

We Walk The Way Of The
New World

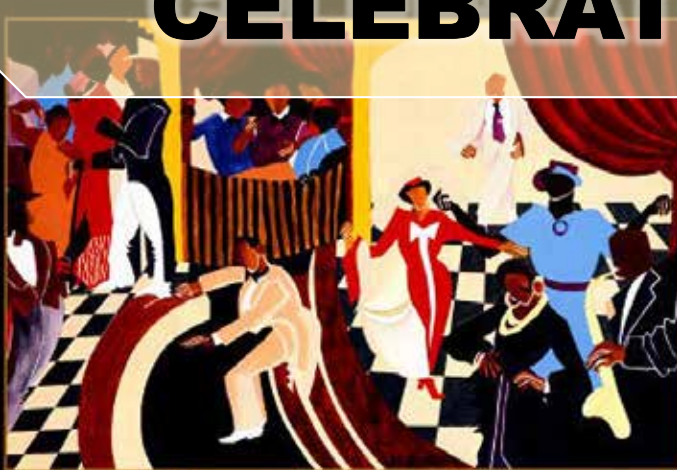


**2024 BLACK HISTORY MONTH THEME:
AFRICAN AMERICANS AND THE ARTS**

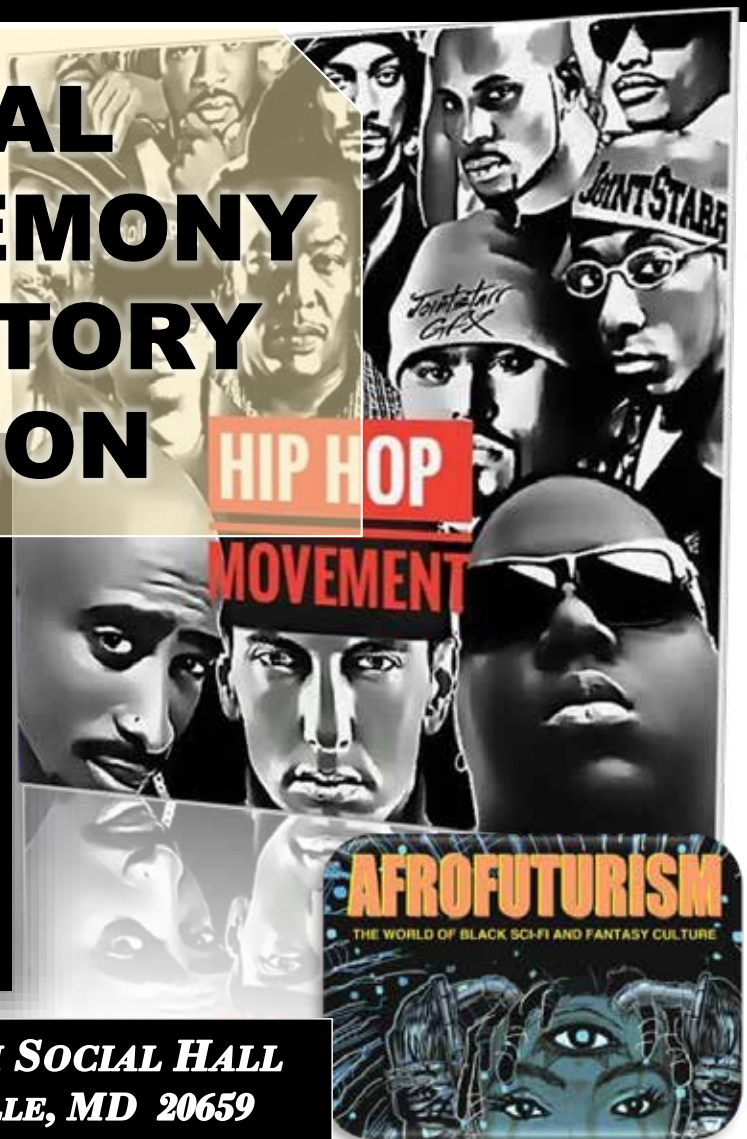
ST. MARY'S COUNTY BLACK HISTORY COALITION
NON-PROFIT ORGANIZATION

DINAH K. SOMERVILLE SCHOLARSHIP

**11th ANNUAL
AWARDS CEREMONY
& BLACK HISTORY
CELEBRATION**



THE HARLEM RENAISSANCE



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

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. Sydnie Collins and Lauren McNair
Pledge of Allegiance.....Howard University
National Anthem.....Mr. Shaq Buck
Howard University
Blessing of the Food.....Rev. Michael Tietjen, Pastor
Immaculate Conception Catholic Church

