&M Convenience Store!

Martial Arts Master Jack Holman is volunteering some time to teach martial arts lessons for the Robert W. Johnson Community Center on 109 W. North Avenue in Hagerstown Maryland. Call the center for more information 301-790-0203.

Black History Month Presentation "A Regular Slave Hunt! The Abduction of Free Blacks in Pennsylvania during the Civil War" will be given at the Contemporary School of Arts & Gallery on 10 East Main Street in Waynesboro, Pennsylvania 17268. by Civil War historian Ted Alexander on February 28, 2015 at 3pm. Call (717) 387-5201 for more information.

SPEAK UP PHOTO GALLERY

NEWS Crew photos by **Brother Andy & John Williams**

The Photo Gallery page will RETURN next issue. We set aside the space this month to share a very important message below. You can also see our photo albums and photo documentaries on www.facebook.com/brotherswhocare

PREGNANT & SMOKING?



The Maryland Tobacco Quitline is here to help. Call today!

- Call Quit Coaches 24/7
- Get extra help online and by text message
- Earn gift cards* for calling while pregnant and after your baby is born

*While supplies last



Maryland's SmokingStopsHere.com
1-800  QUIT NOW
A tobacco-free life is just a phone call away
1-800-784-8669

**ALL SERVICES ARE
PRIVATE AND FREE**

