

2025 BLACK HISTORY MONTH: AFRICAN AMERICANS AND LABOR

ST. MARY'S COUNTY BLACK HISTORY COALITION
NON-PROFIT ORGANIZATION

DINAH K. SOMERVILLE SCHOLARSHIP



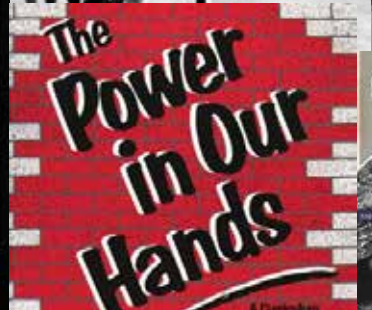
12th ANNUAL AWARDS CEREMONY & BLACK HISTORY CELEBRATION



**CELEBRATE
BLACK
HISTORY**
FEB 1 - MARCH 1



TULSA'S BLACK WALL STREET



IMMACULATE CONCEPTION CHURCH SOCIAL HALL
28297 OLD VILLAGE RD, MECHANICSVILLE, MD 20659

**African Americans and
LABOR**
MODERN

The Dinah K. Somerville Scholarship Fund

Dinah Katherine Miles Somerville was born on August 7, 1953, the fourth of nine children of Mary Artina Dotson Miles and the late Joseph Edward Miles. Dinah grew up in St. Mary's County, Mechanicsville, Maryland. She received her education from the St. Mary's County Public School System and graduated from Chopticon High School, Class of 1971. She married Charles Webster Somerville and from that union two children, Charles Webster, Jr. and Damion Edward Somerville were born. Dinah also was blessed with four grandchildren; Lexus, Charles III, Krystalee, and Landon. Dinah spent her life serving family, building the community, and as federal government public servant, for over 30 years. Despite not seeking a college degree of her own, it did not discourage her from wanting the dream for her children, and other community students. It was her passion to celebrate faithfully Black History and to establish a scholarship for family and other community youth seeking to further their educational goals. The family is honored and proud to have established a posthumous scholarship fund and the continued yearly black history celebrations honoring the legacy of Dinah K. Somerville.



1953 - 2008

St. Mary's County Black History Coalition (SMCBHC) and the Dinah K. Somerville Scholarship Fund (DKSSF) was established on July 31, 2011, by family and friends with a shared interest. SMCBHC-DKSSF is a nonprofit organization with 501(c)(3) status, Employer Identification Number 37-1645880. SMCBHC-DKSSF's goal is to help deserving individuals within our community achieve their career goals, an objective which has the added benefit of bettering the St. Mary's County community-at-large. In short, our goal is to ensure that no deserving scholar in our community will be deprived of higher education because of a shortage of funds. SMCBHC-DKSSF is committed to fundraising to provide scholarships to assist with higher education tuition cost and celebrating black history every last Sunday in February. SMCBHC-DKSSF inspires, encourages, and supports St. Mary's County students to and through college and vocational school by providing information, advising, and scholarships. SMCBHC-DKSSF takes pride in serving our youth, our community, and our great Nation by giving back to our youth, building community, and believing a mind is a terrible thing to waste as we support education. SMCBHC-DKSSF is committed to providing educational support and bringing awareness, value, and pride to families within St. Mary's County.

"When someone holds a special place in your heart, makes a big impact on your life or changes the community for good, it's fitting to honor their contributions."

- Author Unknown

Order of Events

Welcome/Greeting.....Ms. Terry Edwards

Presentation of the Colors.....AFJROTC Chopticon High School

Pledge of Allegiance.....Mr. Sean Scriber

National Anthem.....Mr. Sean Scriber

The Lord's Prayer in Swahili.....Mr. Sean Scriber

Blessing of the Food.....Rev. Paul Nguyen, Pastor
Immaculate Conception Catholic Church

Banquet

Music: DJ Myron Herbert

Commissioners of St. Mary's County Proclamation.....Mr. Michael Alderson, Jr.
Commissioner, Third District