Banquet

Music: DJ Hollywood

Commissioners of St. Mary's County Proclamation.....Mr. Mike Alderson, Jr.
Commissioner, Third District
Glory.....Mr. Shaq Buck
Howard University
Black Arts Generation Fashion Show.....Black Student Union
St. Mary's Ryken High School
Musical Selection.....Harmonies of Faith Gospel Group
Introduction of Guest Speaker – Pastor Tamera N. MeBane.....Ms. Lauren McNair
Step Show.....Black Student Union
St. Mary's Ryken High School
Introduction of Keynote Speaker – Ms. Anah Ambuchi.....Ms. Sydnie Collins
Musical Selection.....Harmonies of Faith Gospel Group

Presentation of the 2024 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. Shaq Buck
Howard University



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 St. Mary's County Black History Coalition (SMCBHC) and the Dinah K. Somerville Scholarship Fund Chief Executive Officer, it is my distinct honor to welcome each of you to the 11th Annual Dinah K. Somerville Scholarship Awards Ceremony and Black History Month Celebration. This year, due to the many community fundraisers, donors, and the membership's tireless efforts, we are pleased to award a \$1,000 scholarship to four talented students in the St. Mary's County Public and Private School systems.

This year's Black History Month theme is **African Americans and the Arts**. To cite the Association for the Study of African American Life and History, "African American art is infused with African, Caribbean, and the Black American lived experiences. In the fields of visual and performing arts, literature, fashion, folklore, language, film, music, architecture, culinary, and other forms of cultural expression, the African American influence has been paramount. African American artists have used art to preserve history and community memory, as well as for empowerment. Artistic and cultural movements such as the New Negro, Black Arts, Black Renaissance, hip-hop, and Afrofuturism have been led by people of African descent and set the standard for popular trends around the world. In 2024, we examine the diverse history and life of African American arts and artisans."

Today's event is graced with the presence of two Dinah K. Somerville Scholarship Fund past recipients, Sydnie Collins, and Lauren McNair, who will serve as our Mistresses of Ceremony. You will be encouraged by two energetic speakers. We are pleased to have Pastor Tamera N. MeBane, a dynamic preacher and teacher, whose focus is on assisting in the development of all people. Pastor MeBane will enlighten us on the heritage of gospel music from its African roots, Negro spirituals, traditional and contemporary gospel music trends, as well as how gospel music influences other mainstream music genres. Also on the program, our keynote speaker, Ms. Anah Ambuchi, an aspiring 16-year-old Kenyan-American actress, writer, producer, and director who will recount how African American artists have used art to preserve history, community memory, and for empowerment. In addition, she will share her experience as an artist and how she secured a recurring TV role, as the smart and sassy Stacey Smith in the hit show, *The Chi* on SHOWTIME.

You will be graced with The Black Arts Generations Fashion Show and a scene on the History of Step Shows from the St. Mary's Ryken High School Black Student Union; and, Howard University Students and the Harmonies of Faith Gospel Group will serenade us with their musical selections. DJ Hollywood will provide selections of hip-hop music from 1970 to 2024. The program will conclude with "The Dinah K. Somerville Scholarship Fund" award honorees accepting their awards.

We are committed to continuing the name sake'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.

For 11 years, SMCBHC has awarded 29 scholarships totaling more than \$26,000. 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.

I would like to thank each one of you for supporting and attending our 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 achievement. They have worked hard throughout their high-school years and are well on their way to promising futures.

Congratulations to the 2024 recipients of the Dinah K. Somerville Scholarship Fund Award.

Sincerely,

Garnell T. Miles

Executive Officer

St. Mary's County Black History Coalition

The Dinah K. Somerville Scholarship Fund

Presidential Proclamation on National Black History Month, 2024

Issued on: January 31, 2024

This National Black History Month, we celebrate the vast contributions of Black Americans to our country and recognize that Black history is American history and that Black culture, stories, and triumphs are at the core of who we are as a Nation.

The soul of America is what makes us unique among all nations. We are the only country in the world founded on an idea. It is the idea that we are all created equal and deserve to be treated with equal dignity throughout our lives. While we still grapple today with the moral stain and vestiges of slavery — our country's original sin — we have never walked away from the fight to fully realize the promise of America for all Americans. Throughout our history, Black Americans have never given up on the promise of America. Unbowed by the forces of hate and undaunted as they fought for centuries against slavery, segregation, and injustice, Black Americans have held a mirror up to our Nation, allowing our country to confront hard truths about who we are and pushing us to live up to our founding ideals. They have helped redeem the soul of our Nation, ensuring the promises in our founding documents were not just words on a page but a lived reality for all people. In the process, the vibrancy of Black history and culture has enriched every aspect of American life.

