



# Wellness Ambassadors Gazette

Issue 2

September 2013

## Port Towns Youth Council Members Graduating Well

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### Linking health to student achievement yields SUCCESS!

Thirty Bladensburg High School and two Elizabeth Seton High School students, class of 2013 and 2014 respectively entered End Time Harvest Ministries' (ETHM) Port Towns Youth Council (PTYC) and/or Pathways to Career Success (PTCS) Program in 2009 and 2010. These key stakeholders in Kaiser Permanente's national initiative— Healthy Eating, Active Living (HEAL) have made extraordinary contributions as Wellness Ambassadors teaching others how to make healthy living choices in the Port Towns and throughout Prince George's County.

This cohort of students is

diverse in ethnicities, GPAs, health, social skills and interests. ETHM's PTYC and PTCS community and school-based programs demonstrate evidenced-based outcomes that are phenomenal:

- Graduation rate: 100%**
- Drop out rate: 0%**
- Suspension rate: 2.5%**

According to the Maryland Report Card and the National Center for Education Statistics in 2012, there is a 82.9% graduation rate, 7.4% drop out rate, and 24.9% suspension rate in PGC.

However, the best proof of

success are Michaela Peterson and Lenetta Mallory who were celebrated by more than 150 Port Towns, county and state stakeholders in May 2013. These young ladies were mentored, employed and educated by these stakeholders. Michaela is majoring in history at Winston-Salem State



Two Elizabeth Seton High School members of the Port Towns Youth Council are celebrated by community stakeholders.



Erick Vargas, PTYC President, presents Bladensburg Mayor, Council and Town Administrator with appreciation award.

A recent Prince George's County Gazette article reported that more than 100 Bladensburg and other Prince Georgians marched for pedestrian safety on Saturday, July 27, 2013.

It was a bright sunshiny morning as the Port Towns Youth Council and other

youth together with the Town of Bladensburg's Mayor and Council led marchers to the Veterans War Memorial Park at Peace Cross chanting *Walkers Wear White, Especially at Night!*

Demilade Adebayo and the town's Mayor Walter James,

with bull horns to their mouths, began a rallying shout from Bladensburg High School. They picked up two other excited groups of marchers assembled at Bladensburg Elementary School and the Bladensburg Shopping Center capturing the attention of several

## Youth Wellness Ambassadors Rally for Pedestrian Safety (Continued from front page)

Peace Cross.

Several dignitaries, including PGC Council Chair Andrea Harrison, commended PTYC students for their hard work in collaborating with local, county and state officials to develop a policy that addresses a serious problem in PGC.

According to a Maryland State Highway Administration report, PGC had the highest rate of pedestrian deaths of 19 per 100,000 people in Maryland in 2006-2012. Tiffany Williams Jennings, co-chair of the Pedestrian Safety Workgroup of the PGC Health Action Coalition said that “these students offer a unique perspective on pedestrian safety since they are frequently outside. “They see for themselves what’s going on in the roads, and it’s very good to have their perspective. They are very honest.”

This pedestrian safety policy is the culmination of our Community Assets Mapping Survey recommendations that were adopted by the Bladensburg Mayor and Council in September 2012. During the 2013 Wellness Ambassadors Health

Policy six week summer camp, students completed their policy in collaboration with the Mayor, Council and Town Administrator that includes their *active living* agenda.

Demilade also said that the following four pedestrian safety tips, developed by our partner, the countywide Pedestrian Safety Workgroup, will save many lives if adhered to:

- 1) Walkers Wear White at Night!
- 2) **Be Alert!** Look left, look right, and look left again, when crossing the street.
- 3) Always walk on sidewalks or paths. If there is no sidewalk, walk on the shoulder facing traffic.
- 4) Cutting through cars is not cool! The safest place to cross is at a marked crosswalk, at an intersection or with a crossing guard.

Eric Vargas, PTYC President, said, “the Wellness Ambassadors want to encourage safe driving as part of an effort to provide great access to healthy food and active living. If pedestrians don’t feel safe to walk and bike, they will be discouraged to go out and exercise. This is why our pedestrian

safety policy agenda includes Walking Wednesdays; Walkers Welcoming Walkers; Port Towns Day 5K Walk; Sunday & Monday Walkers Walk; Fun Field Fridays; and Bike Share Program and Bike Racks for Cyclists.

