

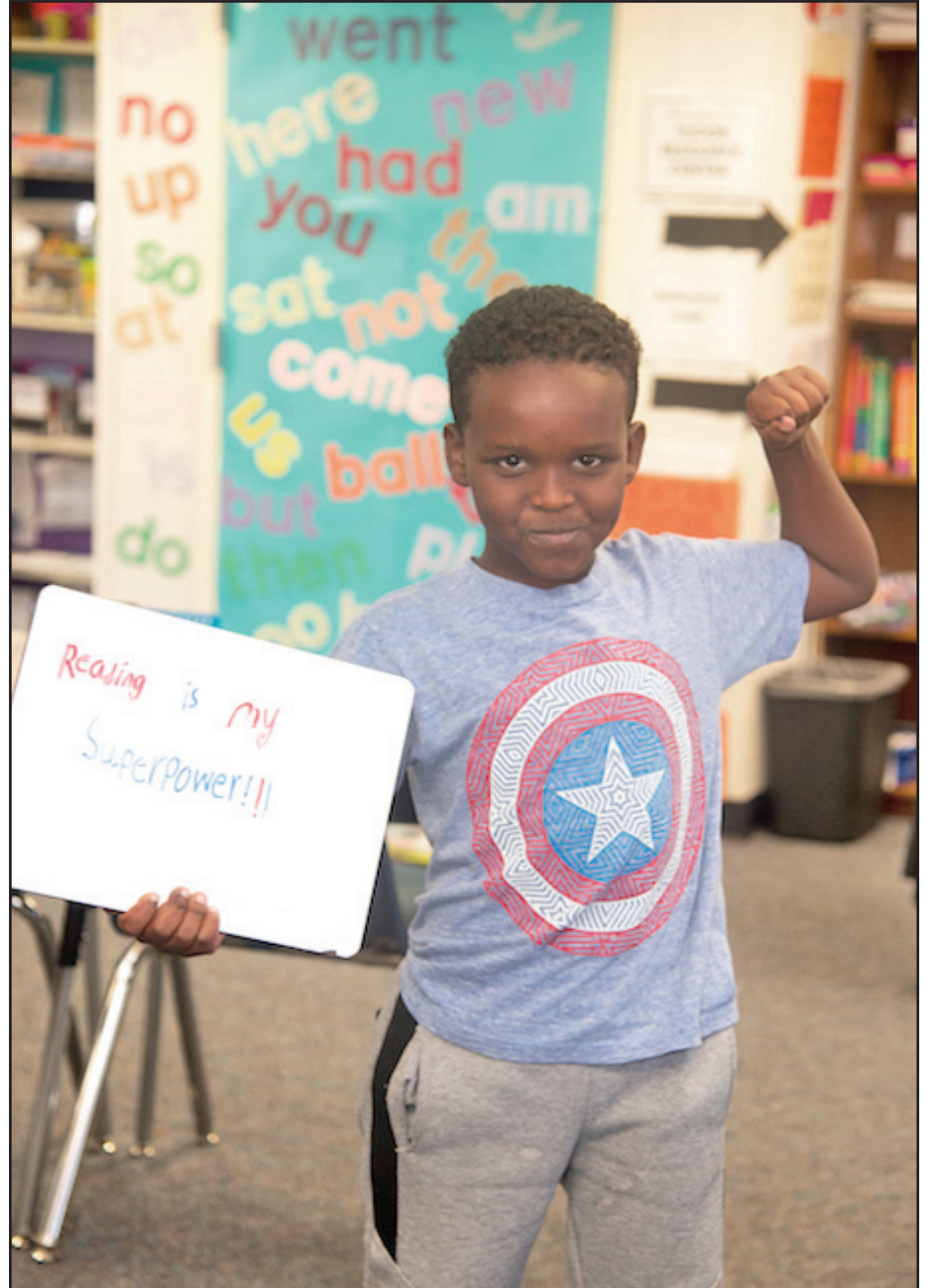
