



# Camp Springs Civic Association Community News

P. O. Box 1071, Camp Springs, MD 20757

## CSCA Meetings

2<sup>nd</sup> Wednesday

- Nov 9, 2016
- Jan 11, 2017
- Mar 8, 2017
- May 9, 2017

Web Site: [Campspringsca.org](http://Campspringsca.org)

## September 2016 Community Meeting

**PLEASE JOIN US FOR THE SEPTEMBER COMMUNITY MEETING**

**Date:** Wednesday September 14, 2016  
**Time:** 7:00 pm  
**Location:** Thurgood Marshall Middle School  
4909 Brinkley Road, Camp Springs, MD 20748

Note: If Prince George's County Public Schools are closed for any reason, the meeting will be cancelled.

## Feature Topic: Prince George's County Executive Rushern Baker is one of our guest speakers

At the Sept 14 CSCA community meeting, Baker will be joined by Gloria Lawlah, former head of Maryland's Dept of Aging, to talk about the new Dementia Friendly America Initiative. Prince George's County is one of six counties in the nation chosen to participate in the program. The Initiative pledges supportive options and to foster quality of life for persons living with dementia (mental deterioration). Baker, who has personal experience with dementia through his family, and Lawlah will provide important information and answer questions. Major Philip Davis, new Police District IV Commander, will also attend to meet the Camp Springs community. Tell others and we hope to see you on Sept 14.

## We're Still At Work

The Camp Springs Civic Association (CSCA) Board is excited about the new fiscal year. This will be the first time County Executive Baker has visited us, so please make an effort to welcome him. Also at this meeting, you may register to vote if you have not done so. We want to bring your attention to Question D that will be on the ballot in the November general election. You will vote yes or no to amend the county charter to add two at-large seats to County Council; increasing it to 11 members. We encourage you to get smart on the November ballot questions. *Thank you to all who support your civic association.*

*Tammy Jones, President*



Left to Right: Cpl. Garner, Cpl. Santos, Major Victoria Brock, Acting Commander Phil Davis

## 2016 National Night Out

By Leon Turner

Despite the hot sun, the 33<sup>rd</sup> annual National Night Out (NNO) was a big success. The CSCA sponsored NNO on Aug 2, at Thurgood Marshall Middle School (its adopted school) and had one of its biggest turnouts of participants and something for everyone.

NNO is “America’s Night Out Against Crime” whereby communities and the police team-up to fight crime and raise awareness on crime prevention and public safety.

Acting Major Philip Davis, District IV Commander, attended our NNO and commented, “The Prince George’s County Police Department has been working hand in hand with the community for several years to foster a relationship that has been built on trust and transparency. The annual National Night Out event is an excellent program that helps our Department to further build on these relationships with the community to make our neighborhoods a safer, better place to live. Due to our year round partnerships with the community, our lines of communication and bonds of trust continue to grow stronger.”

The CSCA would like to thank the numerous volunteers and supporters who helped contribute to this event including: County Police, COPS Officer Mike Garner, Police Explorers, Canine Unit, Buffalo Soldiers, Boys/Girls Club, Classic Vehicles, Concerned Black Men, various County Agencies, Firefighters, Line Dancers, Neighborhood Watch Groups, Park Police, Senior Citizen Center, Southern MD Hospital, Swim Club, and Zumba Fitness demo (Ky Jones). We recognize the volunteers from Union Temple Baptist Church.



*Rosalind Gale was the special grand prize winner of a Vizio 32 inch flat screen television donated by James Randolph and Claudia Poole.*

*Tammy Jones, CSCA President (left)*



We presented Patricia Spradlin, CSCA member and long-time Camp Springs resident, with a certificate of appreciation for volunteering as a face painter at this event for 20 years. Further, we pay special thanks to our sponsors: Royal Farms, G.S. Proctor & Associates, Roy’s Car Wash, Red Nelson Trophy World, Giant Foods, Norgetown Cleaners, Midas, Topolino, Allstate Ins., Citgo (Old Branch Ave), Solid State Systems, Kappa Alpha Psi and All Things Creative.

