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Center, ITAVCOLLAB Founders Aishia Phillpotts-Manley and Shoa Phillpotts with 2021 Retreat Guests.

DMV Health & Wellness Sister Duo Look to Make Change on How Black Women Self Heal

By PRESS OFFICER
ITAVCollab

WASHINGTON (Aug. 16, 2023)—Sister duo Aishia Phillpotts-Manley and Shoa Phillpotts founded It Takes A Village Collaborative (ITAVCollab) in 2019 to better provide community-based wellness programs with a twist on holistic healing for black women and the black community. After seeing firsthand examples of the disparities black women face within their Caribbean household, the duo decided to center their efforts on creating a non-profit that empow-

ered black women to center their health and wellness while equipping individuals within the black community with wellness resources to better heal and develop for a more practical lifestyle through mental, physical, and spiritual health.

ITAVCollab has created annual events and programs to better serve black women & men, black youth, and formerly incarcerated women. Their 8-week hybrid program "To Be Me" equips women who have been previously incarcerated with a safe environment to connect with themselves, grow their advocacy

skills, and establish a supportive network within their own community. In partnership with the National Reentry Network for Returning Citizens, ITAVCollab infuses a holistic approach to wellness to build self-confidence, awareness, resilience, opportunity, and advocacy skills for participants.

"By promoting self-healing practices and wellness techniques, we aim to reduce the risk of chronic illnesses and improve overall mental and emotional well-being within our community," said Co-founder Shoa Phillpotts.

After four years of creating safe and creative spaces of healing for black women and the black community, ITAVCollab is hosting B.E.I.N.G the Healer & The Healed, a one-day retreat under its Queen B.E.E Talks Wellness program on Saturday, Oct. 28, 2023 from 10-4 p.m. at the Wellspring Manor in Upper Marlboro, Maryland. The day-long retreat will feature interactive sessions with the intent to support and guide attendees' active wellness journey through intimate life coaching, therapy, yoga, fitness, and holistic healing. Attendees are welcome to register at itavcollab.org.

Event Details:

Title: B.E.I.N.G the Healer and the Healed
Acronym for BEING: Breathing, Enlightenment, Intuitiveness, Nurturing, and Grounding

When:

Saturday, Oct. 28, 2023
Time: 10-4 p.m.

Where: Wellspring Manor, Upper Marlboro, MD
11311 Drumsheugh Ln, Upper Marlboro, MD 20774

IT TAKES A VILLAGE: COLLABORATIVE I.T.A.V.COLLAB

Web: www.itavcollab.org/wellness-programs.html

Social Media:

IG: @itavcollab
Facebook: <https://www.facebook.com/ITAVcollab>

County Health Department Offers Essential Tips to Safeguard Against Mosquito-Borne Illnesses

Prince George's County Health Department reminds people to take precautions against mosquitoes

By LAUREN MOSES
Office of the Health Officer

LARGO, Md. (Aug. 18, 2023)—In response to the Maryland Department of Health's recent announcement confirming a positive case of locally acquired malaria in a Maryland resident who lives in the National Capital Region, the Prince George's County Health Department wants to remind residents about the importance of protecting themselves against potential exposure to mosquito-borne illnesses. The risk of mosquito-borne illnesses increases in the summer and continues into the fall because of the increased mosquito activity.

"Educating our residents on ways to reduce mosquito pools is the best way in preventing mosquito-borne illness," said Sanmi Areola, Deputy Chief Administrative Officer for Health, Human Services and Education. "We are asking our residents to take the necessary steps to eliminate standing water around their homes and to reduce their exposure to mosquito bites which will reduce your chances of getting infected."

Protect Yourself and Your Family—Avoid Mosquito Bites

- Many mosquitos that transmit viruses bite between dawn and dusk. It is possible for mosquitos that bite in the daytime to also transmit viruses. To the extent possible, stay indoors at dusk and at dawn when mosquitos are most active.
- Wear long-sleeved shirts, long pants, socks, and shoes when outdoors.
- Spray insect repellent with the active ingredients of DEET or Picaridin (both provide longer-lasting protection than others) on exposed skin and clothing when outdoors, following product directions.
- Treat clothes and gear with prod-

- ucts containing 0.5% permethrin.
- Use screens on open windows and repair any holes.

Eliminate Mosquito Breeding Sites

Reduce breeding mosquitoes in your yard and in your neighborhood by eliminating standing water where mosquitoes lay their eggs.

- Remove discarded automobile tires and put drainage holes in playground tires.
- Remove or turn over buckets and other containers that can collect rainwater.
- Turn over children's wading pools, wheelbarrows, canoes, and garbage can lids.
- Clean roof gutters and downspout screens regularly.
- Flush bird baths and potted plant drainage trays twice weekly.
- Fix dripping outdoor water faucets and eliminate puddles under air conditioners.
- Clean and chlorinate swimming pools.
- Adjust tarps over pools, boats, etc. so that rainwater will not collect.
- Treat containers that cannot be emptied (such as rain barrels or abandoned pools) with an insecticide that specifically targets mosquito larvae. Look for products such as Mosquito Torpedoes, sold in garden centers and hardware stores.
- Ensure corrugated drainpipes are placed correctly so that they do not retain water. If pipes are above ground, empty them once a week. Attach flexible screening to the open end to prevent mosquitoes from entering.

For more information, please visit the County Health Department website at health.mypgc.us/MosquitoPrevention

Building Faster & Smarter: PGCPS to Open Six New Schools During 2023-24 School Year

By PRESS OFFICER
Prince George's County Public Schools

UPPER MARLBORO, Md. (Aug. 24, 2023)—Prince George's County Public Schools (PGCPS) will open the doors to six new state-of-the-art schools for the 2023-24 school

year, underlining historic investments in modernizing rapidly aging school buildings and addressing growing enrollment.

