

IF YOU HAVE SOMETHING TO SAY

# SPEAK UP!

JULY 2019

*"Serving in the Four-State area for over 15 years"*

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](http://www.brotherswhocare.org)

## HEALTH NEWS

### **Summer Isn't Over: Neither is the Threat of LYME Disease!**

*By Brother Andy Smith*



I sat down recently and spoke with a friend that I made at the "2019 Bless The Woods Music Festival/Campout". My conversation with this friend, Christina Murphy (Can Do With Lyme LLC), expanded my knowledge and interest in the seriousness about Lyme Disease, which is why the annual Bless the Woods event was started. You see, Christina is a victim of the Lyme Disease infection and I deliberately use the word "victim" since everything that I seem to uncover about the disease points to a deliberate creation of the cork screw shaped bacteria which is perfectly designed to enter the human bloodstream and wreak the damage it causes to its victims.

Even more, the problems caused by Lyme Disease can allow the disease to be misdiagnosed with symptoms that can mimic: Multiple Sclerosis, Chronic Fatigue, Autism, Parkinson's Disease, Attention Deficit Hyperactive Disorder, Diabetes, Menopause, Mental Illness, Depression, Lupus and many others, which is scary since if not properly treated, Lyme Disease can cause permanent physical and mental damage including death.

The Bless the Woods music festival was started 8 years ago by Sam McJonathan and friends after he lost his mother, Patricia to Lyme disease. Sam told a news reporter that his mother was misdiagnosed quite a few times and because her treatment wasn't immediate, Patricia suffered had health complications that also left her, Sam said, "In a mental fog". The festival was created to raise awareness to prevent, detect and treat Lyme Disease.

Murphy's plight with battling Lyme Disease may be considered a bit more radical than the music festival's way of dealing with the disease; she challenges the health care system and authorities to be more responsive with education, prevention and treatment. Christina is a champion to make insurance companies include treatment for Lyme Disease in regular insurance plans. She also in partnership with others that want to hold the authorities responsible for the spread and creation of this disease. Whatever your position about Lyme Disease, its origin or its threat, Lyme Disease exist and is dangerous! So much so that Newsweek has just released an article about the possible role the U.S. military's played in weaponizing ticks and other blood-sucking insects.

Below is the link to the Newsweek article by Aritstos Georgiou, "Pentagon May Have Released Weaponized Ticks That Helped Spread Of Lyme Disease: Investigation Ordered":

<https://www.newsweek.com/pentagon-weaponized-ticks-lyme-disease-investigation-1449737>

Georgiou's article went on to say that the U.S. House of Representatives quietly passed a bill requiring the Inspector General of the Department of Defense to conduct a review into whether the Pentagon experimented with ticks and other blood-sucking insects for the use as biological weapons between 1950 and 1975. People, the threat is real, Murphy and the rest of the Lyme Army are not paranoid conspiracy theorists.

Ashley Baker, also known as "Ash the Artist" is also a victim of Lyme Disease. Ashley is a dear friend of my daughters. I watched Ashley grow into a woman and it saddened me deeply when I found out that she too had become a victim. It was not until Ashley was treated for a knee injury that the antigen for Lyme Disease was discovered in her body. Baker and her friend Mario "Alonso" Guemez performed at the 2019 Bless the Woods a song detailing Ashley's plight with Lyme Disease. The video we posted on [www.facebook.com/speakupnews](http://www.facebook.com/speakupnews) received about 8,000 views the last time I checked reflecting that our readers are getting to know about Lyme Disease and you should as well since your life, those of your loved ones and friends could depend on it! Quoting Christina Murphy: "The more you know, the more you can prevent getting Lyme Disease."

I learned from Christina that the once the Lyme disease bacteria is introduced to the body, the victim can spread the bacteria sexually or through common contact. It's unimaginably tragic a person can become weaponized into spreading a ruthless bacterium that may have been created for such the purpose.

I have included other information in this issue with ways to prevent, detect and treat Lyme Disease. Please read and share. We should be able to enjoy the outdoors, which we so desperately need to be out in, without the fear of exposure to potentially manmade disasters like Lyme disease.

Christina Murphy partnered with Adrian Vankeuren (Lyme Alive), at Bless The Woods 2019, to provide a lot of really good useful information, that was not "candy coated" or shy about exposing to the truth of the Lyme disease threat. Both of these Lyme Army warriors are good sources for education and support. Murphy has a support group that meets regularly in Frederick Maryland and she offers workshops about the disease. Vankeuren, also a victim of Lyme disease, is listed as a Support Leader for Lyme Alive, Lyme Disease Support and Information Group supporting the Winchester, Front Royal, Stephen's City and Berryville Virginia.