Musical Selection.....Ms. Emma Walls

Performance.....The Rhythm Club

Introduction of Keynote Speaker – Dr. Tonja Ringgold.....Ms. Terry Edwards

Wheels of a Dream.....Mr. Sean Scriber

Performance.....The Rhythm Club

Musical Selection.....Ms. Emma Walls

Congratulations to Recipients (Video).....Governor Wes Moore

Presentation of the 2025 Dinah K. Somerville Scholarship Fund Awards

Mr. Garnell Miles, CEO
Ms. Raquel Stone, President

Closing Remarks.....Ms. Raquel Stone

Lift Every Voice and Sing.....Mr. Sean Scriber



St. Mary's County Black History Coalition

Dinah K. Somerville Scholarship Fund

P.O. Box 829, Mechanicsville, MD 20659

Email: smcbhc@gmail.com

Website: www.smcbhc.wixsite.com/smcbhc



As the Chief Executive Officer of the St. Mary's County Black History Coalition (SMCBHC) and the Dinah K. Somerville Scholarship Fund, it is my distinct honor to welcome each of you to the 12th Annual Dinah K. Somerville Scholarship Awards Ceremony and Black History Month Celebration. As a result of many community fundraisers, generous donors, and our membership's tireless efforts over the last year, we are pleased to award a \$1,000 scholarship to five talented students in the St. Mary's County Public and Private School systems.

This year's Black History Month theme is **African Americans and Labor**. This theme highlights the significant role that work, in all its forms, has played in shaping the Black experience throughout history. From the forced labor of enslaved Africans, to Black leadership within labor unions, and the development of Black communities through entrepreneurship, work has always played a major role in Black identity. In addition, this theme examines how Black people's contributions to the workforce have been transformative, impacting both the social and economic landscape of the United States, while also acknowledging the ongoing struggles for racial and economic justice throughout labor, the workplace, and in the world.

This year's Black History Month comes at a time when diversity, equity, and inclusion (DEI) programs are being eroded in the federal workforce. There have been signed executive orders to eliminate DEI programs from private companies with contracts with the federal government. This makes our theme much more important, as we must not let our voices be silenced. Black workers, leaders, and business owners contribute so much to our society, and in the face of attacks on our identity, we should celebrate our contributions and wins.

Today, the Mistress of Ceremonies is Ms. Terry Edwards, a faculty member at the Foreign Service Institute, executive coach, and organization development consultant. She has more than 40 years of experience developing leaders and facilitating sessions around the world and across the U.S. We are pleased to have Dr. Tonja L. Ringgold as our keynote speaker. Her breadth of knowledge of African American labor will encourage and energize you. She will discuss Black labor's historical and modern implications, its connection to social justice, and the lessons we must take forward.

You will be graced with the eloquent singing voice of Ms. Emma Walls and Mr. Sean Scriber, who will perform several musical selections. In addition, you will be entertained by the Rhythm Club, a performing arts group that performs heart-pounding routines with a huge mix of drumming, beatboxing, singing, dancing, rap, and steps. DJ Myron Herbert will provide jazz and musical selections. The program will conclude with "The Dinah K. Somerville Scholarship" award honorees accepting their awards.

We are committed to continuing our namesake's legacy, by building the community through scholarships for our future young leaders. SMCBHC's mission is to help desiring individuals, within our communities, with financial support to defray the costs of higher education. This objective has the added benefit of bettering our community-at-large. Investing in our young leaders' future will ultimately result in a better world. We build a stronger community by bringing our neighbors and friends together in forums, such as this, to ensure that we are all committed to educating our young generation.

This is our 12th year, and SMCBHC has awarded 34 scholarships totaling more than \$31,000. Our long-term goal is to present four deserving students each with a \$5,000 scholarship, as well as following the recipients throughout their college and/or trade school education. Our immediate organizational goals are to improve our ability to increase scholarship funding; increase SMCBHC membership; establish a mentoring program; and, partner with other St. Mary's County organizations to increase community outreach. I am very proud of our achievements and the progress we have made over the years.

Thank you for attending the 12th Annual Dinah K. Somerville Scholarship Awards Ceremony and Black History Month Celebration. Please take the time to meet and congratulate this year's recipients on their achievements. They have worked hard throughout their high school years and are on their way to promising futures.

Congratulations to the 2025 recipients of the Dinah K. Somerville Scholarship Fund Award.

Sincerely,

Garrell T. Miles

Chief Executive Officer

St. Mary's County Black History Coalition

The Dinah K. Somerville Scholarship Fund

Presidential Proclamation on National Black History Month, 2025

Issued on: January 31, 2025

Today, I am very honored to recognize February 2025 as National Black History Month.

Every year, National Black History Month is an occasion to celebrate the contributions of so many black American patriots who have indelibly shaped our Nation's history.

