

IF YOU HAVE SOMETHING TO SAY

SPEAK UP!

JULY 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

Why relationships fail, Why so much violence and Why we are so isolated. By Brother Andy



Communication problems or the lack of communication can be a major cause of relationship failures; violence including: child abuse, police shootings and riots; or being alienated from each other. Most of the time we are not listening to what others are saying regardless their: age, gender, religion or culture. I had read an article in an employee newsletter that made me think about just how well I "listened" to others. Keys to listening skills include:

Focus on who is talking to you, we all like to multi-task, however when listening to someone, watching someone while they are talking to you or stopping what you are doing if your on the phone with them helps. What a person is doing with their body or how they sound can help interpret how they feel about what they are saying.

Avoid interrupting or flipping the topic back to what your interested in (that's one sided and rude).

Listening is not the same as waiting for your turn to talk. We all do it, sometimes we pretend we are listening while we are only waiting to put our two cents in.

Avoid judgment If you have your mind already made up, you're probably not listening, you're probably waiting to "argue". You don't have to like or agree with what someone is trying to tell you, however you should be fair to them. In order to make a "fair" decision, hear a person out. In fact give yourself some time to think through what you have heard. You may even need to do some fact checking if that would help, unless you are in a debate which is not a conversation anyway.

Show your interest even if you don't like a person's position on what their saying (or if you don't like them for that matter), have some class and show you at least value the time they are taking to talk with you. Encourage them to speak and inform you. As Dr. Lonise Bias said, "Don't be so nasty". Being nice doesn't mean being weak or in agreement, it shows you are decent.

Remember

Our society is losing people skills and we can't just blame it on technology. Texting, instant messaging, emailing, writing articles and posting blogs are great forms of communicating, yet they should not completely replace good ole fashion talking with one another. Nevertheless talking is only good if you have the ability to "listen".

In conclusion

I am reminded that when trying to fully understand and connect with the other person, listening effectively will often come naturally. If it doesn't, you can remember these tips. The more you practice these listening skills, the more satisfying and rewarding your interactions will be with others (more successful, non-violent, not isolated and not ending in failed relationships). I hope these keys unlock your ability to communicate better. I wish to thank my friend Linda Blontz for sharing the message that inspired this article.

SPEAK UP MOVIE REVIEW

We rate movies on a **5-Point Scale**: **0** = Worthless; **2** = Needs Work; **3** = Okay; **4** = Worthwhile; **5** = Good Movie

“Terminator Genisys” starring Arnold Schwarzenegger, Jai Courtney, Emilia Clarke and Jason Clarke scores a “2.5” *This movie is a science-fiction action adventure with combat violence and brief nudity.*



The new saga in the Terminator franchise falls short of being an “okay” movie and there is no one to blame except the writers, the director and whoever thought it was a good idea to produce another chapter. Being a fan of Arnold Schwarzenegger I was drawn and took a chance on seeing this movie, but not enough to risk seeing it in 3D. The lousy three dimensional graphics in Jurassic World ruined it for me seeing 3D adventures for the time being, though it may have helped my viewing of Terminator Genisys. Schwarzenegger’s acting is okay in this movie; the other stars performances are not outstanding; even with Jai Courtney’s “Divergent” movies pedigree. The story doesn’t even