I believe that the Health Policy Student Councils will enjoy providing further guidance to the town’s officials concerning how to implement this pedestrian safety policy that will lead to improved health for all Port Towns and county residents.”



PTYC Wellness Ambassadors lead the Walkers Wear White Pedestrian Safety Rally attendees in physical exercise at Peace Cross in Bladensburg, Maryland.

## Port Towns Youth Council Members Graduating Well



University, and Lenetta is majoring in Meteorology at Jackson State University.

Lenetta says, the PTYC taught her the value of working as a team. The hours she spent serving the Port Towns community has taught her the true

meaning of stewardship. She wants our new PTYC students to take advantage of every opportunity they have to learn by serving others.

Michaela says that she used to be very shy, and being a PTYC member provided her with the social skills that she needs to speak out anywhere about social justice issues that negatively impact children and youth. Becoming a Wellness Ambassador gave me many opportunities to influence others to make healthy lifestyle choices.

“Having my community believe in Lenetta and me provided us with

scholarships and other resources for college that will always mean so much to us.

I believe that the graduation rate in Prince George’s County would be higher if ETHM’s youth education and empowerment programs such as career development, healthy and wellness, conflict resolution, environmental safety, and health policy development were offered in every community throughout the county.”

Michaela feels that her parents’ involvement with her in ETHM programs was key to her success.

# Bladensburg High School Students are FIT 4 Success



and vegetation, learned basic paddling and canoe safety, and acquired environmental science, botany, biology, marine biology and water safety knowledge. Students and their science teacher also tested the Anacostia River water quality.

Canoeing is just one of several learning opportunities that **twenty seven (27) ninth grade Bladensburg High School Health Academy** students experienced as a component of ETHM’s Wellness Ambassadors FIT 4 Success Program.

**The students’ Bladensburg Waterfront Park Field-trip** was one of the active living classes where students walked the Anacostia trails, identified native plant life

ETHM’s Wellness Ambassadors FIT 4 Success Program is an in-school health policy experiential learning curriculum that includes food and nutrition , establishing and harvesting community gardens, fitness , and environmental safety classes. This curriculum is a student-led health and wellness program where students earn English, science, math, social students and history course credits from their BHS teachers.

Diego Datiz-Cintron reports that he enjoyed learning about the value of growing organic foods locally at ECO City Farms.



Demilade, an advanced Wellness Ambassador, leads FIT 4 Success freshmen in in-school physical activities class. This program plays a major part in the health policy that is being developed in partnership with the Town of Bladensburg.

## Special Thanks to Our Partners

### AFFILIATES

- Maryland Nonprofit
- The Community Foundation for Prince George’s Partnership
- Human Services Coalition of Prince George’s County
- United Way National Capital Area
- Kaiser Permanente
- Safe Routes to Schools

### PARTNERS

- Maryland’s 47th Legislative District
- Prince George’s County Executive

- Prince George’s County Government, District 5
- Prince George’s County Public School System
- Maryland-National Capital Park and Planning Commission
- Town of Bladensburg Mayor, Council & Town Administrator, and our other Port Towns municipalities: Colmar Manor, Cottage City & Edmonston
- Bladensburg High School
- Port Towns Community Health Partnership
- Community Forklift, LLC.
- Anacostia Watershed Society
- ECO City Farms
- NU-You Wellness & Fitness
- Joe’s Movement Emporium
- Three Brothers Restaurant (Port Towns)
- American Diabetes Association
- Earnest Maier Block Co.

End Time Harvest Ministries is very grateful to the individuals and organizations that help us provide our youth with the life skills that lead to character and leadership excellence.

## O Taste and See: Youth Publish Summer Recipes

During the summer camp, tasty and healthy meals were prepared by eight Wellness Ambassadors that harvested fresh produce from Colmar Manor & Cottage City community gardens and ECO City Farms. Mark Haskell, chef and master gardener, says that teaching these student leaders how to prepare organically grown meals was fun and educational for him. They have creative ideas and I would like the

**Wellness Ambassadors eat well, exercise a lot and keep their bodies healthy. This summer, I learned how to become a wellness ambassador. I think we should all become wellness ambassadors so we can all live longer.**  
— Mohamed Sheikh



community to purchase the Wellness Ambassadors Recipes Cookbook to help them teach others how to enjoy delicious meals such as this Summer Squash

“Spaghetti” dish. Contact ETHM at (301) 220-4333. Please visit ETHM’s website at [www.ethm.org](http://www.ethm.org) to view the cookbook.

