



I'M
HUNGRY



SEPTEMBER-OCTOBER 2019



**Support for Lupus Awareness and Cure
Eradication of hunger and homelessness
Youth Programs**

**Join our team and help us to make a difference
in our community. We need volunteers to help
with our community projects. Send us an
email to teamjlyons@gmail.com**

**Team JLyons
PO Box 1174
Copperas Cove, TX 76522**

Email at teamjlyons@aol.com

Website at teamjlyons.com

Facebook at [teamjlyons](https://www.facebook.com/teamjlyons)



**MAKING A
difference**



Make A Difference Day

Saturday, October 26, 2019 was Make A Difference Day throughout the United States. This day is also referred to as the National Day of Service. During this day, volunteers throughout the nation gather together and “give back” to their community through worthwhile community service projects.

Team Jlyons and the National Exchange EXCEL Clubs hosted a community food drive at the Copperas Cove Walmart. They collected donations of non-perishable food items such as canned vegetables and fruits, rice, beans, soups, pasta, boxed cereal, and boxed meals. All collected items were then donated to My Brother’s House Food Pantry for redistribution throughout the community.

Also collected were personal items which included bar soap, travel size shampoo lotion, disposable razors, lip balm, toothbrushes, toothpaste, dental floss, mouthwash, hair brush, comb, individual packs of laundry soap, facial tissues (individual packs), anti-bacterial wipes, Q-tips, washcloths, socks, t-shirts, bras, as well as male and female undergarments.

These items will be included in care packages and distributed to the homeless community.

Monetary donations was also collected to purchase additional food and personal items.

For more information about Team Jlyons, visit our website at teamjlyons.com or on Facebook.



Team Jlyons
EXCEL

FOOD DRIVE

Help Fight Hunger in Community

SATURDAY, OCTOBER 26, 2019
9am - 6 pm

COPPERAS COVE WALMART
for My Brother's House Food Pantry
NON-PERISHABLE FOOD ONLY

(254) 290-0730

Made with PosterMyWall.com

Team Jlyons
EXCEL

HELP the HOMELESS

COPPERAS COVE WALMART
SATURDAY, OCTOBER 26, 2019
9:00 AM - 6:00 PM

We are collecting personal items and undergarments to be redistributed to the homeless in care packages

Soap, Shampoo, Disposable Razors, Deodorant, Chap Stick, Lotion, Wash Cloths, Toothbrush, Toothpaste, Floss, Mouthwash (alcohol-free), Hair Brushes (compact), Combs, individual packets of Laundry Soap, Facial Tissues (individual packs), anti-bacterial Wipes, Q-tips, Socks, T-shirts, Bras, and male and female undergarments

Monetary donations accepted

Made with PosterMyWall.com



Make A Difference Day FOOD DRIVE



Thank You!



Walmart 



EXCEL



YOUR TOTAL
DENTAL & ORTHODONTICS



Central Texas Lupus Group

MISSION

Our mission is to educate and support individuals and families affected by the disease, increase awareness of Lupus among health professionals and the public, and find the causes and cure.

ABOUT

Support group for patients and family members living with lupus..

A forum for Lupus patients, family and friends to discuss Lupus, how it effects them and new drugs. The support group will have topics ranging from Pain from Pain Managements to how to discuss Lupus with your Family, guest speakers will attend to give expertise in fields from Rheumatology to Nutrition and more. Monthly events for members, family and friends.

MEETING INFORMATION

Support Group Meetings are every **SECOND**
Monday of the Month at 6:30 pm...
Location: Metroplex Medical Plaza 2301 S Clear
Creek Rd, Room 122

FACILITATORS



Join Us

L
U
P
U
S

AWARENESS

Team JLyons donates \$900 to local Lupus Support Group



Pictured is Jasmin Lyons, support group leaders Joyce Dukes, Tiffany Skinner and Lavern Mackey.

Jasmin Lyons, Director of Team Jlyons, presents a check for \$900 to the Central Texas Support Group. The group is a forum for Lupus patients (Warriors), family and friends to discuss Lupus and its impact on their lives. Funds were raised from the Team Jlyons Lupus Awareness Run/Walk and Car Show held on September 14 in Copperas Cove. Funds will be used to defray costs associated with group activities and promotion of Lupus Awareness and search for a cure.