Throughout our history, black Americans have been among our country's most consequential leaders, shaping the cultural and political destiny of our Nation in profound ways. American heroes such as Frederick Douglass, Harriet Tubman, Thomas Sowell, Justice Clarence Thomas, and countless others represent what is best in America and her citizens. Their achievements, which have monumentally advanced the tradition of equality under the law in our great country, continue to serve as an inspiration for all Americans. We will also never forget the achievements of American greats like Tiger Woods, who have pushed the boundaries of excellence in their respective fields, paving the way for others to follow.

This National Black History Month, as America prepares to enter a historic Golden Age, I want to extend my tremendous gratitude to black Americans for all they have done to bring us to this moment, and for the many future contributions they will make as we advance into a future of limitless possibility under my Administration.

NOW, THEREFORE, I, DONALD J. TRUMP, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim February 2025 as National Black History Month. I call upon public officials, educators, librarians, and all the people of the United States to observe this month with appropriate programs, ceremonies, and activities.

IN WITNESS WHEREOF, I have hereunto set my hand this thirty-first day of January, in the year of our Lord two thousand twenty-five, and of the Independence of the United States of America the two hundred and forty-ninth.

Donald J. Trump



ASSOCIATION FOR THE STUDY OF AFRICAN AMERICAN LIFE AND HISTORY®

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2025 BLACK HISTORY THEME EXECUTIVE SUMMARY AFRICAN AMERICANS AND LABOR

The 2025 Black History Month theme, African Americans, and Labor, focuses on the various and profound ways that work and working of all kinds – free and unfree, skilled, and unskilled, vocational and voluntary – intersect with the collective experiences of Black people. Indeed, work is at the very center of much of Black history and culture. Be it the traditional agricultural labor of enslaved Africans that fed Low Country colonies, debates among Black educators on the importance of vocational training, self-help strategies and entrepreneurship in Black communities, or organized labor's role in fighting both economic and social injustice, Black people's work has been transformational throughout the U.S., Africa, and the Diaspora. The 2025 Black History Month theme, "African Americans and Labor," sets out to highlight and celebrate the potent impact of this work.

Considering Black people's work through the widest perspectives provides versatile and insightful platforms for examining Black life and culture through time and space. In this instance, the notion of work constitutes compensated labor in factories, the military, government agencies, office buildings, public service, and private homes. But it also includes the community building of social justice activists, voluntary workers serving others, and institution building in churches, community groups, and social clubs and organizations. In each of these instances, the work Black people do and have done have been instrumental in shaping the lives, cultures, and histories of Black people and the societies in which they live. Understanding Black labor and its impact in all these multivariate settings is integral to understanding Black people and their histories, lives, and cultures.

Africans were brought to the Americas to be enslaved for their knowledge and serve as a workforce, which was superexploited by several European countries and then by the United States government. During enslavement, Black people labored for others, although some Black people were quasi-free and labored for themselves, but operated within a country that did not value Black life. After fighting for their freedom in the Civil War and in the country's transition from an agricultural based economy to an industrial one, African Americans became sharecroppers, farm laborers, landowners, and then wage earners. Additionally, African Americans' contributions to the built landscape can be found in every part of the nation as they constructed and designed some of the most iconic examples of architectural heritage in the country, specifically in the South.

Over the years to combat the superexploitation of Black labor, wage discrepancies, and employment discrimination based on race, sex, and gender, Black professionals (teachers, nurses, musicians, and lawyers, etc.) occupations (steel workers, washerwomen, dock workers, sex workers, sports, arts and sciences, etc.) organized for better working conditions and compensation. Black women such as Addie Wyatt also joined ranks of union work and leadership to advocate for job security, reproductive rights, and wage increases.

2025 marks the 100-year anniversary of the creation of Brotherhood of Sleeping Car Porters and Maids by labor organizer and civil rights activist A. Philip Randolph, which was the first Black union to receive a charter in the American Federation of Labor. Martin Luther King, Jr incorporated issues outlined by Randolph's March on Washington Movement such as economic justice into the Poor People's Campaign, which he established in 1967. For King, it was a priority for Black people to be considered full citizens.

