



Camp Springs Civic Association Community News

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

CSCA Meetings

2nd Wednesday

- Sept. 13, 2017
- Nov. 8, 2017
- Jan. 10, 2018
- Mar. 14, 2018
- May 9, 2018

Web Site: Campspringsca.org

May 2017 Community Meeting

PLEASE JOIN US FOR THE MAY COMMUNITY MEETING

Date: Wednesday May 10, 2017
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 on the meeting date, go to the CSCA website or contact a Board of Director listed on the newsletter, for an update on the scheduled meetings.

Feature Topic: Annual Legislative District 26 Wrap-up

State Senator C. Anthony Muse and the Legislative District 26 Delegation (Delegates Knotts, Valderrama, and Walker) will be the guest speakers at the May 10, 2017 community meeting. They will provide an update on major bills covered the past legislative year. Councilman Obie Patterson is also scheduled to attend. Please note that we will elect new officers for the Camp Springs Civic Association at this meeting.

Thank You

Prior to the Legislative Wrap Up on May 10, we will hold elections for new officers. I have had the pleasure of serving as president for two terms. I am appreciative to so many people who have supported our civic association during my tenure. Our volunteer Board has been truly committed to its mission and the community. These experienced leaders have helped guide me in my leadership role. I am grateful for the relationships we have with other entities of the community – the neighborhood watch organizations like the very active Henderson Road Neighborhood Watch; our community police officers who attend every civic association meeting to keep us informed and who are always there to answer the call; the volunteers during National Night Out, especially Ky Jones who provides an energetic Zumba session and does a wonderful



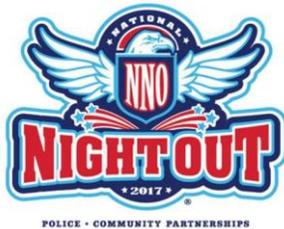
job designing our newsletter. Thank you to the supportive businesses, especially GS Proctor & Associates; Councilman Obie Patterson and his staff, along with the many county employees who attend our meetings to keep us informed, or to hear us gripe; yes, civil service is humbling. A special thanks to the residents of Camp Springs for your support. More growth is on the horizon for Camp Springs. Change is inevitable. We should not resist, we must stay abreast of all proposals and be heard. As the saying goes, "You're either at the table, or you're on the menu."

I'll see you around town, Tammy Jones, President



Andrea Nickens and Donnell Laster were crowned winners of the Crossland High School "Mr. and Miss Crossland Knowledge is Power Pageant 2017." The event was held in March at Crossland High School.

National Night Out Volunteers Needed



Volunteers are needed to assist with the 2017 National Night Out (NNO) event sponsored by the Camp Springs Civic Association. NNO is "America's Night Out Against Crime" held annually (Aug 1, 2017) and is one of the largest events sponsored by the CSCA.

To help make this another successful NNO, volunteers are needed to serve as Points of Contact on your street to distribute the NNO flyers and get the word out. Volunteers are also needed in the following areas: help setup tables, serving/cooking food & refreshments, directing parking, staffing the Moon-bounce, and clean-up.

Please consider serving as a volunteer in one of these categories and contact Leon Turner, email: rileylt@comcast.net or phone: [\(301\) 335-0152](tel:3013350152) **as soon as possible.**

For Your Health

(Contributed by Monique Taylor)

What can you do to resist the flood of junk food fighting for your attention?

- **Don't let yourself get too hungry.** If you're too hungry, your gut signals tell the reward system in your brain, "You need to really be on the lookout and respond intensely to any food cues you see," says Ashley Gearhardt, assistant professor of psychology at the Univ of Michigan. Skip the crash diets and "focus on the quality of food you eat."

- **Don't drink your calories.** Sugary drinks (soda, sport & energy drinks, or sweetened teas) lead to weight gain. It is not clear why but one possibility is that liquid calories may not register to our brains.

- **Find foods that don't cause war.** If you become hungry between meals try fresh fruit or carrots with hummus. "Try to identify foods that you enjoy but that don't cause an intense internal struggle—For instance don't think you can have one bite of cake and just eat one potato chip.

- **Address your stress.** Notice your emotional triggers that can set you up to indulge in tasty rewarding foods. Instead go for a walk, call a friend, pray, distract yourself in some fashion. The craving will peak and then go down if you don't give in.