WARRIORS

Central Texas Support Group

OUR NEXT
MEETING

Monday, January 13, 2019
6:30 pm at Room 122
Metroplex Medical Plaza
2301 S Clear Creek Rd,
Killeen, Texas



LIVING IN PAIN

There comes a time, when you become the pain
That is caused by this horrible disease
So, what does one do?
We pretend to be fine
We fight through it all
We go to countless doctors appointments
We get the injections and IVGs to try to ease it
Knowing that they don't work
We continue on our endless supply of medications
But at the end of the day
All we do is become tired
Tired of it all
Tired of being pricked and prodded
Tired of feeling that we are being used as guinea pigs for doctors
Trying new medications and different treatments just to mask the disease
We just want things to be the way it used to be
When we were able to do things without feeling the Mack Truck feeling
Where we once were able to complete the simple household task
Play with our kids and even walk
But then we remember ... Patience
For patience will eventually set us free as we continue our fight
To End Lupus NOW

Alida Torres

'I looked pretty normal': Lupus support group helps patients cope with symptoms

Temple Daily Telegraph
September 6, 2018



Joyce Dukes, left, Susan Saunders and Lavern Mackey all have lupus. It's a complicated disease to have to explain to others.

Lupus is a chronic autoimmune disease that can damage any part of the body — skin, joints and/or organs. Chronic means that the signs and symptoms tend to last longer than six weeks and often for many years.

Early symptoms include fatigue, fever, hair loss, rash, pulmonary problems, kidney problems, swollen joints, gastrointestinal problems, thyroid problems and dry mouth and eyes, according to the Lupus Foundation of America. More than 90 percent of people with lupus are women. There is no cure, but in most cases lupus can be managed, according to the Lupus Foundation.

Lupus sometimes seems to run in families, which suggests the disease may be hereditary. Having the genes isn't the whole story, though. The environment, sunlight, stress and certain medicines may trigger symptoms in some people.

Joyce Dukes, Susan Saunders and Lavern Mackey all live in Killeen and all have lupus.

They each have multiple doctors and often get caught in the middle of misinformation from one physician or another. Doctors come and go, which complicates the issue.

Dukes, 62, sees nine different doctors.

Saunders, 40, said she will push herself even when she knows she's sick. If you're upright and moving, stopping doesn't have much appeal. "Sometimes it takes a doctor to tell you to slow down," she said.

Saunders, diagnosed 12 years ago, had never heard of lupus.

"I was in denial, I looked pretty normal," she said.

Saunders is thin but at one point weighed more than 200 pounds. She's had hip surgery.

"My body has been through a lot," she said.

Saunders has a handicap parking placard, and has been confronted about it because she looks healthy.

"There's a lot of judgment because it's an invisible disease," she said.

The joints in hands stiffen, and have to be massaged to loosen up. Dropping items is commonplace.

"It's hard when you have to depend on other people for transportation," Dukes said. "It's hard to ask for help."

All are loving the grocery delivery option now offered by H-E-B groceries.

"There's an added cost, but it's worth it," Saunders said.

"They'll even put up your purchases."

Lupus comes with pain and that pain can change location on any given day, Mackey said.

Mackey, 43, said that when the pain gets too bad she'll have to go to the hospital emergency room and is often treated as if she's only there to get narcotics.

Every lupus patient is different and there is no textbook explanation of the disease that includes every aspect of the ailment.

"You never know what is going to act up," Dukes said. "The heat is a problem for some."

At some point the decision is made not to let lupus control your life, and there is a desire to spend some time with friends and family in the great outdoors. You cover up, put on a hat and carry an umbrella.

"You are going to pay for that outing," Mackey said.

Many lupus patients are on steroids, which help with joint swelling and pain, but like most medications there are adverse reactions. With Dukes it's her kidneys. She does take steroids when she has a flare.

Physicians are reluctant or are not allowed to prescribe painkillers, and it's hard to convince an ER doctor who doesn't know you that the pain is all over.

"Pick a spot, it can hurt from my hair to my toes," Dukes said.

Lupus is not going to kill anybody, but the complications will, she said.

"The things that lupus does to your body are harsh," Mackey said.

What's odd is when you go through the whole day and something feels off, and what's off is there has been no pain, Dukes said

"It throws you off," she said.

Mackey has three adult girls and all have autoimmune diseases. All three women are on assistance of some sort.