The theme, "African Americans and Labor," intends to encourage broad reflections on intersections between Black people's work and their workplaces in all their iterations and key moments, themes, and events in Black history and culture across time and space and throughout the U.S., Africa, and the Diaspora. Like religion, social justice movements, and education, studying African Americans' labor and labor struggles are important organizing foci for new interpretations and reinterpretations of the Black past, present, and future. Such new considerations and reconsiderations are even more significant as the historical forces of racial oppression gather new and renewed strength in the 21st century.

ASALH MISSION

To promote, research, preserve, interpret and disseminate information about Black life, history and culture to the global community.



PROCLAMATION

WHEREAS it is with profound admiration and deep reverence that we gather today for the St. Mary's County Black History Coalition's Annual Awards Ceremony and Black History Month Celebration; and

WHEREAS the St. Mary's County Black History Coalition is a nonprofit organization established in 2011 by community members with a shared interest in advancing education, preserving heritage, and enhancing community growth; and

WHEREAS the St. Mary's County Black History Coalition exemplifies the values of education, community, and empowerment by annually awarding four \$1,000 scholarships from the Dinah K. Somerville Scholarship Fund to local youth pursuing higher education at colleges, universities, or trade schools, thereby embodying the vision and passion of Dinah K. Somerville, a steadfast advocate for educating our youth and celebrating black history in St. Mary's County; and

NOW, THEREFORE, We, the Commissioners of St. Mary's County, do hereby commend and honor the St. Mary's County Black History Coalition for their unwavering dedication to preserving heritage, fostering education, and nurturing the aspirations of our local youth through the Dinah K. Somerville Scholarship Fund. We are honored to celebrate the invaluable contributions of African Americans throughout history and recognize their enduring legacy in shaping culture, inspiring generations, and promoting social change.

THIS DATE:

February 23, 2025



COMMISSIONERS OF ST. MARY'S COUNTY


James Randy Guy, President


Michael Alderson, Jr., Commissioner


Eric S. Colvin, Commissioner


Michael L. Hewitt, Commissioner


Scott R. Ostrow, Commissioner

Keynote Speaker

Soror Tonja L. Ringgold, RP



Dr. Tonja L. Ringgold is a seasoned senior higher education administrator with over 31 years of experience. Her career is marked by a series of impactful leadership roles, including Assistant Secretary for Higher Education at the Maryland Higher Education Commission, Vice President for Academic Affairs, Vice President for Student Affairs, Campus Dean, Dean of Student Development, Department Chair, Honors Program Director, and Professor of Psychology. Additionally, Dr. Ringgold has contributed as part-time faculty in Morgan State University's Community College Leadership Doctoral Program.

Currently, Dr. Ringgold is the President and CEO of En-Sight Educational and Management Consultants, a firm she founded in 2006. In this capacity, she provides expertise to higher education institutions, businesses, and community boards in areas such as leadership development, strategic planning, and accreditation processes. She also supports doctoral students in completing their dissertations. Beyond this, Dr. Ringgold is a Management Program Analyst for the National Oceanic and Atmospheric Administration (NOAA) within the Office of Human Capital Services, where she oversees all incentive awards programs.

Dr. Ringgold's academic credentials are extensive, encompassing five degrees: a Bachelor of Science in Psychology, a Master of Science in Applied Psychology, a Master of Science in Management, an MBA, and a Doctorate in Education with a focus on Social Policy Analysis and Education Administration.

Her contributions to education, mentorship, and community service have earned her numerous accolades. She is a three-time recipient of The Daily Record's Maryland's Top 100 Women Award, which placed her in the prestigious "Circle of Excellence Hall of Fame." She has also been recognized as an Innovator of the Year in the education category by The Daily Record. Other honors include the Coalition of 100 Black Women's Excellence in Educational Leadership Award and recognition from the National Association of Negro Business and Professional Women's Clubs, Baltimore Chapter.

Dr. Ringgold is deeply committed to community engagement. She is a 43 year Life Member of Alpha Kappa Alpha Sorority, Inc., she serves as the president of the Morgan State University Alumni Association Alpha Delta Alumni Chapter, and a member and past Board President of the National Council on Black American Affairs. Dr. Ringgold is also an active member in the Coalition of 100 Black Women and holds leadership roles in the Pierians Incorporated, including National Parliamentarian and President of the Baltimore County Chapter. As a Registered Parliamentarian and a Maryland Notary Public, Dr. Ringgold represents the Maryland Association of Parliamentarians as a delegate for the National Association of Parliamentarians.