Since taking office, the Vice President and I have worked to continue this legacy of progress and lay down a foundation for a stronger, more equitable Nation. On my first day as President, I signed a historic Executive Order on Advancing Racial Equity and Support for Underserved Communities Through the Federal Government. In February 2023, I signed an additional Executive Order to acknowledge the unbearable human costs of systemic racism and to direct the entire Federal Government to advance equity for those who have been historically underserved, marginalized, and adversely affected by persistent discrimination, poverty, and inequality, including the Black community. That includes building an economy that grows from the middle out and bottom up, not the top down. So far, we have created over 14 million jobs and in 2023, the Black unemployment rate was lower than in any other year on record.

We are addressing historic health inequities for Black Americans by making systemic changes to our health care systems that increase healthcare access while lowering costs. Today, more Black Americans have health insurance than at any previous time in American history. We are working to address the Black maternal health crisis — ensuring dignity, safety, and support for Black moms. The Vice President has helped elevate this critical issue to a national priority by calling on States to extend Medicaid postpartum coverage from two months to one year.

My Administration is also working to close racial gaps in education and economic opportunity. To that end, we have delivered over \$7 billion in funding for Historically Black Colleges and Universities and are working to expand access to home-ownership — a major source of generational wealth for families — while aggressively combating racial discrimination in housing. Our update to the Thrifty Food Plan is keeping 400,000 Black kids out of poverty every month and making sure millions more have enough food to eat. By 2025, we are working to ensure that 15 percent of Federal contracting dollars goes to small disadvantaged businesses, including Black-owned small businesses. We are also replacing poisonous lead pipes so every American can turn on a faucet at home or school and drink clean water.

To deliver equal justice under the law, we are appointing judges to the Federal bench who reflect all of America, including Supreme Court Justice Ketanji Brown Jackson and more Black women to the Federal circuit courts than all previous administrations combined. I also signed a historic Executive Order that implemented key elements of the George Floyd Justice in Policing Act: banning chokeholds and restricting no knock warrants by Federal law enforcement, creating a national database of officer misconduct, and promoting effective and accountable community policing that advances public trust and safety. I also signed the first major gun safety legislation in nearly 30 years as well as a long-overdue law to make lynching a Federal hate crime in Emmett Till's name. My Administration continues to call on the Congress to pass the John Lewis Voting Rights Advancement Act and the Freedom to Vote Act to secure the right to vote for every American.

Today, I am reminded of something Amelia Boynton said when reflecting on her march across the Edmund Pettus Bridge on what would be known as Bloody Sunday: "You can never know where you're going unless you know where you've been." America is a great Nation because we choose to learn the good, the bad, and the full truth of the history of our country — histories and truths that we must preserve and protect for the next generation. This National Black History Month, as we remember where we have been, may we also recognize that our only way forward is by marching together.

NOW, THEREFORE, I, JOSEPH R. BIDEN JR., 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 2024 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 relevant 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-four, and of the Independence of the United States of America the two hundred and forty-eighth.

JOSEPH R. BIDEN JR.



ASSOCIATION FOR THE STUDY OF AFRICAN AMERICAN LIFE AND HISTORY

301 RHODE ISLAND AVENUE, NW | SUITE 1508 | WASHINGTON, DC 20001
202.238.5910 | ASALH.ORG

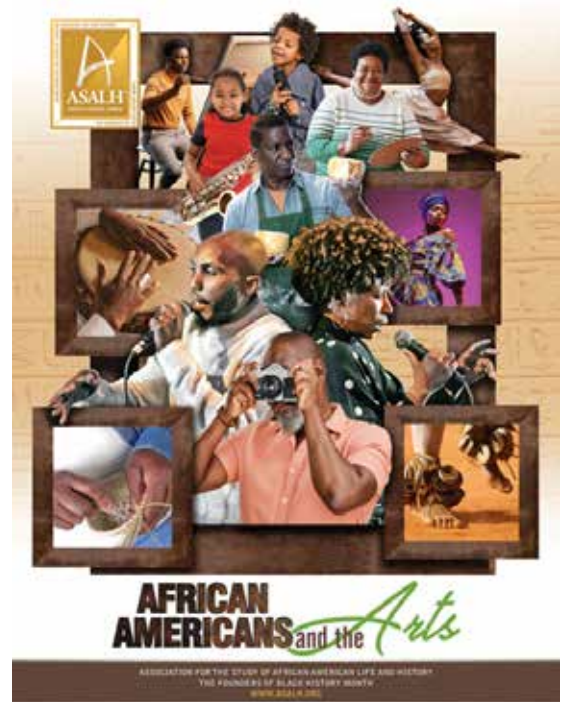
2024 BLACK HISTORY THEME: AFRICAN AMERICANS AND THE ARTS

African American art is infused with African, Caribbean, and the Black American lived experiences. In the fields of visual and performing arts, literature, fashion, folklore, language, film, music, architecture, culinary and other forms of cultural expression, the African American influence has been paramount. African American artists have used art to preserve history and community memory as well as for empowerment. Artistic and cultural movements such as the New Negro, Black Arts, Black Renaissance, hip-hop, and Afrofuturism, have been led by people of African descent and set the standard for popular trends around the world. In 2024, we examine the varied history and life of African American arts and artisans.

