

MAY 2020



# Team Jlyons

 MAKING a  
**difference**

When it hits the fan...

...and  
I'm tussle  
tossed...

...and the  
long day  
is done,

...I return to  
my bed knowing  
I am a warrior.

You can't keep a warrior down.





**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](mailto:teamjlyons@gmail.com)**

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

**Email at [teamjlyons@gmail.com](mailto:teamjlyons@gmail.com)**

**Website at [teamjlyons.com](http://teamjlyons.com)**

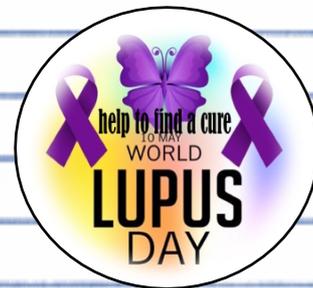
**Facebook at Team JLyons**



# Notes

## LUPUS AWARENESS WALK

We are happy to announce that Team JLyons will be conducting a Lupus Awareness Walk at Bagram Air Force Base in Afghanistan. The walk will be to commemorate World Lupus Day, on 10 May, 2020. Dorothy Lyons will lead the march honoring the many Lupus Warriors throughout the world..



## PURPLE IN THE PARK

Event is canceled

## CENTRAL TEXAS STARZZ

Season is Canceled

## HOLIDAY BAZAAR

The Team JLyons holiday Bazaar will be held Saturday, November 28, 2020, at the Copperas Cove Civic Center. The event will be held from 11:00 am - 5:00 pm. We are asking for a \$1.00 donation to My Brothers House Food Pantry. Crafters, vendors, and independent consultants can email [teamjlyons@gmail.com](mailto:teamjlyons@gmail.com) for more information or visit our webpage at [www.teamjlyons.com](http://www.teamjlyons.com)

# LUPUS

## Awareness Month

KIDS-CURE.ORG

Lupus Awareness Month, observed in May, raises awareness and educates others about this life-changing disease.

Lupus Awareness Month is a time to educate the public about this little-understood autoimmune disease. An estimated 1.5 million men, women and children have lupus in the United States. But the overwhelming majority are women. They often develop lupus during their childbearing years and the disease severely disrupts family life. While lupus can be disabling and fatal, the disease can be managed in most cases through aggressive medical treatment and lifestyle changes.

The exact cause of lupus is unknown. However, lupus is not contagious. While lupus can strike anyone at any time, 90 percent of the people living with lupus are female. Women of color are at an especially high risk. Lupus usually develops between ages 15 and 44.

Lupus is an autoimmune disease. In a healthy immune system, the body produces antibodies, which destroy unhealthy cells such as bacteria, viruses and foreign waste. Lupus, however, causes an overactive immune system to produce auto antibodies which attack healthy body tissue. This can affect most parts of the body including any organ.

Lupus can often be hard to diagnose as the symptoms are similar to other diseases. In some cases it is not uncommon for several years to pass before a diagnosis of lupus is confirmed as other diseases may be ruled out first. As symptoms of lupus can come and go, it can make diagnosis even harder.

Lupus is one of the world's most mysterious and devastating diseases that ravages different parts of the body. Most common symptoms include: hair loss; headaches; extreme fatigue; butterfly-shaped rash across the cheeks and nose; mouth or nose ulcers; fever; painful or swollen joints; abnormal blood clotting; anemia, pain in the chest on deep breathing (pleurisy); fingers turning white or blue when cold (Raynaud's Phenomenon); sun or light-sensitivity (photosensitivity); and swelling (edema) in the feet, legs, hands and around the eyes.



**Join our mailing list and  
connect with other  
Lupus Warriors.  
Contact us at  
[teamjlyons@gmail.com](mailto:teamjlyons@gmail.com)**

# SENIOR Class Of 2020

## TEAM LYONS ADOPTS A HIGH SCHOOL SENIOR

Emily Smith is a homeschooled senior. She has been a part of the UMHB Conservatory choir since she was eight years old and will miss singing with them once she has graduated (and is dreadfully disappointed not to get to sing with them in one last concert this spring). She has played piano since the age of seven and has taught piano lessons for the last two years at Wise Owl Academy. She has also been a member of the worship team at church since she was 12. Emily is an avid reader and will read just about anything she can get her hands on! She has been in several productions at Vive Les Arts over the last few years and enjoys musical theatre immensely. In her spare time, she also loves to volunteer and has been a member of the H.U.T.S. Excel Club (sponsored by the Noon Exchange Club of Copperas Cove) since it was formed in 2016. She was awarded the National Distinguished Charter Club President Award for the year she served as president of the club. Emily will be attending college this fall and plans on being an elementary school teacher.



Emily is pictured with Team Lyons director, Jasmin Lyons.