Dr. Ringgold's legacy of leadership, mentorship, and service continues to inspire and impact the communities and organizations she serves.

Meet Joseph “Joe” Edward Miles, Sr., Dinah’s Father and One of the First Black Carpenters on Patuxent River Naval Air Base April 18, 1923 – February 19, 2003

Joseph Miles, one of fifteen children was born to the late Louis Benedick Miles and the late Laura Elizabeth Yorkshire on April 18, 1923, in Chaptico, Maryland. Joe was a faithful and spiritual member of the Immaculate Conception Church and the Knights of St. John’s Commandery 386.

Joe spent the majority of his life in St. Mary’s County, Maryland. He attended Banneker School and on April 15, 1943, enlisted in the U.S. Army, where he served during World War II. His tour of duty took him from Ft. Meade, Maryland to Ireland, Northern France, and other sites throughout central Europe. His tour ended on April 19, 1946. During his military career, he was awarded the World War II Victory Ribbon, the Theater Ribbon, and the Good Conduct Medal.

Upon his return to St. Mary’s County, he married Mary Artina Dodson on August 28, 1949. From their union are nine children; Joseph, Clementine, Garnell, Dinah, Laura, Charles, Paula, Shirley, and Jacklyn. They were surrogate parents to Clara Tyson, Ernie Miles, and Diane Reed. Although their home was full, their hearts still had openings for 15 additional foster children.

Joe was employed by the Department of Public Works at the Patuxent Naval Air Station, Lexington Park, MD. He started in the Department’s apprentice program and worked his way up to become one of the first black carpenters at Patuxent Naval Air Station. He was a dedicated employee retiring on August 27, 1978; providing 35 years. Joe was a skilled carpenter who paid meticulous attention to details, could perform precise measurements, made efficient use of tools, had a deep understanding of wood properties, and could seamlessly execute complex cuts and joinery techniques, resulting in well-constructed structures, while maintaining safety standards throughout the process.

He performed many side jobs with his sons (Joe, Garnell, and Charles) and his nephews. He trained to be as much of a perfectionist as he was. To this day, all of them rely on the knowledge and skills that he provided.

Gone but never forgotten



Mistress of Ceremony

Terry Edwards



Terry Edwards is a facilitator, leadership and organization development specialist, and executive coach with the Leadership and Management School (LMS) at the State Department's Foreign Service Institute. She serves staff at U.S. embassies around the world. Terry brings more than 40 years' experience leading training, education, development, and organization development efforts in a variety of organizations. She specializes in team effectiveness, creating and growing cohort-based leadership development programs, session design and participatory facilitation, helping individuals and groups navigate conflict and change, effective communications, and working across cultures.

Prior to joining the Department of State, Terry was Advisor for Innovation at the country's largest nonprofit membership organization, where she supported volunteer and staff grassroots organizing in every state. Terry served as an onsite consultant for several U.S. government agencies, and training and development manager for several international systems integration and high-tech corporations. Her background includes nonprofit board development, cultural competence, community and volunteer engagement, blended and peer learning, and experiential retreats for groups of all sizes. Terry is also an entrepreneur with her own consultancy providing coaching, facilitation, training, and retreats that meet the unique needs of any organization.

A lifelong learner herself, Terry enjoys writing poetry, has a novel and children's book in the works, and enjoys creative workshops. She studied journalism as an undergrad, applied behavioral science and information systems management in graduate school, but has not quite become proficient on the piano despite years of lessons. While musical talent may be beyond her competence, serving the needs of people is her passion and specialty. Terry lives in Charles County with her husband of 37 years and their Boxer Frank.

Rhythm Club

The Rhythm Club is a performing arts group that showcases exciting routines combining drumming, beatboxing, singing, dancing, rapping, and stepping. This club was established to help our youth students achieve success and set high standards for themselves throughout their lives. The Rhythm Club was founded fourteen years ago and is led by Bonnie Beavan. Some of the group's notable accomplishments include performances for the Governor of Maryland, at Times Square in New York City, Disney World, Wizards games, and various college games. Members are expected to maintain good grades with a minimum GPA of 2.0, conduct themselves professionally, attend practices consistently, work hard, and, most importantly, have fun.