For centuries Western intellectuals denied or minimized the contributions of people of African descent to the arts as well as history, even as their artistry in many genres was mimicked and/or stolen. However, we can still see the unbroken chain of Black art production from antiquity to the present, from Egypt across Africa, from Europe to the New World. Prior to the American Revolution, enslaved Africans of the Lowcountry began their more than a 300-year tradition of making sweetgrass baskets, revealing their visual artistry via craft.

The suffering of those in bondage gave birth to the spirituals, the nation's first contribution to music. Blues musicians such as Robert Johnson, McKinley 'Muddy Waters' Morganfield and Riley "BB" B. King created and nurtured a style of music that became the bedrock for gospel, soul, and other still popular (and evolving) forms of music. Black contributions to literature include works by poets like Phillis Wheatley, essays, autobiographies, and novels by writers such as David Walker and Maria Stewart. Black aesthetics have also been manifested through sculptors like Edmonia Lewis and painters like Henry O. Tanner.

In the 1920s and 30s, the rise of the Black Renaissance and New Negro Movement brought the Black Arts to an international stage. Members of the armed forces, such as James Reese Europe, and artists such as Langston Hughes, Josephine Baker and Lois Mailou Jones brought Black culture and Black American aesthetics internationally, and Black culture began its ascent to becoming a dominant cultural movement to the world. In addition to the Harlem Renaissance, today we recognize that cities like Los Angeles, Chicago, and New Orleans also were home to many Black artists.



ASALH MISSION

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



ASSOCIATION FOR THE STUDY OF AFRICAN AMERICAN LIFE AND HISTORY

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The 1960s continued this thread through the cultural evolution known as the Black Arts Movement, where artists covered issues such as pride in one's heritage and established art galleries and museum exhibitions to show their own work, as well as publications such as *Black Art*. This period brought us artists such as Alvin Ailey, Judith Jamison, Amiri Baraka, Nikki Giovanni and Sonia Sanchez. The movement would not have been as impactful without the influences from the broader Black world, especially the Negritude movement and the writings of Frantz Fanon.

In 1973, in the Bronx, New York Black musicians (i.e. DJ Kool Herc and Coke La Rock) started a new genre of music called hip-hop, which comprises five foundational elements (DJing, MCing, Graffiti, Break Dancing and Beat Boxing). Hip-hop performers also used technological equipment such as turntables, synthesizers, drum machines, and samplers to make their songs. Since then hip-hop has continued to be a pivotal force in political, social, and cultural spaces and was a medium where issues such as racial violence in the inner city, sexism, economic disinvestment and others took the forefront.

The term Afrofuturism was used approximately 30 years ago in an effort to define cultural and artistic productions (music, literature, visual arts, etc.) that imagine a future for Black people without oppressive systems, and examines how Black history and knowledge intersects with technology and science. Afrofuturist elements can be found in the music of Sun Ra, Rashan Roland Kirk, Janelle Monáe and Jimi Hendrix. Other examples include sci-fi writer Octavia Butler's novels, Marvel film *Black Panther*, and artists such as British-Liberian painter Lina Iris Viktor, Kenyan-born sculptor Wangechi Mutu, and Caribbean writers and artists such as Nalo Hopkinson, and Grace Jones.

In celebrating the entire history of African Americans and the arts, the Association for the Study of African American Life and History (ASALH) puts into the national spotlight the richness of the past and present with an eye towards what the rest of the twenty-first century will bring. ASALH dedicates its 98th Annual Black History Theme to African Americans and the arts.

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 25, 2024

**COMMISSIONERS OF
ST. MARY'S COUNTY, MARYLAND**

James R. Guy
James R. Guy, President

Michael Alderson, Jr.
Michael Alderson, Jr., Commissioner

Eric S. Colvin
Eric S. Colvin, Commissioner

Michael L. Hewitt
Michael L. Hewitt, Commissioner

Scott R. Ostrow
Scott R. Ostrow, Commissioner



Keynote Speaker

Anah Ambuchi



Anah Ambuchi is a 16yr old Kenyan American actress, writer, producer, and director who is the one to watch. In her acting career her extrovert personality landed her TV commercial credit with name brand clients such as Nickelodeon, McDonald's, Build-A-Bear, American Girl Doll, Amazon, BuzzFeed, Baskin Robbins and countless others, plus a recurring TV role as the smart and sassy Stacey Smith in the hit show *The Chi* on SHOWTIME.

