

IF YOU HAVE SOMETHING TO SAY

SPEAK UP!

SEPTEMBER 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)

## SUCCESS NEWS

### **Look Out for Yourself: Do Something For You!**

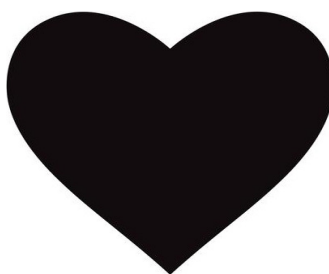
*Self Love and Self Appreciation is often hard for those who devote their lives to the idea of being "responsible" for or "devoted" to helping others.*

**By Brother Andy Smith**

I am actually preaching to myself in this article and trying to encourage myself with this message, that I hope hits home to the hearts and minds of others like me. I do enjoy helping others and doing nice things for my family and friends. I even devote myself to helping those I don't even know or may never even meet. Writing in this news publication and providing media coverage, or passing out free bracelets, even giving a smile or being nice to total strangers is the pattern of my life. Rewarding and enjoyable as it is, I am fortunate that I have almost no regrets for being this way.

I am now at a season in my life where I have to look out for myself and know that I deserve some level happiness, just for me. I never really want anything in return for being nice to others nor do I ever try to seek recognition for my deeds. I really like treating others well and doing nice things for people. I like reaching into people and showing them their potential and their value. And with all of this, I tend to forget that I deserve to be treated the same as well. I do receive expressions of gratitude, however not many people I know ever bother to offer to help with the work I do to serve the community. I can barely get help to print and deliver the monthly issues of Speak Up to deliver the underserved neighborhood where the paper originated. I manage to go to enough positive gatherings and events to get the energy to keep going.

I have a scary level of intelligence, matched by a disarming charisma which I try to use in the righteous service of helping to make the world better but I have to accept that it was time to use my abilities for my own self preservation and self-appreciation. Until you realize and accept that it is okay to be loved and appreciated, you will continue make unfulfilling connections. And be on the lookout for Andy's Pub on Wheels!



# HEALTH NEWS

## **Foods That Boost the Immune System**

*Citrus, Bell peppers, Broccoli, Garlic Ginger, Spinach, Yogurt, Almonds, Turmeric, Green tea, Papaya, Kiwi, Poultry, Sunflower seeds, Shellfish*

Here is something that I found out on the Internet and may be useful with winter approaching and the cold inclement weather it brings that interferes with getting outdoors and being active. Feeding your body certain foods may help keep your immune system strong. If you're looking for ways to prevent winter colds and the flu, plan your meals to include these powerful immune system boosters. There are 15 that I want to share with you, so for the sake of space, I will deliver 5 of them in the next couple of issues to help prepare you for the winter challenge to stay healthy especially if you get cooped up indoors.

### **1. Citrus fruits**

Most people turn to vitamin C after they've caught a cold. That's because it helps build up your immune system. Vitamin C is thought to increase the production of white blood cells. These are key to fighting infections. Popular citrus fruits include: grapefruit, oranges, tangerines, lemons, limes, clementines. Because your body doesn't produce or store it, you need daily vitamin C for continued health. Almost all citrus fruits are high in vitamin C. With such a variety to choose from, it's easy to add a squeeze of this vitamin to any meal.

### **2. Red bell peppers**

If you think citrus fruits have the most vitamin C of any fruit or vegetable, think again. Ounce for ounce, red bell peppers contain twice as much vitamin C as citrus. They're also a rich source of beta carotene. Besides boosting your immune system, vitamin C may help maintain healthy skin. Beta carotene helps keep your eyes and skin healthy.

### **3. Broccoli**

Broccoli is supercharged with vitamins and minerals. Packed with vitamins A, C, and E, as well as many other antioxidants and fiber, broccoli is one of the healthiest vegetables you can put on your table. The key to keeping its power intact is to cook it as little as possible — or better yet, not at all.

### **4. Garlic**

Garlic is found in almost every cuisine in the world. It adds a little zing to food and it's a must-have for your health. Early civilizations recognized its value in fighting infections. According to the National Center for Complementary and Integrative Health, garlic may also help lower blood pressure and slow down hardening of the arteries. Garlic's immune-boosting properties seem to come from a heavy concentration of sulfur-containing compounds, such as allicin.