We also recognize our host, Thurgood Marshall Middle School Principal Demarco Clark. We salute him for recently receiving his doctorate degree.

The CSCA raffled off prizes and provided free refreshments, entertainment/sound system by Carson Turner, games and fun for all. Rosalind Gale was the special grand prize winner of a Vizio 32



inch flat screen television donated by James Randolph and Claudia Poole.

NNO is an excellent opportunity for the public to meet and get acquainted with the police and vice versa, especially during these turbulent times. Get to know the police officials serving your neighborhood and let’s work together to keep our communities safe, clean and livable. We look forward to your continued support of the CSCA and hope to see you at the next CSCA community meeting on Sept 14, 2016.

## Volunteers Needed

ALERT NOTICE! Volunteers are needed to help distribute CSCA flyers and other information during the year throughout Camp Springs. If you are not receiving notices about the CSCA events (National Night Out, Community Meetings, etc.), please consider serving as a Point of Contact on your street and help us get the word out to your neighbors. Please contact Leon Turner ([rileylt@comcast.net](mailto:rileylt@comcast.net); 301-335-0152) or Monique Taylor ([mctboop@gmail.com](mailto:mctboop@gmail.com); 240-472-1739) and provide your name, email address and phone number.

**CSCA HARD AT WORK. IF WE HAD YOU, WE COULD DO SO MUCH MORE TO MAKE OUR COMMUNITY A BETTER PLACE TO LIVE.**

**JOIN TODAY**  
**\$15 per household**  
**\$25 per business**



## Don't Just Sit There

Brief bouts of walking or simple strength exercises can lower blood sugar and insulin levels in people with type-2 diabetes. Scientists assigned 24 overweight adults with diabetes to spend a day sitting for 8 hours or to break up the sitting with either a walk or with strength exercises for 3 minutes every half hour. The strength exercises were half-squats, calf raises, gluteal contractions, and knee raises.

On the days the participants did either walking or strength exercises, they had lower blood sugar, insulin, and C-peptide (a measure of insulin secretion). Only the strength exercises lowered triglycerides (main constituents of body fat).

What does this mean? Get Up and Move!

## The Year in Review of what we do:

- ✓ Hosted Shred Day – 400 people used our service.
- ✓ Working to combat posting of illegal street signs.
- ✓ Instrumental in the closure/restrictions of lewd adult entertainment clubs.
- ✓ Instrumental in getting Old Branch Ave water main pipe replaced & street re-paved.
- ✓ Instrumental in getting left turn signal on Allentown Rd/Old Branch Avenue.
- ✓ Hosts National Night Out- community-building campaign that promotes police/community partnerships to make our neighborhoods safer.
- ✓ Participate in Adopt-A-Road and community clean-ups to keep our neighborhoods clean.
- ✓ Partner with Neighborhood Watch organizations.
- ✓ Issue bi-monthly newsletter to keep you informed.
- ✓ Host regular community meetings to share important information and hear from county representatives and community police.

### Call for Volunteers!

Council Member Obie Patterson  
 District 8 4th Annual  
 Community Health Fair  
 Saturday, September 24, 2016  
 8:00 AM - 3:00 PM

Southern Regional Tech/Recreation  
 Complex  
 7007 Bock Road  
 Fort Washington, MD 20744

*For additional information/questions contact:  
 James Walker-Bey (301) 952-3860 or  
 email: [jtwalkerbey@co.pg.md.us](mailto:jtwalkerbey@co.pg.md.us)*

### Clean Up Green Up

Join the CSCA for the countywide Fall 2016 'Clean Up Green Up' on Saturday, Oct. 29. We will meet in the VillageThrift Store parking lot, 6307 Allentown Rd at 8 am. if you can help out, contact Arlene Wilson - 301-899-3903 or [arwilson22@comcast.net](mailto:arwilson22@comcast.net)