In her filmmaking career, Anah has already made a name for herself at such a young age. At 11yrs old Anah wrote, produced, and directed her award-winning short film titled *Made in His Image* which is based on her bullying experience. *Made in*

His Image went on to win a total of 4 awards and was accepted into 12 national film festivals and made its international debut during the Cannes Film Festival where Anah received the inaugural Rising Star Award. Anah has been able to use her film *Made in His Image* to speak to over 3,000 plus young boys and girls at national and local non-profit organizations, and public schools to encourage them to love themselves no matter what others may say or think, to spread love, support one another and stick up for others who are being bullied.

To top it off at the age of 15 years old she earned her first network TV producer credit on a film titled "*A Christmas Wish*" which aired on BET and BET+.

Anah is also an anti-bullying advocate mentoring over 30 young black girls with the Saving Our Daughters Organization which was co-founded by actress KeKe Palmer. Black Girls Rock class of 2021 and 2022 and a recently named Disney Dreamer Class of 2024. Anah is also an active member of the African Artist Association, Young Artist Academy and serves as the Youth Advocate for Women of Color Unit (WOCU). Anah is also a youth jury member for the Chicago International Children's Film Festival and youth jury member for the Diversity in Cannes Short film Showcase.

Anah is truly honored and humbled for every opportunity that she is given. She aspires to use her platform to encourage young girls of color to follow their dreams no matter the obstacles and challenges they may face. She once met Alfre Woodard who reminded her that good is possible and to always encourage and uplift one another, especially women and girls of color. She aspires to do exactly that as she believes she is being used for a purpose that is bigger than her. Anah lives by the motto that "Her Dreams Are Valid."

Speaker

Pastor Tamera N. MeBane



Pastor Tamera N. MeBane (known as Pastor ~T) is an extremely dynamic preacher and teacher whose focus is on assisting in the development of all people. She has over (18) years of pastoral experience, along with (2) decades of ministry. Pastor Tamera currently serves as the Senior Pastor of Abundant Life Christian Outreach Center in Lexington Park, MD; under Overseer Bishop Dr. Carlton E. MeBane II. She also has international experience; in which she served as Co-Pastor to New Hope Christian Church in Sigonella, Sicily. Pastor MeBane also, currently serves on the advisory board to Independent Fellowship International (i.f.i.) leadership team, which is homebased in Millington, TN.


A prolific teacher that has written countless biblical curriculum for their ministry and often used as an educator, conference speaker and mentor. Pastor Tamera MeBane is a graduate of Vison Seminary and School of Ministry, and holds a degree in Theology, she has received training and certification in in Life Coaching and Biblical Counseling.

Pastor Tamera is married to the Presiding Bishop of (i.f.i.), Bishop Dr. Carlton E. MeBane for over 32 years. She is the mother of Deacon Carlton E. MeBane III, Deacon Joshua MeBane, mother-in-law to Psalmist Leah MeBane, and Social Media Manager Janean MeBane. Grandmother to Grace, Micah, Elias and Carlton IV.

She loves God and His people, Pastor Tamera is totally devoted to serving, to educate, to inspire, to uplift and support in whatever means using her gifts and talents as the Spirit leads.