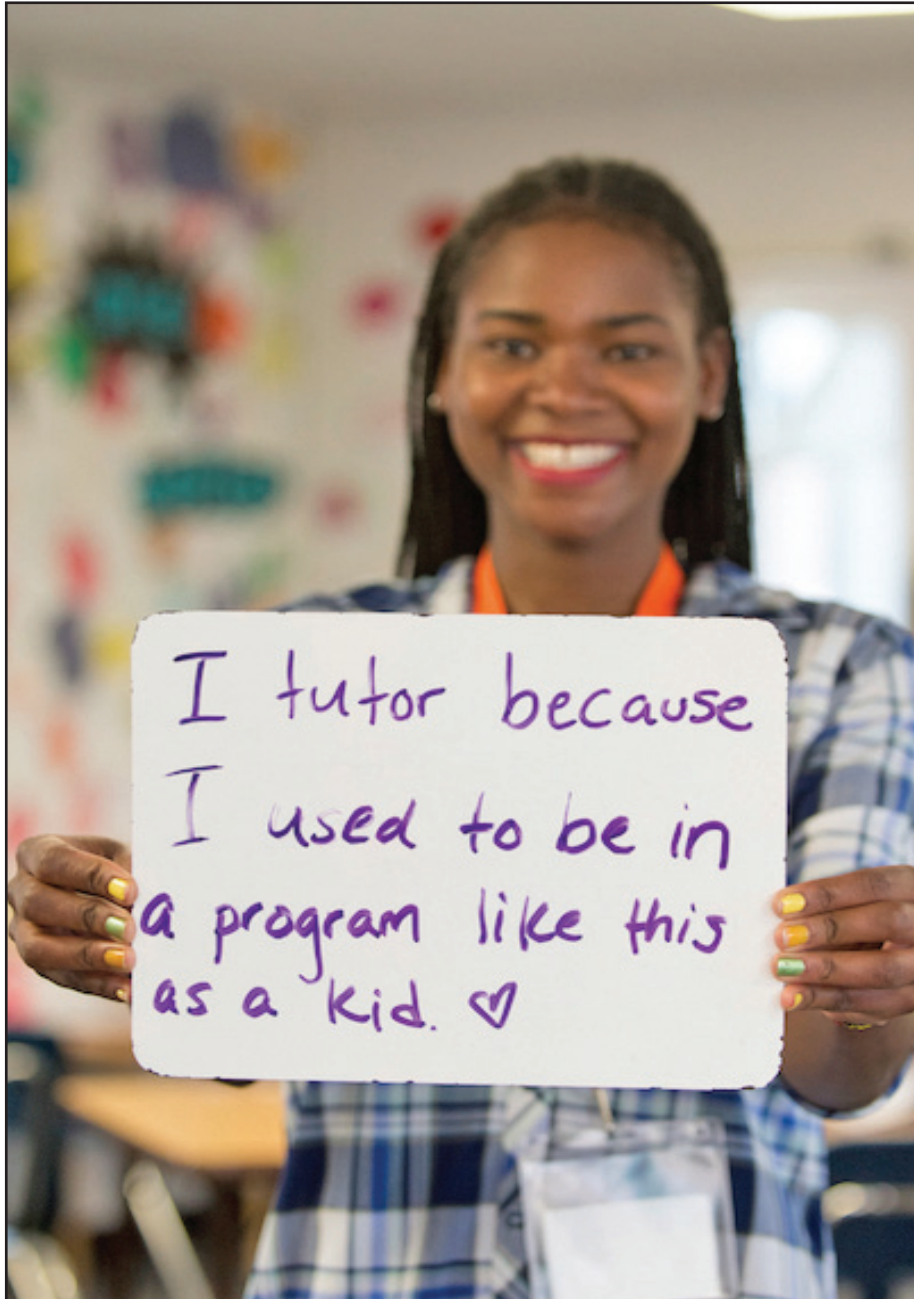