Thank  
You



There are so many people doing great and wonderful things during this time of national emergency. Just want to give a shoutout to one of those people my friend, Carol Ann Hone. Carol Ann has made and donated over a thousand masks to the community, at no cost. When asked why she did so much for the community, she replied "It's just a small thing you know. We have to look after each other. I've lost count anyway. About a thousand masks since early March. A means to keep my hands busy. I sew because I can but honestly I don't know if it makes a difference. A mask may not help but it's better than nothing at all. If just one person feels safer wearing one then I helped one person. I believe we all have a purpose and need to pay attention when we are called. Sewing machine and bins of material equal masks. Nothing special really but maybe I had a purpose." We thank Carol Ann for her contributions to the community.



## COVID-19 SYMPTOMS

Persons with the Covid-19 have had a wide range of symptoms reported – ranging from mild symptoms of severe illness. These symptoms may appear 2-14 days after exposure to the virus:

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell



## TEAM JLYONS DONATES GIFT CARDS TO SENIORS

Team JLyons, as part of an effort to recognize members of the graduating class of 2020 initiated a Facebook contest for Seniors in the Central Texas community. All the participants had to do was submit their name, school they attend and a short explanation of what "volunteering" means to them. We read the entries selected four winners to award \$50 gift cards. Additionally, we put all the names in a hat and pulled a fifth winner.

Our winners selected were:

- Ryan Long, Belton High School (pictured at left)
- Lexi Hollingsworth, Copperas Cove High school
- Makayla Campos, La Vega High School
- Jamaica McDade, Belton High School
- Hannah Cehand, Belton High School

Congratulations to all the winners.



Jamaica



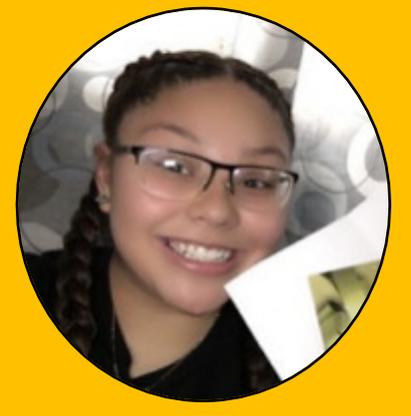
Ryan



Lexi



Hannah



Makayla

# 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:

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

Closed Monday and Thursday

# Care Kits



for the  
**HOMELESS**

We are always in need of the following items to be redistributed among the homeless

- Socks
- T-shirts
- Undergarments
- Gift certificates for fast food
- Hand wipes
- Hand Lotion
- Deodorant
- Mouth Wash
- Pack 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
- Tuna and crackers
- Granola Bar or cereal bar
- Fruit snack or applesauce cup
- Crackers with peanut butter/cheese
- Note of encouragement verse

Contact us at [teamjlyons@gmail.com](mailto:teamjlyons@gmail.com)

# COVID – 19 Virus Dampens Team Season



The Team Jlyons sponsored youth basketball program, the Central Texas STARZZ, have been holding out hope that we would be able to continue the AAU youth basketball season at some point. With the decision to permanently close the schools for the remainder of the school year, and loss of our practice facilities, we do not see how the season can be restarted in a timely manner.

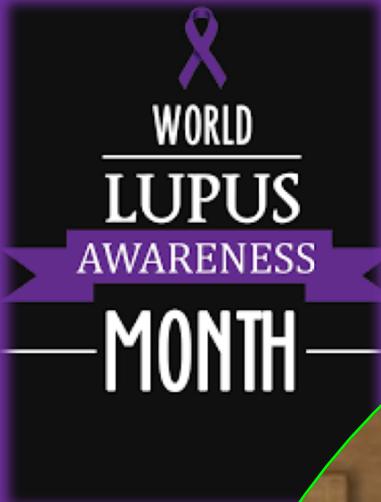
Our fifth-sixth grade boys team, coached by Joel Hanley and Mike Watson, were fortunate enough to get in some practices and the opportunity to play in two tournaments.





# Purple in the Park

A gathering Of Lupus Warriors



**POSTPONED  
UNTIL LATER DATE**



**Music, Entertainment,  
1-mile Walk Around Park**

**May 9, 2020 at 3:00 pm**

**City Park**

**1206 W Avenue B**

**Copperas Cove, Texas**



For more information ... email at [teamjlyons@aol.com](mailto:teamjlyons@aol.com)  
or visit our website at [www.teamjlyons.com](http://www.teamjlyons.com)

*Indoor Event*

TEAM JLYONS

# *Holiday* **Bazaar**



**Saturday, November 28, 2020**

**11 am - 5 pm at Copperas Cove Civic Center  
1206 W. Ave B, Copperas Cove, Texas**

**Arts and crafts, holiday gifts, jewelry,  
independant consultants**

**DONATION  
\$1**

**MY BROTHER'S HOUSE  
FOOD PANTRY**



**Vendor info at [teamjlyons@gmail.com](mailto:teamjlyons@gmail.com)  
or [www.teamjlyons.com](http://www.teamjlyons.com)**