### Alzheimer's & Dementia

Many older people forget someone's name or misplace things from time to time. This kind of forgetfulness is normal. But, forgetting how to get home, getting confused in places a person knows well, or asking questions over and over can be signs of a more serious problem. The person may have Alzheimer's disease (pronounced Allz-high-merz). It is a disease of the brain that begins slowly and gets worse over time. It is the most common cause of dementia among older adults. In ongoing clinical trials, scientists are developing and testing several possible interventions, including immunization therapy, drug therapies, cognitive training, physical activity, and treatments used for cardiovascular and diabetes. Learn about Alzheimer's and Dementia and how to help your loved ones at the CSCA community meeting on Sept. 14 at 7 pm.





**EXTRA! EXTRA! READ ALL ABOUT IT!!!!**

**CSCA NEEDS VOLUNTEERS!!!!**

➤ **NEWSLETTER DISTRIBUTION** – CONTACT MONIQUE TAYLOR AT [mctboop@gmail.com](mailto:mctboop@gmail.com)

**CAMP SPRINGS CIVIC ASSOCIATION, INC. BOARD OF DIRECTORS**

- President: **Tammy Jones**  
301-437-4551
- Vice President: **John Bailey**  
202-277-1274
- Treasurer: **Arlene Wilson**  
301-899-3903
- Recording Secy: **Betty Kohut**  
301-449-9479
- Corresponding Secy: **Carolyn Fleming**  
301-248-5112
- Newsletter Editor: **Tammy Jones**

**IMPORTANT NUMBERS TO KNOW**

Prince George’s County                   **311**  
 Police Non-Emergency                   **301-352-1200**  
 District IV Police Station               **301-749-4900**  
 District V Police Station               **301-856-3130**  
 WSSC Emergency                         **301-206-4002**

**Make the Right Call**

Call 3-1-1 for general PG Gov. info.  
 Call 9-1-1 for emergencies only - Police, Fire, EMS or Sheriff  
 9-1-1- is **NOT** equipped to accept text messages.

*Check out the CSCA Website for county and community news & events and to volunteer:*  
<http://www.Campspringsca.org>

**Graphic Design: Ky Jones**  
 bykydesigns@gmail.com  
 www.kyishapowell.zumba.com

**MEMBERSHIP REGISTRATION AND RENEWAL**

Please complete the following membership form and send it along with your check payable to the Camp Springs Civic Association, Inc. Attention Membership Chair, P.O. Box 1071, Camp Springs, Maryland 20757.

**Membership Period:** September 1, 2016 – August 31, 2017

**Membership Dues:** \$15.00 (per residential household)

**Name** \_\_\_\_\_ **Date** \_\_\_\_\_

**Address** \_\_\_\_\_ **Camp Springs, MD Zip** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email** \_\_\_\_\_

If you would prefer an electronic version of the newsletter (improving our eco-friendly efforts) please check the yes box.

Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
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I am already a member but would like to volunteer for one of the committees: Yes \_\_\_ No \_\_\_

I am interested in volunteering for one or more of the standing committees or activities listed below (check all that apply):

- |                                             |                                                      |                                                 |                                          |
|---------------------------------------------|------------------------------------------------------|-------------------------------------------------|------------------------------------------|
| <input type="checkbox"/> Education          | <input type="checkbox"/> Public Works/Transportation | <input type="checkbox"/> Public Safety          | <input type="checkbox"/> Membership      |
| <input type="checkbox"/> County Svcs        | <input type="checkbox"/> Senior Citizen Concerns     | <input type="checkbox"/> Zoning                 | <input type="checkbox"/> Environment     |
| <input type="checkbox"/> Adopt-A-Road       | <input type="checkbox"/> Newsletter/Communications   | <input type="checkbox"/> Distribution of Flyers | <input type="checkbox"/> IT/Social Media |
| <input type="checkbox"/> Neighborhood Watch | <input type="checkbox"/> Local Business/Economic     | <input type="checkbox"/> Neighborhood Watch     |                                          |