The Annapolis Times

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Reading Partners celebrates 20th year with outstanding results in Baltimore



The national nonprofit "Reading Partners" has been empowering students to succeed in reading and in life by engaging community volunteers to provide one-on-one tutoring for 20 years. Since the organization was founded, it has mobilized nearly 55,000 community volunteers to provide proven, individualized literacy tutoring to more than 50,000 elementary school students in under-resourced schools in 10 states and the District of Columbia. (Story on page 9)

Courtesy Photos/Reading Partners

Falls are not a natural part of aging

By Erin Selby

This article is part of the #STCPreventionMatters campaign from the University of Maryland Medical Center. For more information about the campaign and the Center for Injury Prevention and Policy, visit: www.umm.edu/Prevention-Matters

The Centers for Disease Control and Prevention (CDC) estimates that every 11 seconds, an older adult goes to an Emergency Department after having a fall. The CDC's research has also found that on average, an older adult dies every 19 minutes after having difficulty recovering after a fall.

Falls often rob older adults of the ability to lead full and independent lives, but it does not have to be this way. Falls are not a normal part of aging. Healthcare professionals from across the state are working to prevent falls in the community. This month, the University of Maryland Medical Center's Community Health Outreach Program and the Center

for Injury Prevention and Policy are teaming up to offer Stepping On classes in Baltimore City. Stepping On is series of seven weekly workshops designed to teach older adults how to reduce falls by building confidence and improving strength and balance.

Research shows that these workshops successfully reduce falls by 31 percent. All adults over the age of 60 are at an increased risk of falling and should participate in workshops like these.

The Community Health Department at University of Maryland St. Joseph Medical Center (UM SJMC) has successfully held nine series of the Stepping On workshops since the summer of 2015.

Through the program, older adults gain important information about fall risks, including fall dangers in the home, problems with medication, unsafe footwear, and poor vision. In addition to the trained leaders, guest experts from healthcare and community organizations outside the hospital— including physical therapists, pharmacists, representatives from a private shoe company, and the



Maryland Society for Sight— deliver important information to help older adults and their caregivers reduce the risk of falls. This allows students to pay closer attention to their individual risks and encourages them to make better decisions to reduce their chances of falling. One student reported that Stepping On “definitely makes you more aware of things not to do.”

Two important parts of the program are the strength and balance exercises. The leaders guide participants through the

exercises as a group. One recent student reported that he “feels much stronger since doing the exercises.”

Participants learn the benefits of these exercises and are encouraged to continue these regularly, even after the program ends.

The reviews are overwhelmingly positive for UM SJMC's Stepping On classes:

-Eighty-nine people have successfully finished the Stepping On program through the UM SJMC.

-Three out of every four people shared that they felt more sure in their ability to get up from a fall after taking the Stepping On classes.

-Four out of five attendees said they had greater confidence in their balance after participating in the program.

-More than half of the students stated they made changes in their home to reduce their risk of falling.

Overall, the Stepping On program has been very popular in Baltimore County. Many of the people who attended the classes at the St. Joseph's Medical Center reported that the information was valuable and they “became very informed.”

The University of Maryland Medical Center is eager to bring this important and useful resource to Baltimore City.

Erin Selby is a Community Health Specialist at the University of Maryland St. Joseph Medical Center located in Towson, Maryland.

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Day of Service planned for city and state

By Stacy M. Brown

The Together We Serve initiative brings the Maryland community together to commemorate the anniversary of the September 11, 2001 terror attacks with a day of service and action.

The 6th Branch, a nonprofit that utilizes the leadership and organizational skills of military veterans to execute community service initiatives in Baltimore, will participate in service projects that the organization believes will help a rising East Baltimore neighborhood with significant property vacancy.

Located at 1400 Greenmount Avenue in Baltimore City, The 6th Branch volunteers will conduct work benefiting the New Broadway East Community Association.

Sponsored by The 6th Branch, BGE, Constellation Energy, T. Rowe Price, CareFirst Blue Cross Blue Shield, McCormick, Legg Mason, Under Armour, Starbucks, PNC, Transamerica and Comcast, projects will range from clearing vacant lots to light demolition, landscaping and improvements to



Marylanders looking for volunteer opportunities are encouraged to check the “Day to Serve” event map online at: www.daytoserve.org/map. (Above) Volunteers with The 6th Branch participate in a past Day of Service Courtesy Photo

community green spaces.

“The Day to Serve initiative is an excellent opportunity for Marylanders to join together in volunteer efforts, as well as highlight the incredible service and

volunteerism that occurs year-round in our state,” said Governor Larry Hogan, who week issued a proclamation declaring September 11 through October 10 as “Day to Serve” month in Maryland.

“Our citizens take great pride in our shorelines and beaches, our communities, and our state, and by working together, we can continue changing Maryland for the better,” Hogan said.

As part of the announcement, Hogan says he is encouraging all Maryland citizens to choose a day to participate in a volunteer activity.

The “Day to Serve” initiative includes Maryland, Washington, D.C., Virginia, and West Virginia, each of which tracks statistics such as number of volunteers, hours served, and pounds of food donated in a friendly competition.