stretch out the talent of my acting favorite J.K. Simmons (playing Officer O’Brien). Simmons talent even brings life to the Farmers Insurance commercials. It seems like the writers for this movie were too busy leaving bread crumbs for the next possible chapter. Being of the nerdy sci-fi persuasion, I can officially say that parts of this story made some serious violations to the “space time continuum” rules. Confronting and meeting yourself in the same timeline is simply unfathomable, strictly prohibited and requires an explanation as to how it is possible should it be done. You will get no rationalization of how this space time violation was fitted into this movie’s storyboard. Genisys just speaks to the greed of milking a franchise dry; does creator James Cameron have no shame? The short clip following the closing credits strengthens my accusation. Terminator Genisys would have been better for fans if it was made straight to disk. I’d advise that if you do want to see this movie; you should wait to rent it. They should have known better releasing this movie in the midst of booming blockbusters anyway. I wanted to give this movie a “3” rating in respect of a franchise that is over 30 years old. Terminator needs a more contemporary appealing storyboard and it needs to get a different character to focus on to pick up where Arnold’s stardom has left off. Sylvester Stallone is taking such a chance with the main character in the Rocky franchise stepping aside for a story focus on the son of character Apollo Creed. The idea of everyone being destroyed by having all of our data “linked in” didn’t help make Genisys interesting; some of us have already dived into that “cloud”. Now, who else is willing to dive into Terminator Genisys that should have been named Terminator Omega?

THE TERMINATOR

Creator	James Cameron Gale Anne Hurd
Original work	<i>The Terminator</i> (1984)
	Print publications
Novels	T2 trilogy
	Films and television
	<ul style="list-style-type: none"><i>The Terminator</i> (1984)<i>Judgment Day</i> (1991)
Films	<ul style="list-style-type: none"><i>Rise of the Machines</i> (2003)<i>Salvation</i> (2009)<i>Genisys</i> (2015)
Television series	<i>The Sarah Connor Chronicles</i> (2008–2009)

HEALTH

Local Health Disparities Coalition regrouping

The Maryland Department of Health & Mental Hygiene office of Minority Health & Health Disparities has recognized that heart disease and infant mortality is the top ranked health concerns for racial ethnic populations in Maryland. In Washington County Maryland you have the chance to help eliminate health disparities. Your input and assistance is greatly valued. Joining or reconnecting with the efforts of the Local Health Disparities Coalition is a uniformed way to get involved. You or your organization/agency can join to promote system changes and practices to improve public health. Efforts as simple as promoting the ABC’s for infants (sleeping Alone, on Back and in Crib) is among the useful messages you can help reach targeted populations as well as encouraging regular checkups and health screenings. This is simple and easy to do. You can help, so please give a little time to help us to make a difference. The coalition is forming now. Contact Mollie Smith, Minority Outreach & Technical Assistance (MOTA) Project Director (Washington County, Maryland) for Brothers Who Care at 301-393-9290 or email: mollie@brotherswhocare.org for more information. The Minority Outreach & Technical Assistance (MOTA) program is a part of a statewide initiative made possible through the Maryland Department of Health & Mental Hygiene.



Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest, Trust in God

Rest is our next topic and is so important and so far reaching that many of us have no idea the impact of not resting in the manner as God has shown as ideal. For instance, in the beginning, after the creation of Adam and Eve, God modeled for the happy couple resting on the seventh day. He didn't do it because He was tired, He did it to set precedence and to show man the beginning of the concept of rest. Our God who has made the heavens and the earth has created cycles of seven to be observed. Every seventh day is to be a rest day for the rejuvenation of the human mind. Every seven years, land that is farmed is to rest untilled for one year. Scriptural sources point to a seventh

millennium to be observed after six thousand years of earth's activities are commenced. These are wonderful things to investigate but for this month's topic of rest, we will focus on the rest we are most familiar with—sleep.

