

IF YOU HAVE SOMETHING TO SAY

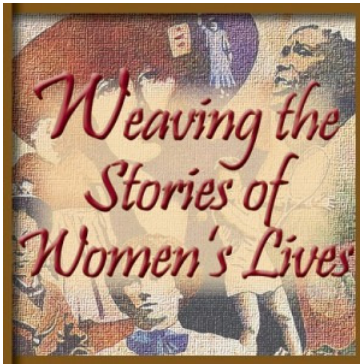
SPEAK UP!

MARCH 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



2015 Women's History Month

March is National Women's History Month. Every year the National Women's History Project selects a unifying theme to be shared with all who want to promote women's history. Please feel free to use this theme and any other materials from their website for your programs or events. This year's theme presents the opportunity to weave women's stories – individually and collectively – into the essential fabric of our nation's history. Accounts of the lives of individual women are critically important because they reveal exceptionally strong role models who share a more expansive vision of what a woman can do. The stories of women's lives, and the choices they made, encourage girls and young women to think larger and bolder, and give boys and men a fuller understanding of the female experience. Knowing women's achievements challenges stereotypes and upends social assumptions about who women are and what women can accomplish

today. There is a real power in hearing women's stories, both personally and in a larger context. Remembering and recounting tales of our ancestors' talents, sacrifices, and commitments inspires today's generations and opens the way to the future. *Listed below are several of the 2015 National Women's History Project honorees who have helped shape women's history into the fabric of our national story:*

Delilah L. Beasley (1867-1934) a Historian and Newspaper Columnist was the first African American woman to be regularly published in a major metropolitan newspaper and the first author to present the history of African Americans in early California.

Gladys Tantaquidgeon (1899-2005) a Mohegan Medicine Woman, Anthropologist, and Tribal Elder whose life spanned the entire 20th century. She grew up in the Mohegan community (Uncasville, Connecticut) learning traditional practices, beliefs, and herbalism. She only completed grade school but at age 20 she took the opportunity to study anthropology at the University of Pennsylvania. She completed extensive field research on east coast Indian tribal cultures and herbal medicines and published several books based on her research. In 1931, she co-founded Tantaquidgeon Museum with her brother and father; it remains the oldest American Indian owned museum in the U.S.

Vicki L. Ruiz (1955 –) an Educator and Pioneer in Latina History was the first in her family to receive any advanced degree, Vicki L. Ruiz earned a PhD in History at Stanford in June 1982. Two months later she showed up for her first teaching position with a baby on her hip and another on the way. Over the course of three decades, Ruiz has been a major force in shaping the field of Chicana history.

A Women's History Month Fact:

Tobacco companies have targeted women for nicotine addiction since the 1920's when women received the right to vote and increased tobacco use by women using cigarettes ads in the 1970's. Even with advertising restrictions, there is a frightening percentage of women in the U.S. who smoke while pregnant, including pregnant teens. Nicotine is a drug and like any drug, if you are pregnant you should avoid letting it come in contact with you or your unborn child. 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. Even second-hand smoke is a danger to you and your child. Nicotine use can add to your chances of experiencing heart disease or stroke. You can stop using tobacco with help. The Washington County Health Department offers a free "Tobacco Free For Life" program, call (240) 313-3314 to register. Marylanders who are pregnant or if you are able to get pregnant and looking for ways to stop using tobacco, call 1-800 QUIT NOW (1-800-784-8669) and receive incentives as well as free help with tobacco cessation (for Spanish call 1-855-335-3569).

HEALTH



Kick Butts Day is March 18, 2015

Youth tobacco use is on an increase especially with the help of the tobacco companies. Kick Butts Day is a national day of activism that empowers youth to stand out, speak up and seize control against Big Tobacco. More than 1,000 events will be held in schools and communities across the United States and even around the world. On Kick Butts Day, teachers, youth leaders and health advocates will organize events to:

- *Raise awareness of the problem of tobacco use in their state or community;*
- *Encourage youth to reject the tobacco industry's deceptive marketing and stay tobacco-free*
- *Urge elected officials to take action to protect kids from tobacco.*

Kick Butts Day is organized by *The Campaign for Tobacco-Free Kids*. The first Kick Butts Day was held in 1996. While Kick Butts Day is officially held on one day each year, our hope is that every day will be Kick Butts Day in the fight against tobacco. By making every day Kick Butts Day, we can win the fight against tobacco use, the number one cause of preventable death in the United States and around the world.

The Campaign for Tobacco-Free Kids is a leading force in the fight to reduce tobacco use and its deadly toll in the United States and around the world. Their vision: A future free of the death and disease caused by tobacco. They work to save lives by advocating for public policies that prevent kids from smoking, help smokers quit and protect everyone from secondhand smoke. To achieve their mission, they:

- *Promote public policies proven to reduce tobacco use and exposure to secondhand smoke. These include higher tobacco taxes, comprehensive smoke-free laws, well-funded tobacco prevention and stop-smoking programs, and tough regulation of tobacco products and marketing.*
- *Expose and counter tobacco industry efforts to market to children and mislead the public.*
- *Strengthen tobacco control efforts in the United States and worldwide by providing support and information to our many partners.*
- *Mobilize organizations and individuals to join the fight against tobacco.*
- *Empower a tobacco-free generation by fostering youth leadership and activism.*
- *Inform the public, policy makers and the media about tobacco's devastating consequences and the effectiveness of the policies we support.*

The Campaign for Tobacco-Free Kids is a 501(c)3 non-profit organization that accepts no government or tobacco industry funding. They rely on contributions from individuals, philanthropic foundations, corporations and other non-profit organizations. (Website source: <http://www.kickbuttsday.org/>)



Public Access television channel for Hagerstown.