Saunders wants to get a job, but there aren't many employers that would be willing to work with a schedule she could tolerate.

Dukes was serving in the Army when the problems from lupus started.

"They kept saying it was all in my mind," she said.

"I wish more people were aware of the disease," Saunders said. It doesn't get much attention when it comes to research, she said.

There are plenty of celebrities — Lady Gaga, Tony Braxton, Selena Gomez, Nick Cannon and Seal — that have lupus but they rarely talk about it.

"I understand they want privacy, but if they were more proactive they could do so much as advocates," Saunders said. To be diagnosed with lupus requires positive test results for multiple symptoms.

It's almost impossible to be tested when a patient has all the issues showing up at one time, Dukes said.

One woman in their support group had been diagnosed with lupus when she really had Lyme disease.

A Walk to End Lupus Now is planned for 10 a.m. Saturday at Old Settlers Park, 3300 E. Palm Valley in Round Rock.

The individuals with lupus will recruit people for their teams, but don't actually participate themselves.

"It's hot and we stay under cover at all times," Dukes said. "One year, they attempted to hold a walk at night but it ended up lasting too late."

An area lupus support group meets 6:30-8 p.m. the second Monday of the month at Metroplex Medical Plaza, 2301 Creek Road in Killeen.

Lupus Awareness

100 people turn out for 5K run, car show at Ogletree Gap Park



Jasmin Lyons, the J of Team J Lyons who hosted the Lupus Awareness 5K Run and Car Show at Ogletree Gap Saturday with her parents, was diagnosed with Lupus nine years ago. "You've got to have positive thoughts," said Lyons. "Being home made a difference, being back home with my support team and friends to help me."

— Photo by Dotty K. Phipps

By DOTTY K. PHIPPS
Cove Banner

Close to 100 people, many dressed in purple and wearing running shoes, limbered up with Crunch Fitness aerobics or checked out show cars before lining up for the Lupus Awareness 5K Run and Car Show at Ogletree Gap Park Saturday. For Jasmin Lyons, the "JJ of Team J Lyons who hosted the run with her parents, it's been 9 years since her own diagnosis with Lupus. "It (Lupus) can put you in the hospital for years," said Lyons. "And then one day you're feeling on top of the world. While you're laying in bed you've got to have positive thoughts. Being home made a difference, being back home with my support team and friends to help me."

Lupus, an autoimmune disease, can attack tissues and organs as well as cause inflammation affecting joints, skin, kidneys, blood cells, brain, heart and lungs. In many cases, Lupus is often misdiagnosed because symptoms mimic other ailments.

Currently there's no cure but treatments can help control the symptoms. The Lupus Foundation of America estimates that 1.5 million Americans, and at least five million people worldwide, have a form of lupus.

Chelsea Mango, Lyons best friend since they started working together at the Cove Boys and Girls Club seven years ago, was at the walk to support Lyons. "When she was getting sick I didn't know anything about Lupus," said Mango. "I started researching it, learning more. The biggest misconception people make is they automatically think she can't do anything, put it (Lupus) in a category like polio.

Jasmine is a lovely person, very caring. I'm studying nursing and she made me want to narrow my field to work with Lupus patients. She made me want to go further than I thought about going with my studies, to strive to be better."

People who showed up to the Lupus Run were not just there for support. Some were affected by Lupus more directly. "I was getting this skin rash on my face and my scalp," said Dennis Furey. "They called it a butterfly mask rash because of the way it looks on your cheeks, your nose. The doctors couldn't figure it out. One of them wanted to do a drug trial that could cause me to go blind. He said, 'I'm the doctor, if you go blind at least you won't have to see the rash.' Can you believe that?"

Mary Furey, Dennis' wife, added, "It took a year to figure out it was discoid Lupus because then it was so rare." "I have to be cautious about being in the bright sunlight," continued Dennis Furey. "I have to watch my diet sometimes now. What people need to know is that if you're in pain or discomfort, don't take no from your doctor. Have them check everything or find someone who'll listen to you."

Lyons said money raised at the Lupus run will go toward the National Lupus Organization. Lyons and her family are hoping to make this an annual event. "Jasmine doesn't let it (Lupus) affect her," said Mango. "Even if she's not feeling good, she makes sure everyone else is taken care of. She always makes a point of connecting with people. She keeps going strong."

For more information or if you'd like to donate visit Team J Lyons on Facebook or www.teamjlyons.com.