### **5. Ginger**

Ginger is another ingredient many turn to after getting sick. Ginger may help decrease inflammation, which can help reduce a sore throat and other inflammatory illnesses. Ginger may also help decrease nausea. While it's used in many sweet desserts, ginger packs some heat in the form of gingerol, a relative of capsaicin. Ginger may help decrease chronic pain and may possess cholesterol-lowering properties, according to recent animal research.

*Start enjoying what these five foods can do to boost your immune system and stay tuned for 10 more in our upcoming issues!*

# TOBACCO FREE FOR LIFE PROGRAM



**\*SUPPORT GROUP:** Offered in between regular classes every Monday and Thursday from 11:00am to 12:00noon and from 5:30 pm to 6:30pm at the Washington County Health Department 925 North Burhans Boulevard Hagerstown, Maryland 21742. **EVERYONE IS WELCOME! \*FREE Nicotine Patches, Gum & Lozenges\* While Supplies Last**

Class Dates	Time	Facilitator	Location
Twice per week on Mondays & Thursdays Sept. 9 – Sept. 12 – Sept. 16 – Sept. 19	11:00 a.m. – 12:00 noon	Paula Ernst	925 N. Burhans Blvd.
Twice per week on Mondays & Thursdays Sept. 9 – Sept. 12 – Sept. 16 – Sept. 19	5:30 p.m. – 6:30 p.m.	Paula Ernst	925 N. Burhans* Blvd.
Once per week on Mondays Sept. 9 – Sept. 16 – Sept. 23	3:30 p.m.- 4:30 p.m.	Paula Ernst	Robinwood Education Center #2949
Twice per week on Mondays & Thursdays Oct. 7 – Oct. 10 – Holiday – Oct. 17 – Oct. 21	11:00 a.m. – 12:00 noon	Paula Ernst	925 N. Burhans Blvd.
Twice per week on Mondays & Thursdays Oct. 7 – Oct. 10 – Holiday – Oct. 17 – Oct. 21	5:30 p.m. – 6:30 p.m.	Paula Ernst	925 N. Burhans* Blvd.

## Why would Tobacco Companies support

### “Tobacco 21”

*The legal age to buy tobacco and nicotine products in Maryland will be raised from 18 to 21(including vaping products) effective in October 2019.*

Reports indicate that the rise in teen vaping helped more states, including Maryland to raise the legal age to purchase tobacco even though public health advocates are wary the effort is supported by the tobacco industry and the company that makes the Juul vaping device, which is heavily used by teens. Federal authorities declared that teen vaping an “epidemic”. The Juul company is the leader in vaping products that have been heavily used by teens; it is suspected that the product flavors and concealable design of the vape device targets youth. Altria, one of the largest tobacco companies in the U.S. and Juul are backing efforts that would increase the nationwide purchasing to 21 and this is one of the reasons why:

Most licensed tobacco retailers do wish to legally provide tobacco products for their customers who are of age and the retailers are participating in efforts to do that more effectively, even using training provided by their businesses and the health departments. Retailers have shown they care about efforts to protect minors from purchasing tobacco illegally as reflected in compliance checks and increasing their own internal policies such as checking identification for all customers attempting to purchase tobacco products, while state laws may only require checking if the person appears to look a certain age.

Face-to-face tobacco sales will likely drop in states that adopt the “Tobacco 21” laws and bordering states will likely pick up the business for those who can legally purchase tobacco at ages 18 through 20. The big concern is that the Tobacco industry will cash in on increased online sales, especially for vape product since online sales cannot be regulated like face-to-face purchases or really identify the online purchaser. Online sales will increase eventually cutting out most tobacco retailers that sell tobacco products at their place of business thus eliminating the “middle man” and tobacco companies sharing profits with resellers.



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HAGERSTOWN CITY PARK

**9/21/19**  
NOON - 3:00 PM



FEATURING LIVE MUSIC BY

**The Swon  
Brothers**

ACM NOMINEE FROM MUSKOGEE, OK

AND **The Chuck Brown Band**

Back again from Washington D.C.!



**BE SURE TO CHECK OUT CITY PARK FALL FEST 10:00 A.M. - 4:00 P.M. AND PORCH FEST 2:00 P.M. - 6:00 P.M.**

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