Hagerstown Public Access Corporation (HPAC) is working with the City of Hagerstown to help city residents get use of a public access cable channel. City officials have told HPAC they are moving forward with the process for the public to have a cable access channel. Back in 2005, a group of citizens formed HPAC, 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 (a Hagerstown based cable company owned by Schurz Communications, who also owns Herald Mail Media). 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 provide FREE cable access channels to the public, the education system and the government (typically called PEG channels). Hagerstown currently has no Public access channel, while the City government and the school systems (Hagerstown Community College and Washington County Public Schools) have had use of government and education channels for over 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). The public should also have the opportunity to use a cable access channel from a company profiting from use of public property 24 hours a day and 365 days a year. Instead of paying the cable company to air your community and civil events, let the City know you are interested in the availability and FREE use of a public access channel for residents of Hagerstown. Please contact Karen Giffin, Community Affairs Manager for the City of Hagerstown, email: kgiffin@hagerstownmd.org; phone (301) 739-8577 ext 116.

You are invited to the
Medal of Honor Group



NEIGHBORHOODS 1st

Day of Hope

Saturday – May 16, 2015

12noon to 6 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 Clean Air for All"

A celebration on a "No Smoking" City of Hagerstown public park

\$\$\$Cash Prize Drawings for Guests who sign in!

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 – Cigarette Restitution Fund program and Washington County Health Department along with local organizations, agencies and businesses who exhibit and provide outreach to our guests. This is an invitation for you or your organization to join us. This event is open to everyone! We will have 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/vendors to register is April 30, 2015. Contact: **Neighborhood 1st Medal of Honor Group** c/o Brothers Who Care 131 W. North Avenue, 2nd floor (Martin Luther King Jr. Community Center) Hagerstown, Maryland 21740. Phone **(301) 393-9290**.

SUCCESS

Speak Up Community News is dedicating this page normally used for our **SPEAK UP PHOTO GALLERY** to promote self reliance through the use of Community Gardens. Community gardens not only give people a chance to grow their own food, these gardens also offer fellowship which can help strengthen ties to the community and promote success in other areas of community development. The City of Hagerstown provides a growing number of activities that encourage participation and feedback from city residents. The Hagerstown Community Garden is an excellent fulfilling opportunity for citizens to benefit. The article below is from the City of Hagerstown website:



The Hagerstown Community Garden offers City residents the opportunity to use public space and water to garden an individual plot at low cost. Join other gardeners at our City's first community garden at 513 South Potomac Street (across the street from Bester Elementary school).

Our community gardeners grow much more than vegetables and flowers. In partnership with our Parks & Recreation Division, we make positive environmental, economic, and aesthetic impacts on daily lives. Join us and transform strangers into friends and neighborhoods into communities.

Each plot holder is a member of the Hagerstown Community Garden Association. From this Association, leaders will be selected to form an Operating Committee that will act as the Board of Directors for the gardens. In 2015, the Operating Committee will mainly be staffed by the members of the 'Community Garden Task Force' that developed the idea of a garden and obtained City Council approval of the project. An election to the Operating Committee will first be held in November 2015. Plot Coordinators will also be selected to help with various tasks.

Mission: The Mission of the Hagerstown Community Garden Association is to provide and maintain organic garden plots within the City of Hagerstown and to provide the community with the opportunity and means to grow vegetables, herbs and flowers.

Cost: Garden plots are rented on an annual basis, and the cost varies depending on the size of the plot. The two plot sizes are 128 and 192 square feet and the cost is \$20 and \$30 respectively. A 50% reduction in plot fees is available, but you must complete a separate application form and the reduction in fees must be approved by the Operating Committee of the Association.

Water: Water is available on site. The plot coordinators will work with gardeners to fill rain barrels with water from the City of Hagerstown public water system. Water is available from early April until October each year.

Fencing: The garden will be enclosed with fencing. Initially the garden will have a plastic safety fence around the perimeter. Once the City receives a grant, a permanent metal fence will be installed with a gate system for security.

Expectations of Gardeners: In addition to paying the rental fee for an individual plot, gardeners are joining a community of gardeners. As part of that community, gardeners are expected to observe the Garden Rules governing the garden and be active participants in the community. They will participate in community work days and keep the communal areas of the garden weeded. Gardeners also perform a variety of community garden maintenance tasks as directed by the Operating Committee and Plot Coordinators.

To find out more about the Hagerstown Community Garden or how you can help, call 301-739-8577 ext. 116 or use this link:
<http://www.hagerstownmd.org/DocumentCenter/View/2588>

ASSISTING HAGERSTOWN IN CULTIVATING NUTRITIOUS FOOD & COMMUNITY



Donating will help us in:

-  providing community development
-  stimulating social interaction
-  encouraging self-reliance
-  producing nutritious food
-  reducing family food budgets
-  creating opportunities for recreation, exercise, therapy and education