Friday, Sept. 20, 2019 www.covebanner.com



Thank You!

For supporting our Lupus Awareness Walk and Car Show



**Laquandria Bradley
DJ**

Project Graduation



O.E.S. Divine Glory



**Paper Graphics
of Temple, Tx**

**Angela Bailey
Crunch Fitness**

Team J.Iyons and Central Texas STARZZ presents

1st ANNUAL *LUPUS* AWARENESS



14 Sept 2019 at 8:00 am – 12:00 pm
Ogletree Gap Park Copperas Cove, Texas
Registration 8:00 am – 10:00 am
Awards 11:30

\$20
REGISTRATION

Best in show
Best Car
Best Truck

Best motorcycle
Best Car Pre-1972
Best Truck Pre-1972

5K
LUPUS RUN

MORE ...

All proceeds benefit Lupus research and awareness
Registration / more information at www.teamjlyons.com



Great day for a car show along with a great cause. Competing with two other car shows in the area. The first Annual Lupus Awareness Car Show was a success. Several car enthusiast elected to participate in our show and support Lupus Awareness and the search for a cure. We have to thank Tom and Peggy Parker who managed organized and managed the show for Team Jlyons.



Best in Show
1940 Ford Coupe

People's Choice
03 IT-2 Hummer

Something Special
'03 IT-2 Hummer

Patriotic
2016 Harley Davidson Softail Slim

Best Motorcycle
2016 Harley Davidson Softail Slim

Best Muscle
1972 Chevrolet Chevelle

Best Car Pre-72
1968 Chevrolet Chevelle

Besy Lowrider
65 Buick Wildcat

Best Treuck –Post 72
1990 Chevrolet 454 SS

Best Car ost 72
16 Dodge Challenger

Best TruckPre 72
1956 Ford F-100

Oldest in Show
1924 Cadillac Victoria





No one should have to worry about whether they will have food on their plate or a roof over their head. But the reality is that hunger and homelessness are widespread problems that affect far too many people.

Many Americans are living on the edge, forced to choose between basic necessities like purchasing food, paying rent, or going to the doctor.

43.1 million

Americans live below the poverty level

549,000

Americans are homeless on a typical night

42 million

Americans are at risk of suffering from hunger

1 in 5

children in the U.S. live in poverty



MY BROTHERS HOUSE

FOOD PANTRY

Food banks and food pantries like My Brothers House organize the collection of food donations and distribution to those in need. Most non-profit hunger relief organizations like My Brothers House rely on volunteers and donations from people with big hearts that don't want anyone in need to go hungry. Visit My Brothers House to donate or volunteer and help to make your community hunger-free.

ADDRESS:

107 Lyons St
Copperas Cove, Texas 76522

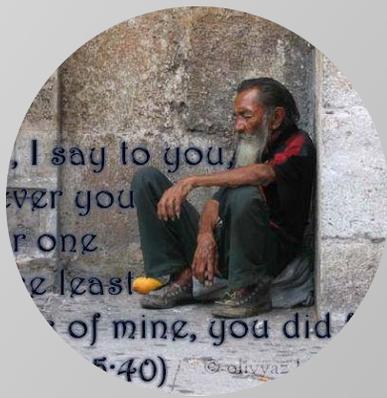
PHONE:

(254) 547-5206

HOURS of OPERATION:

Tues: 10:00 am – 1:00 pm
Wed: 10:00 am – 1:00 pm
Fri: 10:00 am – 1:00 pm
Sat: 10:00 am – 12:00 pm





HELPING HOMELESS IN KILLEEN

Helping Homeless in Killeen (HHIK) is an outreach ministry under Anointed Christian Church which serves the Killeen area homeless and less fortunate. We are solely functional due to donations from those in the community. HHIK is a collection of individuals, local groups, organizations, and volunteers, that are committed to helping those who have access to minimal basic resources.

Our volunteers provide various forms of assistance; such as: meals, personal hygiene items, clothing and small household items. We are able to carry out this mission easier due to our faithful volunteers.

Originally, our first HHIK meals were served out of our vehicles in a business parking lot when HHIK was formed in 2015.

We meet at Anointed Christian Church located at 333 Avenue D in Killeen, Texas on scheduled Monday mornings, 7:00 am - 8:00 am. Our serving schedule is posted on our Facebook page at www.facebook.com/HomelessinKilleen.