Meet Joshua R. Lamont, Dinah's Nephew

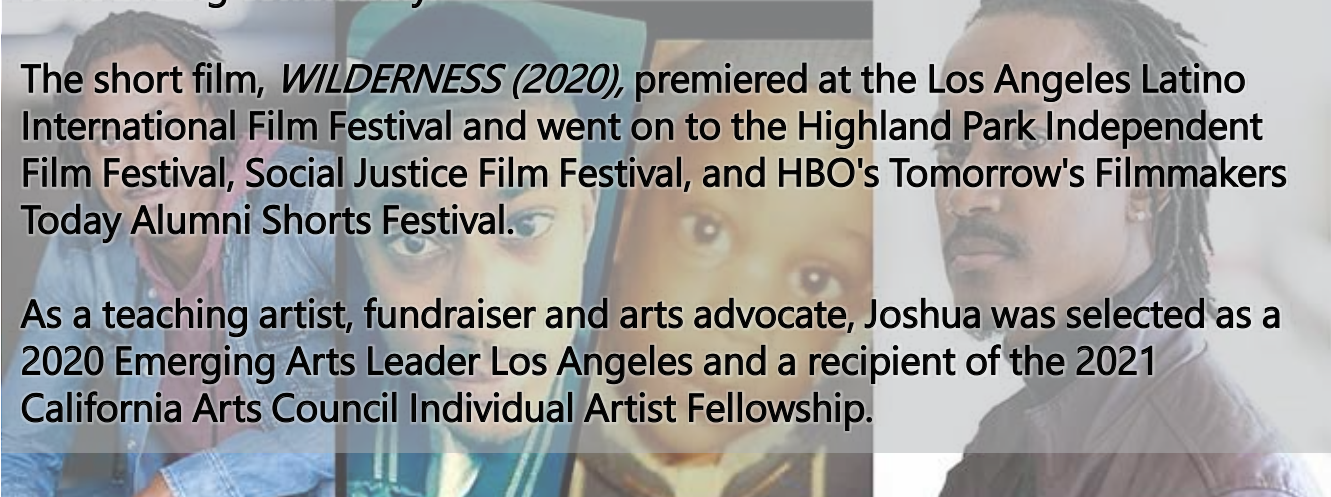
JOSHUA R. LAMONT



An actor, producer, teaching artist, writer and most importantly, Roy and Jackie's son. As an actor, he has worked in collaboration with Tim Robbins, Cynthia Ettinger and The Actors' Gang, Ben Guillory and the Robey Theatre Company, Michael John Garcés and Cornerstone Theater Company, Blair Thomas, the Chicago Symphony Orchestra, Dr. Walter Dallas, Company of Angels, Leslie K. Gray, Jefferson Pinder, and Laurie Woolery.

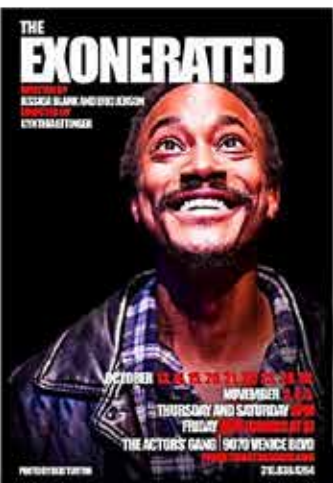
He has trained under Gary Perez, Scot Reese, Leigh Smiley, Mitchell Hebert, Blair Thomas, Leslie Felbain, John Fiscella, Steve Braun of BGB Studios, and Cynthia Ettinger of The Actors' Gang.

He loves to work on projects that combine his passion for activism and the arts like when he co-produced the Los Angeles run of #Every28Hours in collaboration with Oregon Shakespeare Festival and the 1-Minute Play Festival. #Every28Hours dealt with the statistic that every 28 hours a black man, woman or child is killed by someone employed by the US government. Other producing credits include *Fatigued*, a night of one-acts that explored the traumatic effects of war has on our soldiers, their families, and the surrounding community.



The short film, *WILDERNESS (2020)*, premiered at the Los Angeles Latino International Film Festival and went on to the Highland Park Independent Film Festival, Social Justice Film Festival, and HBO's Tomorrow's Filmmakers Today Alumni Shorts Festival.

As a teaching artist, fundraiser and arts advocate, Joshua was selected as a 2020 Emerging Arts Leader Los Angeles and a recipient of the 2021 California Arts Council Individual Artist Fellowship.



Joshua K. Lamont in The Exonerated



@ebkumayabz



@Hon.Siu 2012



© Hon Siu 2012



SOCIAL JUSTICE FILM FESTIVAL Seattle 2020 October 1-11

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WILDERNESS



WATCH THIS FILM

Wilderness
Andrew Vasquez, 7 minutes, USA

A father and son contemplate life while stargazing on a camping trip. When the son is suddenly struck with homesickness, his father sets out to re-imagine for his son what home really means.




WATCH THIS FILM



Joshua Lamont
Berkeley, California



Joshua Lamont (ing) Tchells owa's you...
#MachNdc/AboutAvengers this Saturday and Sunday
at 11am

Mistress of Ceremony

Sydney Chandler Monet'



Sydney Chandler Monet' is an award-winning social entrepreneur, podcaster, motivational speaker, author, philanthropist, and scholar, is a catalyst for change, and aspires to have a career through Communications. As a purpose-driven influencer, Founder/CEO of Perfect Timing Podcast and Live Your Future Educated – LYFE, at 18 years old, she is ushering in a new generation of young influencers, celebrities, innovators, and nonprofits on social impact projects by offering a safe platform for them to share their inspiring stories. Sydney is also a freshman at Howard University studying Strategic Communication. She is a Communications Intern for Save A Girl Save A World and an Ambassador for the Girls Who Brunch Tour, and has held leadership positions with Charles County NAACP Youth Council - Vice President and St. Mary's Ryken President of Student Council during her senior year.

She's been a believer in creating what you don't see, and her dedication to initiating change and supporting equality is the legacy she will continue building for herself and others every day. As a motivational speaker, she provides inspiration to captivate audiences by delivering multi-platform messages at conferences, seminars, and workshops. Sydney recently had the opportunity to be a guest speaker at the Steve & Marjorie Harvey Foundation "Girls Who Rule The World" Retreat in Atlanta, GA, and the Girls Who Brunch Tour in Baltimore. She spoke to over 100 girls about self-esteem, mental health, and entrepreneurship. While at the events, Sydney kicked off her initiative called "You Are Enough," where she asked over 100 phenomenal black women to write letters of encouragement for girls at the event. She gifted each girl at the retreat with an affirmation letter, and gratitude jar, and the response was so sympathetic, it brought many of the girls to tears of joy. Sydney is motivated to continue to push representation matters and build a platform that is inclusive of everyone's needs. This May, Sydney accepted The Little Mermaid challenge, raised \$7,000 through a GoFundMe, and provided 200+ girls with the opportunity to see themselves on the BIG Screen starring Halley Bailey in Disney's Little Mermaid. Most recently, she had the honor of co-authoring You Can Go to College for Free! under Dr. Rhea Watson, the scholarship doctor, and it is now a best-seller on Amazon!