## **OTHER HELPFUL INFORMATION for LYME DISEASE**

### **Tick Repellent Recipe**

20 drops of Lemongrass Essential Oil

20 drops Eucalyptus Essential Oil

10 drops of Peppermint Essential Oil

4 ounces of water

Add all ingredients in a glass spray bottle. Shake Well. Spray on shoes, socks, pants cuffs. This repellent mixture is safe for Humans and Dogs.

### **Tick Repellent**

Christina Murphy recommends pre-treating clothing for camping and outdoor activities with Permethrin (derived from Chrysanthemums) and she recommends the Picardin Sawyer Company is a good product source. Use bug repellent that contains 30% DEET (N, N-Diethyl-meta-toluamide or diethyltoluamide). Use Cedar wood oil or a blend of eucalyptus and lemongrass oil if you do not use DEET.

### **Tick Removal**



**Step 1:** Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible. The goal is to remove the entire tick including its head and mouth.

**Step 2:** Pull upward with steady, even pressure. Do not twist or jerk the tick!

**Step 3:** Clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water. You can also save the tick to have tested for Lyme disease and other transmittable contaminants, this helps with treatment time.

## More HELPFUL INFORMATION ON **LYME** DISEASE

### Get Tested

So what if you want to know you have Lyme? Get tested! Blood tests used for Lyme is Elisa and IFA and they are less than 50% accurate. The Western Blot Test is better at 70% accuracy. It is possible to come back with a false negative and some labs will not offer the Western Blot Test, so ask if it is available. REMEMBER: Saving the ticks that was removed from someone can also help with determining if infected.

**Protecting Yourself from Lyme Disease** by Liza Torborg:

<https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-q-and-a-protecting-yourself-from-lyme-disease/>

## SUCCESS NEWS

### **STAND UP FOR Your Neighborhoods**

Neighborhoods in small cities and towns are becoming under siege and will be completely lost into the hands of disrespectful, rebellious, violent offenders who numbers are having overwhelming growth and their behavior has literally gone unchecked because the number of caring people taking action in these towns are dwindling, or so it appears that neighbors who once shared decent values seem to have declined. For the past thirty years or more, people have been transitioned from larger metropolitan areas into these small towns in some sort of gentrification process relocating them and allowing the “Hipsters” to take over and reinvent the inner city areas into their playgrounds. Some even call this transition a “Renaissance” of the metropolitan areas. Unfortunately the revitalization of cities only happens in the parts that the “well to do” want to make use of, while dilapidation continues in the underserved neighborhoods leaving the less fortunate to suffer, die off or be pushed into controlled boundaries.

Some think that this relocation social experiment will help eliminate undesired social behaviors by relocating people from large city ghettos to small town life. But the pattern of growth has gone unchecked sending too many of the relocated into a demographical combination that creates alarming rates of criminal and gang activity which is endangering the residents native to the area who were not asked or agreed with this invasion of sorts.

Even when the local authorities are doing the best they can to maintain public safety, the system is overwhelmed and problems outnumber the good that could have come from trying to assimilate big city behavior into small town life. It almost seems to late for the resident who are responding to mounting problems like the opioid epidemic, increased gang violence and teen birth rates while still dealing with existing health and social disparities that minority and non-white populations are struggling to overcome. There are now communities filled with second and third generations of outsiders which may have contributed to the undesired in destructive behavior patterns that residents are allowing to go unchecked in their neighborhoods often centered around black neighborhoods, housing developments and low to moderate income parts of town.

This negative growth and danger can change if those who want better come together to demand and help make thing better. Now is the time to stop living in fear or complacency and build systems of self defense and even take on the offensive to drive out the undesirables and their influence your neighborhood. Some of these small towns have a shortage of law enforcement to respond to the threats in these neighborhoods and it should not be just up to the police to keep us safe and some communities are in danger, even from rogue police officers. Citizens can to join together to defend themselves and help re-establish safer neighborhoods to avoid someone being seriously injured or killed by these criminals who drive recklessly on dirt bikes through the streets and shoot firearms endangering bystanders. You can join in regaining your neighborhood and making your community better. You can help prevent young people from joining gangs, you can help bring jobs and businesses back to your neighborhoods, plus have a community that is safer and respects its neighbors.

**A message brought to you from **Brothers Who Care** – Speak Up Community News **CALL 301-393-9290****



# *Soul Day Reunion On Wheaton Park*



**Saturday – August 17, 2019**

**2PM to 6PM**

**Wheaton Park**

**Hagerstown, Maryland**

**This is a RAIN or SHINE event. Bring your chairs, canopy, blankets and an umbrella in case of light rain. For more information or to participate as a vendor call 301-393-9290**

***Music, Fun & Reminisce***