You can help by providing needed donations from our posted list on our Facebook page, monetarily, serving meals, preparing meals, and sharing HHIK information with others.

For more information, email the HHIK Volunteer Coordinator, Anita Y. Armstrong, at innercirdemm@gmail.com



Pastor and 1st Lady Lemon
Anointed Christian Church
Founders





WHY ARE PEOPLE HOMELESS?

Housing

A lack of affordable housing and the limited scale of housing assistance programs have contributed to the current housing crisis and to homelessness. Recently, foreclosures have also increased the number of people who experience homelessness. The National Low Income Housing Coalition estimates that the 2017 Housing Wage is \$21.21 per hour, exceeding the \$16.38 hourly wage earned by the average renter by almost \$5.00 an hour, and greatly exceeding wages earned by low income renter households. In fact, the hourly wage needed for renters hoping to afford a two-bedroom rental home is \$13.96 higher than the national minimum wage of \$7.25.

Poverty

Homelessness and poverty are inextricably linked. Poor people are frequently unable to pay for housing, food, childcare, health care, and education. Difficult choices must be made when limited resources cover only some of these necessities. Often it is housing, which absorbs a high proportion of income that must be dropped. If you are poor, you are essentially an illness, an accident, or a paycheck away from living on the streets.

According to the United States Census Bureau, the national poverty rate in 2016 was 12.7%. There

were 40.6 million people in poverty. While the poverty rate has been slowly declining since 2014, a couple of factors account for continuing poverty:

Lack of Employment Opportunities – With unemployment rates remaining high, jobs are hard to find in the current economy. Even if people can find work, this does not automatically provide an escape from poverty.

Decline in Available Public Assistance – The declining value and availability of public assistance is another source of increasing poverty and homelessness and many families leaving welfare struggle to get medical care, food, and housing as a result of loss of benefits, low wages, and unstable employment. Additionally, most states have not replaced the old welfare system with an alternative that enables families and individuals to obtain above-poverty employment and to sustain themselves when work is not available or possible.

Other major factors, which can contribute to homelessness, include:

Lack of Affordable Health Care – For families and individuals struggling to pay the rent, a serious illness or disability can start a downward spiral into homelessness, beginning with a lost job, depletion of savings to pay for care, and eventual eviction.

Domestic Violence – Battered women who live in poverty are often forced to choose between abusive relationships and homelessness. In addition, 50% of the cities surveyed by the U.S. Conference of Mayors identified domestic violence as a primary cause of homelessness (U.S. Conference of Mayors, 2005).

Mental Illness – Approximately 16% of the single adult homeless population suffers from some form of severe and persistent mental illness (U.S. Conference of Mayors, 2005).

Addiction – The relationship between addiction and homelessness is complex and controversial. Many people who are addicted to alcohol and drugs never become homeless, but people who are poor and addicted are clearly at increased risk of homelessness.

10 Facts About Homelessness in the U.S.

By [Casey Leins](#), Staff Writer Sept. 23, 2019, at 2:22 p

1. Although homelessness increased slightly – by 0.3% – between 2017 and 2018, it's been on a general downward trend for the past decade, according to the National Alliance to End Homelessness. In 2018, about 553,000 people were homeless for at least one night, according to the nonprofit organization. Between 2007 and 2012, an average of 630,000 people experienced homelessness per year.

2. Half of all people experiencing homelessness in 2018 were in one of five states, according to the U.S. Department of Housing and Urban Development: California (24%), New York (17%), Florida (6%), Texas (5%) and Washington (4%). Of the country's urban areas that include a major city, New York, Los Angeles/Los Angeles County and Seattle/King County had the most homeless people.

3. African Americans represent % of the U.S. population but 40% of all people experiencing homelessness and 51% of individuals who are homeless with children, according to the Department of Housing and Urban Development (HUD.)

4. In January 2018, 38,000 veterans faced homelessness on a given night – half the number than in 2010. The rate of overall homelessness has also dropped significantly, by 13% over that same time period.

5. Males are more likely than women to be homeless in the U.S.— 60% of homeless people were males in 2018, according to HUD.



6. HUD defines homelessness by dividing it into four categories:

- Someone who lacks a fixed, adequate nighttime residence;
- Someone who is at imminent risk of homelessness;
- Unaccompanied youth under age 25 or families with children who haven't had permanent housing over the past 60 days or who have moved at least twice during that period and are expected to continue this pattern due to special needs or barriers;
- An individual or family that is fleeing domestic violence and has no other residence.