Known colloquially as the Blueprint Schools, they include four building replacements—Drew-Freeman Middle School in Suitland; Hyattsville Middle School; Kenmoor Middle

School in Landover; and Walker Mill Middle School in Capitol Heights—and two new schools, Sonia Sotomayor Middle School at Adelphi and Colin L. Powell Academy in Fort Washington. Overall, the schools will provide capacity for 8,000 students.

"These new schools show

what is possible in public school construction through innovation and collaboration," said Superintendent Millard House II. "The Blueprint Schools program is a model for school systems across this nation. We are

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8th Annual McCeney March Returns Sept. 30

By PRESS OFFICER
Laurel Historical Society

On Saturday, Sept. 30, Laurel community members are invited to join the Laurel Historical Society for the eighth annual McCeney March in honor of James "Jim" McCeney, a community activist, devoted LHS board member and avid walker. All proceeds will go toward local educational programs and scholarships.

McCeney is fondly remembered for his work as board chair, treasurer and president of the Laurel Historical Society for many years, as well as his cheerful morning greetings to passersby during his daily walks through Old Town Laurel. Since 2016, participants in the annual McCeney March have honored McCeney's memory by retracing his steps and visiting some of his favorite locations in historic Laurel.

"This year's McCeney March will honor Jim's memory by adding a new component to the event that will make the day a fun-filled learning experience about the history of the city Jim loved so much," said Bob Mignon, chair of the McCeney March committee.

From 10 a.m. till 12 p.m. on Sept. 30, McCeney March participants will have the chance to gather at the Laurel Museum and from there enjoy a self-guided walking tour through historic Laurel by visiting any or all of the eight interactive stops along a scenic 1.25-mile route.

Following the route in any order, walkers can visit four stationary stops to read signage about Laurel's history since the mid-19th century, as well as hear from volunteers at four interactive stops about in-depth history on St. Mark's United Methodist Church, the Laurel Museum, Old Laurel High School and Emancipation Park.

While most of the terrain is level, there are a few hills to climb from Ninth Street to the Museum. Participants may also drive the route, as parking is available at all of the interactive stops.

"This year's McCeney March will be really exciting because we will be remembering Jim and his legacy in Laurel while also learning more about the history of the town he loved so much," said Ann Bennett, executive director of the Laurel Historical Society. "Expanding the walking portion to include a self-guided tour with stationary and interactive stops will allow more participants

to learn more about Laurel's history and what we do at the Historical Society."

Following the walk, participants will gather at noon in the Pool Meeting Room at the Laurel Municipal Pool for a closing reception where pizza and light refreshments will be served for lunch. Members of the Laurel Historical Society will speak about the positive effects of donations on local educational programs, and the 2023 James B. McCeney Scholarship winners will be presented.

At 12:30 p.m., the event will also honor the memory of Mildred Awkward, a long-time St. Mark's parishioner and avid home baker, with the return of the Cold Oven Pound Cake Challenge. The pound cake challenge will be judged by Mayor Craig Moe, Laurel Board of Trade President Marilyn Johnson, a member of Mrs. Awkward's family and a member of the Laurel Historical Society. Attendees can sample the different cakes, meet the Awkward family and take home Mildred Awkward's prized cold oven pound cake recipe.

"We expect the second annual 'Cold Oven Pound Cake Challenge' to be even better than the first because we have last year's champions to defend their awards," said Bennett.

Finally, from 12 to 4 p.m., the Laurel Museum will be open with the current exhibit "It's All Laurel: City Limits and Beyond" and the Museum

Shop will have local gifts available for purchase. The exhibit explores the four counties that are part of Laurel and further expands on the history of some of the stops from the McCeney March walking tour. It strives to demonstrate that "Laurel" is more than the areas within the city limits. Focusing on communities ranging from Scaggsville to Russett to the historic African American community of Bacontown, the exhibit reveals the breadth of Laurel—geographically, demographically and historically.

Registration fees for the McCeney March are \$25 per adult, \$10 per child and \$60 for a family of four. Registration is available online at www.laurelhistoricalsociety.org/the-mcceney-march.html or in person at the Laurel Museum. Sponsorship information can be found at www.laurelhistoricalsociety.org/store/p153/McCeney_March_Sponsorship.html.

The Laurel Historical Society is located within the Laurel Museum at 817 Main St. in Laurel, Md. The Laurel Museum is open on Fridays, Saturdays and Sundays from 12 to 4 p.m. The current exhibit "It's All Laurel: City Limits and Beyond" runs through August 2024. Admission to the Museum is free. Research requests and tour groups can visit on weekdays by appointment. For more information contact info@laurelhistoricalsociety.org, 301-725-7975 or www.laurelhistoricalsociety.org.

INSIDE

Demand for Upgrade of Deplorable and Unsafe Football Facilities

The upgrade of these facilities has long been postponed—so there is growing skepticism about the proposed 2024-2025 start of renovations.

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Acclaimed Actress Lynn Whitfield, Keynote Speaker for Prince George's Film Festival—Take Two Closing Reception Brunch & Awards Presentation

28th Annual 5K Walk/Run Soul Fitness Weekend Community, Page A3

ChildWatch: Remembering the March on Washington

Now is the time to make justice a reality for all of God's children, and sixty years later, our hands, feet, and voices are still needed.

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Minority Construction Industry Day Showcases Triumph of Collaborative Development and Opportunities

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