2025-2026 Dinah K. Somerville Scholarship Fund Awardee



Marie Cable

School: Chopticon High School
Major: Nuclear Engineering
Name of Institution: NC State



Ryan Fellner

School: Chopticon High School
Major: Biology and Communication
Sciences & Disorders
Name of Institution: University of Rhode Island



Lilian McDowell

School: Leonardtown High School
Major: Hearing and Speech Sciences
Name of Institution: University of Maryland



Lauren McNair

School: Howard University
Major: Biology/Chemistry
Name of Institution: Howard University



Aubrey Williamson

School: Great Mills High School
Major: Business Management
Name of Institution: College of Southern Maryland

2024-2025 Dinah K. Somerville Scholarship Fund Awardee

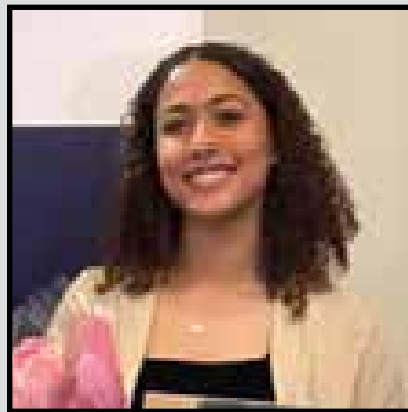


Kyle Ganley

School: St. Mary's Ryken

Major: Computer Science/Artificial Intelligence

Name of Institution: Shippensburg University



Harris Smith

School: St. Mary's Ryken

Major: Biology

Name of Institution: Howard University



Naterrah P. Tyson

School: St. Mary's Ryken

Major: Business Admin/Entrepreneurship

Name of Institution: Morgan State University



Alexandra Williams

School: Chopticon High School

Major: Psychology/Education

Name of Institution: St. Mary's County
College of Maryland

DKSSF Awardees

2022-2023

Sydney Collins

Lauren McNair

Romeo Norris

Adalynn Williamson

2021- 2022

Alice Kelly

Helena Lehr

Olivia Mesmer

Jordan Riggs

2020- 2021

Jordan Scott

Nathan Williams

Madelyn Spalding

2019- 2020

Ayesha-Jynelle Rennie

Jamarie Bush

Tayla Mann

2018- 2019

Tanasia Miles

Chloe Roberson

2017- 2018

Sydney Guy

Gia Beaton

2016- 2017

Jordan Countiss

Mykaela Lewis

2015- 2016

Sache' Bond

Andrew Fisher

2014-2015

Christopher Miles

2013- 2014

Denisha Brinkley

Katherine Thompson

Lift Every Voice and Sing

The Negro National Anthem

Composed in 1900 by

James Weldon Johnson

Lift Every Voice and sing till earth and heaven ring

Ring with the harmonies of liberty

Let our rejoicing rise high as the listening skies

Let it resound loud as the rolling sea

Sing a song, full of the faith that the dark past has taught us

Sing a song, full of the hope that the present has brought us

Facing the rising sun of our new day begun

Let us march on till victory is won

Stony the road we trod, bitter the chastening rod

felt in the days when hope unborn had died

yet with a steady beat, have not our weary feet

come to the place for which our fathers sighed?

We have come, over a way that which tears has

been watered

We have come, treading out path through the blood

of the slaughtered

Out of the gloomy past, till now we stand at last,

Where the white gleam of our bright star is cast

GOD of our weary years, GOD of our silent tears

Thou Who has brought us thus far on the way

Thou Who hast by Thy might, led us into the light

Keep us for-e-ver in the path we pray

Lest our feet, stray from the places our

GOD where me met thee

Lest our hearts, drunk with the wine of the world

we forget Thee

Shadowed beneath thy hand, may we forever stand

TRUE TO OUR GOD, TRUE TO OUR NATIVE LAND



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F. L. Garner Trucking, LLC is a commercial trucking company that focuses on providing quality hauling services in the MD area at affordable rates

*F. L. Garner Trucking, LLC is proud to sponsor the
Dinah K. Somerville Scholarship Fund.*

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**Pause Anywhere is a proud sponsor of the Dinah K. Somerville Scholarship Fund.
Congratulations to the scholarship recipients!**