In order for us to function at our best and to be able to handle the challenges of everyday life, we must get the necessary rest our bodies need. In our modern age, it is difficult to maintain a healthy sleep rhythm with so many electronic devices vying for our attention. If you notice the birds, they have a perfect rest cycle. They go to sleep when the sun sets and wake up when the dawn approaches. That is unimaginable to many of us because we have allowed ourselves to get too busy or absorbed in things that distract us from resting. Many feel like they can multi-task while resting like watching television in bed or working on the laptop in bed. Resting properly each evening means that you are ending all activities at a decent time so that your eyes may close, your body can lay horizontal, your heart rate may slow, and your brain may sleep so that the body may do its necessary tune up and repairs to have you ready for the next day. It has been said that the body needs you completely still and sleep between the hours of 10pm-2am to do its most important repairs. Contrary to what many people think, the body cannot do its best repairs if you've eaten a large meal before bed. Many feel that they cannot sleep without eating a meal first. It is true that after eating a meal, you tend to get sleepy but that is because blood is drawn from the brain to help the stomach process the meal you gave it. Digestion is hard work on the body and usually takes 4-6 hours depending on how heavy the meal was. If the body is to do its best repair while you sleep, you must understand how you aid or hinder that process. Here are a few tips to consider: try dimming all lights in your house and cutting off electronic devices by 9pm; if you are hungry, eat some fresh fruit like cherries or apples; read a few verses from the Bible to help the brain relax; pray and thank God for that day and go to bed.

Are you Pregnant and Smoke?

Need help quitting? The Pregnancy And Tobacco Cessation Help (PATCH) program encourages you to seek FREE Help that is available at your local health department. Call 240-313-3314 (Choose Option #1) for information about the Tobacco Free For Life program offered by the Washington County Health Department. For FREE tobacco cessation help that is available in Maryland nearly 24hours a day, call 1-800-QUIT NOW (1-800-784-8669).



In an ongoing effort to meet the health needs of the community, several organizations in Washington County are partnering to conduct a Healthy Washington County community health needs assessment. Your participation in this survey will help these organizations to better understand what the unmet health needs are in the community and will lead to improved services. The survey can be accessed online by clicking on this link: <https://healthywashingtoncounty.com/survey/>

SUCCESS

National Night Out against crime is right around the corner. The event started by the National Association of Town Watch (NATW) is held nationally on the first Tuesday in August when communities across the United States gather to show they are united against crime in their cities. NATW is a network of law enforcement agencies, neighborhood watch groups, civic groups, state and regional crime prevention associations and concerned citizens dedicated to the development and promotion of crime prevention in communities across the nation. Through that network, NATW was able to launch the annual National Night Out campaign. National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods a safer, better place to live. Together, we are making that happen. National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community and provides a great opportunity to bring police and neighbors together under positive circumstances. Neighborhoods across the nation host block parties, festivals, parades, cookouts and other various community events with safety demonstrations, seminars, youth events, visits from emergency personnel and exhibits.

The Hagerstown Maryland Night Out gathering at Fairgrounds Park on Tuesday August 4, 2015 from 5:30pm to 8:30pm has its own brand of activities including helicopter landings, fitness challenges and one organization offers a free swim in their community center swimming pool. Call Officer Gerry Kendle (Hagerstown Police Department) 301-790-3700 ext. 308 for more information. Community groups interested in participating call Dianne Rudisill (HHA) 301-733-6911 ext. 125.

Juneteenth Proclamation issue by the City of Hagerstown



Friends in the Hagerstown community joined Brother Andy in receiving a proclamation from the City of Hagerstown in recognition of the 150th Anniversary of Juneteenth (an annual observation also known as Black Independence Day)

To see more photos and articles of this and other events above join us as 'Friends' on: www.facebook.com/brotherswhocare

Please join the Neighborhoods 1st Medal of Honor Group for the **JONATHAN STREET COMMUNITY YARD SALE!!!**

**DO YOU NEED TO GET RID OF CLUTTER?
HAVE ITEMS TO SELL?
DO YOU MAKE ITEMS YOU'D LIKE TO SELL?
SET UP A TABLE**

**WHEN: AUGUST 8, 2015
WHERE: WHEATON PARK
449 SUMANS AVENUE
HAGERSTOWN, MD
21740**



**TIME: 8AM-12PM
COST: \$10 PER TABLE**

To reserve a table contact:
**Brother Andy (301)393-9290 brotherandy@brotherswhocare.org or
Jida (240)314-9792 majmuh@gmail.com**