Most notably, Sydney has been named one of only 25 winners in the 2023 Prudential Emerging Visionaries program, LV Media's Best Teen Podcast Award, a \$5,000 grant recipient of Black Girl Freedom Fund, State of Maryland Governor's Citation for Outstanding Services to the State and Outstanding Services for GO VAX Ambassador, Maryland Commission for Women Certificate of Recognition and Charles County Maryland Women to Watch 2022 and 2023 to name a few. She was recently featured on Fox 5 DC Good Day, WJLA News 7, LITTLE MERMAID, NBC News 4, Fox 45 Baltimore, WHUR Rollingout, and The Baltimore Times.

Mistress of Ceremony

Lauren McNair



Lauren McNair is an extraordinary individual making a significant impact at the illustrious Howard University. As a 2023-2024 Dinah K. Somerville Scholarship recipient, Lauren is currently an undergraduate student majoring in biology and minoring in chemistry, one of our Mistresses of the Ceremony is not only dedicated to academic excellence but also to community service. With over 150 hours of community service and a 4.0 GPA, she actively contributes to Women In Pre-med Howard University Chapter, The American Red Cross of the National Capital and Greater Chesapeake Region, and the Health Professions Society Howard University MAPS Chapter. She formerly served with Science National Honors Society as President, Black Student Union Vice President, Future Medical Professional Club Chair, Psi

Alpha National Honors Society Mental Health Coordinator and members of the National Honors Society, Future Business Leaders of America, Best Buddies, Chick-fil-A Leadership Academy, Knights Apprentice Program, and Knight For A Day Program.

Motivated by an ardent desire to excel as a cosmetic and reconstructive plastic surgeon, Lauren McNair embodies a profound dedication to her craft and a fervent spirit of service. In the summer of 2022, she diligently immersed herself in the medical realm at MedStar SOMD, where she conscientiously shadowed various esteemed physicians and units including OBGYN, NICU, Labor and Delivery, Emergency Department, Pathology, Histology, and Hematology. It was through her prior internship experience at MedStar SOMD that she discovered her passion for surgical endeavors, paving the way for her acceptance into her inaugural plastic surgery internship the following summer of 2023 at Cultura Plastic Surgery. Here, she actively engaged in observing a myriad of intricate procedures such as tummy tucks, 360 Lipo, and beyond.

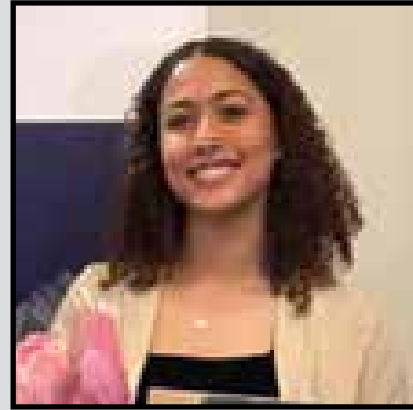
Throughout her academic tenure at Howard University, Lauren's journey epitomizes a steadfast commitment to academic excellence and a resolute determination to effect positive change within her community.

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

SMCBHC-DKSSF Awardees eligibility requires an applicant to be a
2023-2024 St. Mary's County high school graduate who is entering college in the Fall.

Amount: \$1,000 - \$2,500

Requirements: Two letters of recommendation, Personal statement, Academic transcripts,
Estimated Family Contribution (EFC) based on your Student Aid Report (SAR)

Application Period: October 1, 2022 - January 27, 2023

Send a written request to: SMCBHC-DKSSF, P.O. Box 829 • Mechanicsville, Md 20659

Email: SMCBHC@GMAIL.COM • Website address: www.smcbhc.wixsite.com/smcbhc

2023-2024 Dinah K. Somerville Scholarship Fund Awardee



Sydnie Collins

School: St. Mary's Ryken
Major: Political Science
Name of Institution: Spelman College



Lauren McNair

School: St. Mary's Ryken
Major: Biology - PreMed
Name of Institution: Spelman University



Romeo Norris

School: St. Mary's Ryken
Major: Communications
Name of Institution: Davidson College



Adalynn Williamson

School: Great Mills High School
Major: Mechanical Engineering
Name of Institution: Fairmont State University

SMCBHC-DKSSF Awardees eligibility requires an applicant to be a
2023-2024 St. Mary's County high school graduate who is entering college in the Fall.