End Time Harvest  
Ministries  
Spring & Summer 2013 Issue

Volunteer opportunities  
and donations are  
welcomed  
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Since 1996, End Time Harvest Ministries (ETHM), Inc. has positively impacted the lives of hundreds of youth and families throughout Prince George's County, Maryland. Strengthening families is a primary outcome of ETHM's social and human services.

#### MISSION

ETHM builds and empowers youth leaders to impact the health and wealth of Port Towns and Prince George's County communities by equipping youth with education, social and economic life skills.

## Health Policy Student Councils Watch

Demilade, PTYC Vice President and President of BHS' Student Government Association (SGA) says, once our Pedestrian Safety Policy is adopted by the Mayor and Council, Rev. Gail A. Addison, our mentor and ETHM President, will continue collaborating with Port Towns principals to implement Health Policy Student Councils in each school including William Wirt and Charles Carroll Middle Schools. These Health Policy Student Councils will enjoy providing further guidance to the town's officials concerning how to implement our pedestrian safety policy that will improve the health of all Port Towns and PGC residents.

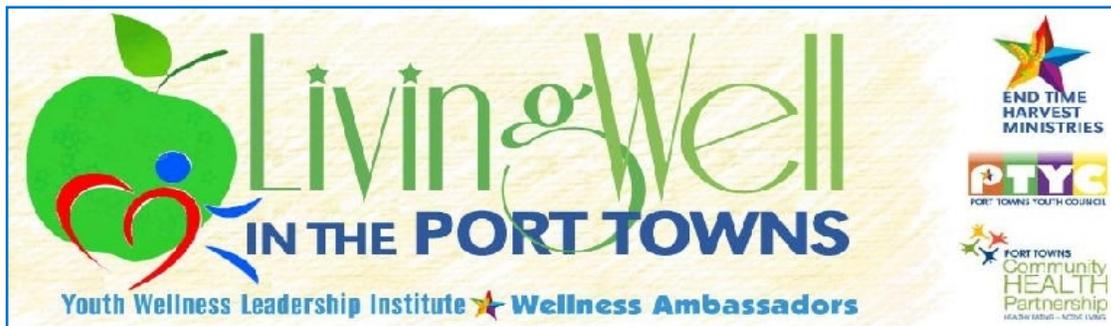


Visit ETHM on the Web at [www.ethm.org](http://www.ethm.org)

CFC #31604  
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FOR IMMEDIATE RELEASE

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### **Press Release**

#### ***Town of Bladensburg & Port Towns Youth Council/Wellness Ambassadors Health Policy Summer Camp Capstone Event--Saturday, July 27, 2013!***

*Prince George's County community mark your calendar for one of the most significant events that will happen in and for the Port Towns and Prince George's County—*

Beginning June 17, 2013, the Port Towns Youth Council/Wellness Ambassadors will continue its joint health policy development initiative with the Town of Bladensburg's Mayor and Council to create a policy that will impact the health and safety of the Town of Bladensburg community. The camp will end with a capstone event that will unveil the policy that these youth and Bladensburg policy makers have developed that will provide greater access to healthy food and active living.

Since January 2013, the Port Towns Youth Council/Wellness Ambassadors have been collaborating with the Town of Bladensburg, Prince George's County Council, District 5, Maryland State 47<sup>th</sup> Legislators and others to discuss the community assets mapping survey recommendations that were developed by the Wellness Ambassadors. The recommendations were presented to and adopted by the Bladensburg Mayor and Council in September 2012.

On April 6<sup>th</sup>, the Wellness Ambassadors prioritized their recommendations during a focus group workshop and decided that pedestrian safety around Bladensburg's "Green Street" focus area is their #1 health policy priority among the four they chose. These youth have made the connection between creating walkable and bikeable pedestrian friendly surfaces and healthy living for all.

So come and *Fire Up Your Feet* as the Wellness Ambassadors and Town of Bladensburg Mayor and Council lead the Port Towns in this countywide WWW (*walkers wear white*) pedestrian safety campaign on Saturday, July 27, 2013. Our partners for this active living event include Pedestrian Safety Workgroup of the Prince George's Healthcare Action Coalition, Kaiser's Thriving Schools initiative, Safe Routes to Everywhere Fire Up Your Feet initiative, and the Port Towns Community Health Partnership.

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