7. An estimate 700,000 under age 18 without a parent or guardian experience homelessness each year, according to the National Law Center on Homelessness and Poverty. Often they are in their situation as a result of parental mental health issues, parental abuse or neglect, severe family conflict or being forced to leave home after sharing that they are pregnant or identify as LGBTQ.

8. Homelessness has been exacerbated by the nation's lack of affordable housing. A worker earning minimum wage in the U.S. would have to work nearly 127 hours per week to afford a modest two-bedroom rental home in most of the U.S., according to the National Low Income Housing Coalition.

9. On a single night in 2018, nearly a quarter of the homeless population was considered chronically homeless. According to HUD, an individual is considered chronically homeless if he or she has a disability, including a substance use disorder, post-traumatic stress disorder and a serious mental illness, and has been homeless continuously for at least one year or on at least four occasions in the last three years (with those instances adding up to at least a year). California, New York and Washington saw the highest numbers of chronically homeless people.

10. The number of beds provided for homeless people in transitional housing, which provides interim stability and support to successfully move to permanent housing, has been cut in half since 2007. However the number of beds has increased drastically in emergency shelters and permanent supportive housing. Permanent supportive housing includes affordable housing assistance and support services, including treatment and employment services, to people who are chronically homeless.

Advertisement: 0:04

[Casey Leins](#), Staff Writer

Casey Leins is a staff writer for the Best States section of U.S. News & World Report,



Care Kits

→ for the
HOMELESS

We are always in need of the following items. If you can donate some them... please email us at ccstarzz09@aol.com or teamjlyons@gmail.com.

- Socks
- T-shirts
- Undergarments
- Hats and gloves
- Gift certificates for fast food
- Hand wipes
- Hand Lotion
- Deodorant
- Mouth Wash
- Packs of Kleenex
- Maxi pads
- Toothbrush and toothpaste
- Dental Floss
- Nail clippers
- Band Aids
- Lip Balm
- Comb or small brush
- Mints, cough drops or gum
- Bottled water or juices
- Tuna and crackers
- Granola Bar or cereal bar
- Fruit snack or applesauce cup
- Crackers with peanut butter/cheese
- Canned or packaged snacks



ABOUT US

The Central Texas STARZZ is a non-profit 501(C)3 youth services program, an affiliate of the Amateur Athletic Union (AAU). In 2008, discovering a vital need for a competitive youth basketball program in the local community, the team of Charles and Dorothy Lyons formed the Central Texas STARZZ. Since then, many of outstanding young men and women have gone on to participate at the college. Join us as we start our twelfth year.

OUR MISSION

Our mission is to provide an opportunity for local youth to develop and improve their basketball skills, as well as their personal development. Through basketball, we hope to teach valuable life lessons about teamwork, discipline, respect, and hard work through participation in a competitive sports program.

OUR GOALS

- a. To provide a quality and competitive youth basketball program.
- b. To teach the fundamentals of the game, sportsmanship, and teamwork and to prepare players to play at the next level.





USA
AMATEUR ATHLETIC UNION
Olympic

Central Texas STARZZ

COMING FEBRUARY 2020

Team JLU005

starzzbasketball.com

*The Noon Exchange Club of Copperas Cove &
The City of Copperas Cove Annual*

FEAST OF SHARING

November 21, 2019

Copperas Cove Civic Center

6:00 to 8:00 PM

Free to the Public

NO CARRY OUTS PLEASE

Tickets Available at the Following Locations: Our Brothers House Food Pantry, Sunshine Home Apartments, Clear Creek Meadows Office, Housing Authority, Senior Center, Chamber of Commerce, Boys and Girls Club, Cove House

Thank you H&K and Bush's Chicken for your support!



*Happy
Thanksgiving*

Fall **VENDOR**
BAZAAR

SATURDAY, NOVEMBER 23, 2019

AT 9:00 AM - 3:00 PM

COPPERAS COVE CIVIC CENTER

1206 WEST AVE B

COPPERAS COVE, TEXAS

\$1.00 Donation requested for LUPUS Awareness

MUSIC, FOOD, RAFFLES

COME and SHOP

WWW.TEAMJLYONS.COM