Amount: \$1,000 - \$2,500

Requirements: Two letters of recommendation, Personal statement, Academic transcripts,
Estimated Family Contribution (EFC) based on your Student Aid Report (SAR)

Application Period: October 1, 2022 - January 27, 2023

Send a written request to: SMCBHC-DKSSF, P.O. Box 829 • Mechanicsville, Md 20659

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DKSSF Awardees

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

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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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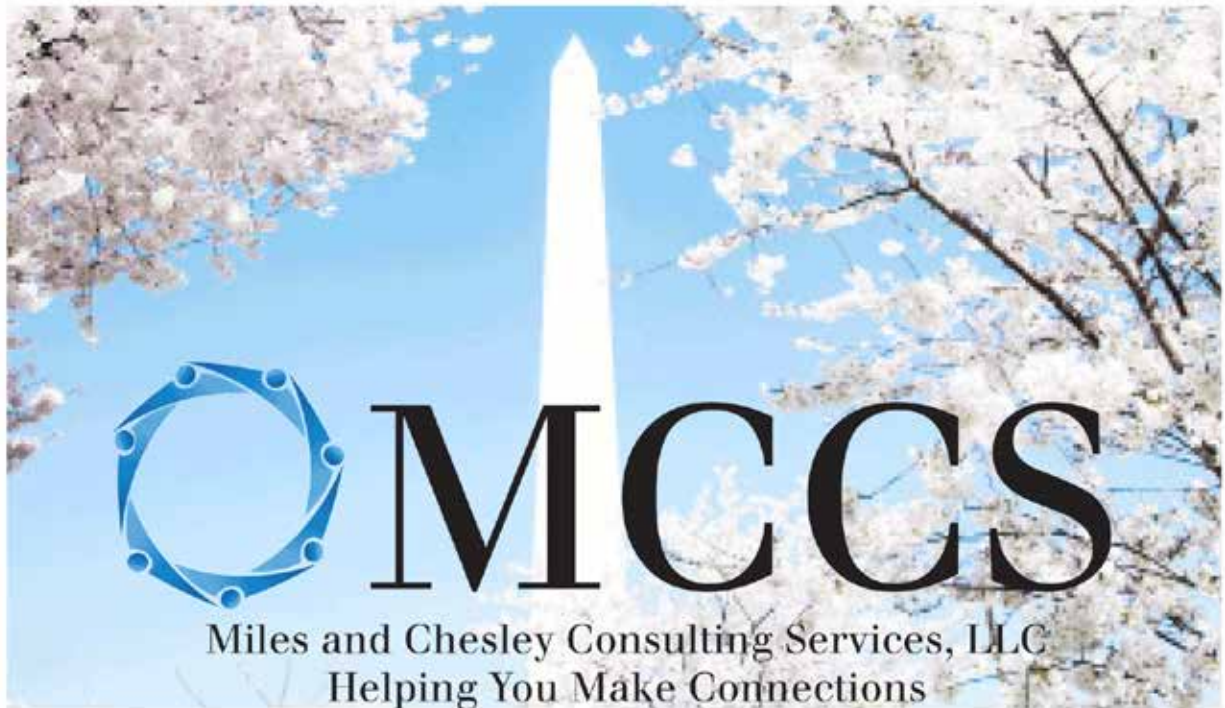
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Enhancing Rehabilitation and Reducing Pain with Aquatic Therapy

Freedom Physical Therapy is now offering HydroWorx aquatic therapy

We are proud to provide state-of-the-art aquatic therapy. Our HydroWorx 300 Series has been designed to reduce pain, improve range of motion and enhance rehabilitation outcomes. The functional design of our HydroWorx 300 Series has all the features required for effective therapy, rehabilitation and fitness including underwater treadmill, variable water depth, resistance jets and deep tissue massage. And now it is available for you!



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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www.freedomtherapysolutions.com

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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 D'Amico

Physical Therapist at the University of Michigan

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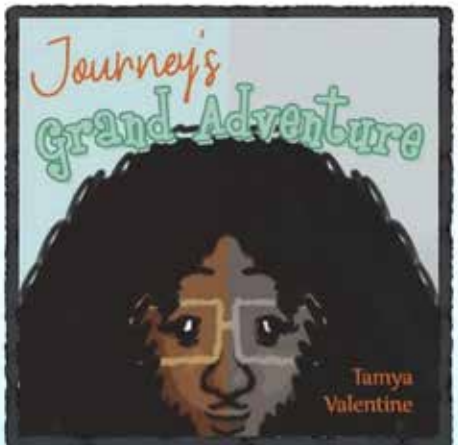
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*"Alone we can do so little;
Together we can do so much."*

~ Helen Keller ~

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