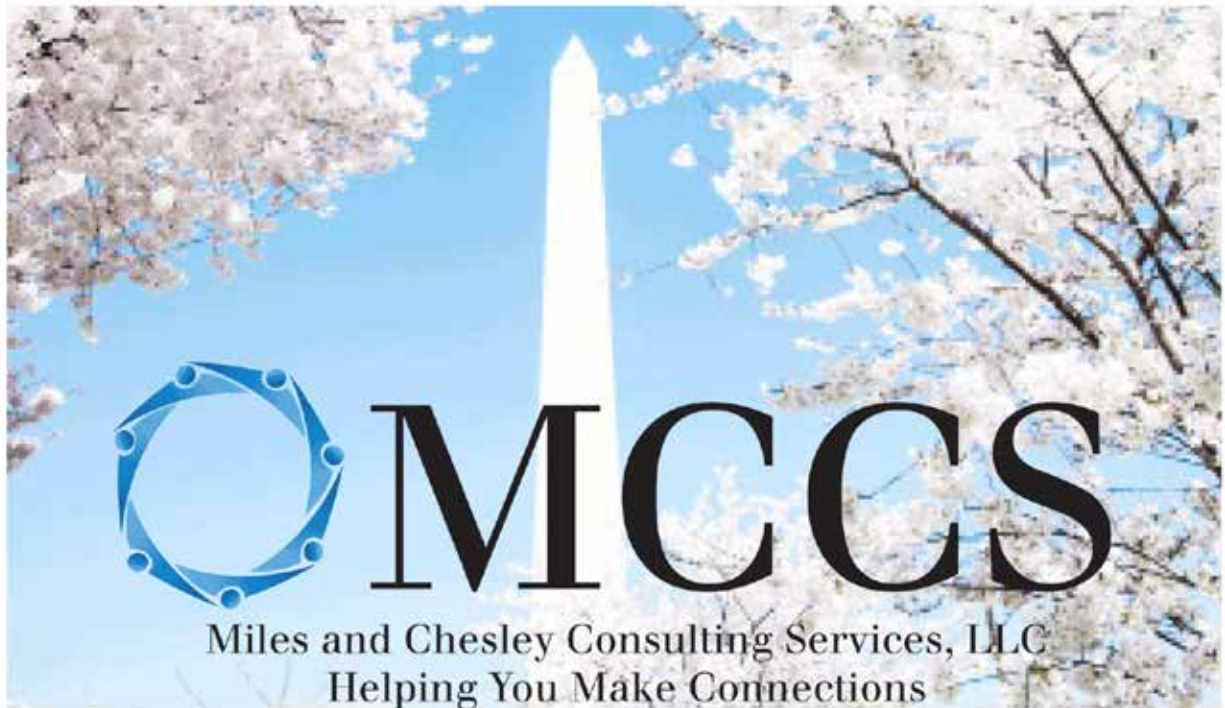
Pause Anywhere offers tools for mindfulness, self-regulation, growth & healing via multi-sensory Pause cards, Journals, Self-Tending Bundles & Accessible Meditations.

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Miles and Chesley Consulting Services is proud to sponsor the Dinah K. Somerville Scholarship Fund!

Miles and Chesley Consulting Services is dedicated to making management easier. We are committed to providing unparalleled support in the following areas:

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Miles Trucking is a licensed and bonded carrier, hauling a variety of materials and also specializing in snow removal. For more information, please contact:

Garnell T. Miles | 301-904-6050

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Myles Trucking, LLC is a commercial trucking company that focuses on providing quality hauling services in the DMV area at affordable rates.

Our mission is committed to providing the highest quality of services in meeting the expectations of our customers. We thrive on a culture of excellence, integrity, efficiency, and professionalism.

We go the extra “myles” to get the job done!

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*Derrick Barnes is a proud sponsor of the
Dinah K.Somerville Scholarship Fund.
Congratulations to the scholarship recipients!*



The business card for D.B. Barnes Excavating LLC features a central shield logo with 'D.B. BARNES' at the top, 'DBE' in large stylized letters in the middle, and 'EXCAVATING LLC' at the bottom. To the left of the logo, services listed are EXCAVATING, GRADING, LAND CLEARING, and DEMOLITION. To the right, services listed are SNOW REMOVAL, SEPTIC REPAIR & INSTALLATION, and MBE CERTIFIED. The bottom left contains the address 18668 CHERRYFIELD RD, DRAYDEN, MD 20630 and email BARNSEXC@GMAIL.COM. The bottom right identifies Derrick Barnes as President with phone number 301-904-1909.