- **Get enough sleep.** When researchers let people sleep only four hours a night for five days, they ate more and gained weight. In similar studies, participants reported increased hunger and their appetite was greatest for high-carbohydrate or high-fat foods.

- **Give yourself a break.** Our food environment is set up to make it hard for people to eat healthier so don't beat yourself up.



Good to Know

MedStar Southern Maryland Hospital Center in Clinton, MD was named the #2 hospital in the Washington region and the #5 hospital in Maryland, as rated by the 2016 Best Hospitals edition of *U.S. News & World Report*.

MedStar Southern Maryland Hospital Center is considered a high-performing hospital in the areas of Diabetes & Endocrinology, Gastroenterology & GI Surgery, Geriatrics and Nephrology. The hospital is also considered high-performing with Chronic Obstructive Pulmonary Disease (COPD) and Heart Failure procedures as well as Neurology & Neurosurgery.

"This recognition shows that our ongoing commitment to bring world-class care to this community is working, and people are taking notice. This honor reaffirms our dedication to patient care, to health and to innovation," said Christine Wray, President of MedStar Southern Maryland Hospital Center.



Announcements

Join Your Neighbors and Take the Once-a-Week Trash Feedback

Survey: <http://www.melfranklin.net/councilman-mel-franklin-launches-once-a-week-trash-feedback-survey/>

Prince George's County Family & Friends Day is August 27, 2017, 3PM-6PM, Show Place Arena, 14900 Pennsylvania Ave., Upper Marlboro, MD 20772: Stay tuned for more details about this annual countywide festival.

Council Votes to Establish a Public Notice Website for County Public Meetings. The County has unanimously adopted CB-6-2017, which requires all public bodies of the County Government to post notice of their meetings on a central website for the benefit of the public and to promote open government. This requirement will go into effect on October 1, 2017.

New Commission on Fathers, Men, and Boys
The County Council unanimously adopted CB-9-2017 to establish a Commission on Fathers, Men, and Boys in Prince George's County to pursue policies and programs "that will effectively address the social economic concerns of fathers, men, and boys, including: (1) Fatherlessness and responsible fatherhood; Employment and Economic Opportunities; (3) Family law and domestic violence; (4) Hunger, Poverty, and Homelessness; (5) Health and well-being; and (6) Rehabilitation and reintegration." For more information, go here: <http://www.melfranklin.net/prince-georges-county-to-establish-commission-on-fathers-men-and-boys/>

Support Clinton CERT fundraisers:

Flapjack Fundraiser at Applebee's, 3447 Donnell Dr., Forestville, MD, Saturday, May 13th, 2017, 8am - 10am, Ticket cost: \$10.00

Sip & Paint Fundraiser at The Hideaway, 6421 Old Alexandria Ferry Rd, Clinton, MD, 2pm - 6pm Saturday, June 17th, 2017, Ticket cost: \$35.00

Crossland High school students and the PTSA sponsored a 3K Stop the Violence fundraiser at Crossland on April 8th. It's a 3 mile run with a twist - called Color Me Crossland, featuring a color blast party.

Thank you to an angel

Camp Springs residents Charlotte Duckett and Margaret Kemper, who live on Center Dr., wish to thank the angels who cleaned their driveway and walkway during this last snow storm. They asked around the neighborhood if anyone knew who the angel or angels might have been. No one knew. They appreciate the kindness. Blessings to all who look out for their neighbors.

PLEASE CONTACT
MONIQUE TAYLOR
AT

cscs.membership1@gmail.com

SEPTEMBER
NEWSLETTERS
DISTRIBUTION ON YOUR
STREET

NATIONAL NIGHT OUT





Zumba with Ky Jones at WillPower Functional Fitness. Opening soon: 10709 Indian Head Hwy, Fort Washington, MD 20744 (Currently open at the National Harbor.)

Call Ky: (240) 601-3930



kyzumba@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
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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 [] No []

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):

- Education Public Works/Transportation Public Safety Membership
County Svcs Senior Citizen Concerns Zoning Environment
Adopt-A-Road Newsletter/Communications Distribution of Flyers IT/Social Media
Neighborhood Watch Local Business/Economic Neighborhood Watch