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GRADING
•
LAND CLEARING
•
DEMOLITION

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DBE
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Freedom Physical Therapy is now offering HydroWorx aquatic therapy

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More about the HydroWorx 300 Series' feature and benefits:



Variable Speed Underwater Treadmill:

- The integrated underwater treadmill surface has a cushioned low-impact design.
- Treadmill speeds increase smoothly from 0.1 to 10 mph in safe .1 mph increments.
- Useful for all types of therapy such as gait training or sport specific activities.



Resistance Jet:

- A resistance jet is essential for water therapy, rehabilitation, sports performance or balance training.
- The jet has a wide range of water speeds and directional configurations to provide the proper amount of resistance for each patient's needs.
- Beneficial for helping progress patients through rehabilitation and improving balance and strength.



Safety Handrails/Supports Bars to enhance patient comfort and security.



Therapeutic Massage Hose (attached to the resistance jet):

- The attachable underwater massage hose can be utilized for scar tissue manipulation, pain management and deep tissue massage.
- Using the massage hose can increase flexibility, improve circulation and promote muscle relaxation.



Underwater Cameras & Monitoring System:

- Our unit's cameras and viewing monitor enhance diagnostic capacity by allowing patients and physical therapists to adjust movements in 'real-time'.



Adjustable Water Depths:

- Quickly add or remove water to attain water depths ranging from 1" to 50" with the touch of a button.

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Why Consider Aquatic Therapy?

Here are 5 Ways Aquatic Therapy Impacts Rehabilitation

We understand that aquatic therapy can greatly impact the results you achieve during rehabilitation. When you combine the natural healing properties of water with advanced aquatic therapy technology such as an underwater treadmill, resistance therapy jets and deep tissue massage, like our HydroWorx, the result is an unbeatable rehabilitation tool, which is now available for you!

5 reasons why aquatic properties will change the way you think about rehabilitation:

- 1 An exercise solution for all levels of weight-bearing.**
As a non or partial weight-bearing patient, having a way to move and safely begin rehabilitation can do amazing things for your body and emotional well being. The buoyancy of the water eliminates up to 90% of a person's body weight, allowing you to safely begin therapeutic exercises shortly after injury without the fear of falling or re-injury.
- 2 Begin rehab sooner in the water than on land to reduce inflammation and accelerate rehab.** The ability to reduce your weight-bearing status in the water allows you to begin rehab exercises sooner than land-based exercises; thus speeding up recovery and minimizing the loss of range of motion on the injured joint. The hydrostatic pressure of water also naturally decreases inflammation to increase circulation.
- 3 Pain is greatly reduced when exercising in warm water.**
When you are bearing less body weight, the stress on your legs and joints is greatly diminished. Additionally, the warm water acts as an aid for sore, swollen or injured joints and muscles, resulting in less pain and increased range of motion.
- 4 Lean muscle mass and overall leg strength is improved with underwater treadmill exercise.** When comparing exercising on land to aquatic-based exercise, a research study conducted at Texas A&M University demonstrates that exercising on an underwater treadmill yields greater results in building lean muscle mass. The added resistance from the water and resistance therapy jets makes underwater treadmill exercise more challenging for your leg muscles.
- 5 Unbelievable rejuvenation and recovery capabilities.**
Research shows when you exercise on an underwater treadmill you will experience a significant decrease in muscle soreness compared to those who exercise only on a land treadmill. An additional research study from the University of Wisconsin showed improved flexibility and sleep patterns for those who exercised on underwater treadmills.

Patients Suited for Aquatic Therapy

People referred for aquatic physical therapy usually have difficulty exercising on land. The following conditions are ideal for treatment in the aquatic environment:

- Arthritis & Chronic pain
- Back and spine conditions
- Neck, shoulder, low back, knee or ankle, injuries
- Rehabilitation following surgery
- Chronic pain
- Neurological conditions
- Sports medicine & performance
- Weight loss
- Cardiac



One, most everything you can do on land, you can do in the water.

Two, what you are no longer able to do on land, you can probably do in the water and without pain!"

Karla Dineen
Physical Therapist at One
Washington, MD

Freedom Physical Therapy
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Mechanicsville, MD 20659

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Dinah K. Somerville Scholarship Fund
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Photograph of A. Philip Randolph posing with a group of men in 1944

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"I leave you a thirst for education. I leave you a respect for the use of power. I leave you faith. I leave you racial dignity. I leave you a desire to live harmoniously with your fellow men. I leave you, finally, a responsibility to our young people."

~Mary McLeod Bethune~

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