The governor plans to kick off the “Day to Serve” on September 11 at the Maryland Center for Veterans Education and Training (MCVET) in Baltimore.

Volunteers from the Governor’s Office of Community Initiatives, state agencies, and the local community will work alongside the homeless veterans who reside at MCVET on various projects to help uplift and revitalize the center.

In an effort to promote responsible stewardship of our environment and keep Maryland’s shorelines and beaches litter-free, the Governor’s Office of

Community Initiatives is organizing a statewide waterway clean-up event for Maryland’s waterways, which will take place September 14 and September 15. With events taking place in all 23 Maryland counties and Baltimore City, one great example is an event sponsored by the Kent Island Beach Clean Ups planned for Terrapin Beach on September 15, which is also International Coastal Cleanup Day.

To further promote the spirit of volunteerism, Governor Hogan has once again granted four hours of administrative leave for state employees to participate in a volunteer activity of their choice between September 11 and October 10, this year.

In addition to the many state employees who will be participating as individuals, several agencies plan to organize projects throughout the state to encourage employee participation.

“We greatly appreciate Governor Hogan’s continued support of promoting service and volunteerism throughout the state,” said Steve McAdams, executive director of the Governor’s Office of Community Initiatives. “As our office travels to meet with communities around Maryland, we have seen first-hand the incredible impact volunteerism can have by addressing important issues and building lasting bonds.”



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Guest Editorials/Letters

Girl Scouts is best leadership organization for girls

By Jenna Diehl

This has been expressed by countless adults, many of whom are Girl Scout alumna or parents of Girl Scouts. They have experienced the benefits of this 106-year-old organization and know the impact Girl Scouts can have on a girl's life. I am one of those girls. I have been a Girl Scout for 12 years—I began as a Girl Scout Daisy and I am currently a Girl Scout Ambassador.

I believe that the Girl Scouts has made me more confident and better at speaking to other people. Girl Scouts has given me so many amazing opportunities to get out of my comfort zone, including: giving a speech in front of over 300 business leaders at Girl Scouts' Distinguished Women's Award Celebration, presenting a bylaws amendment at our annual council meeting (which passed) and, serving as a council delegate at Girl Scouts of the USA's National Convention in Ohio which had thousands in attendance. Girl Scouts has allowed me to learn new things and discover many things I didn't know that I was good at—all of which help to build my confidence.

I have also developed leadership skills through the counselor in training programs at Girl Scouts' Camp Conowingo and program aide training at other camps that have allowed me to teach young girls to love and enjoy Girl Scouts and camp like I do.

All of the events and programs that Girl Scouts offers, including selling cookies, really help me put myself out there and talk to more and different people than I normally would. I am among the top cookie sellers in my council and have sold over 30,000 boxes of Girl Scout Cookies. Through the cookie sale we learn five important skills: goal setting, decision making, money management, people skills and business ethics. I believe that my people, money management, goal setting and business ethics skills will help me tremendously with reaching my future goals. I will be able to use all of them when applying for a job or college; planning a trip and, even when I have a job.

Traveling to England and France has been my most exciting Girl Scouts adventure. We visited the historic Pax Lodge as well as other iconic landmarks. I was in a Girl Scout travel group that held events, some of which I helped run, to raise money for our trip so that by the time the trip came it was completely paid for by the money that we had earned. Going there was one of my best adventures but it all wouldn't have been possible if it wasn't for the courage, confidence, money management, goal setting and people skills that Girl Scouts has taught me.

I have developed strong relationships with my Girl Scout mentors through the years and learned many skills from them. Because of all of these experiences, I can say that Girl Scouts is the best leadership organization for girls.

Jenna Diehl is a Girl Scouts Ambassador, Troop 296



Letters to the Editor:

Editor:

Re: Tribute To CAPT John McCain, USN

John McCain was shot down over Vietnam in October 1967 after completing over 20 missions. He was a prisoner of war until 1973.

While McCain fought in Vietnam our fearless President got four college draft deferments. After graduating in 1968, Trump visited a doctor who provided him with a letter stating he had bone spurs in a heel, and this enabled him to get a medical deferment from the draft. He later said the bone spurs were "minor."

CAPT. McCain's passing brings back memories of my Naval service which culminated in June 1967, and I recall McCain was almost killed in July 1967.

On July 29, 1967, an electrical power surge occurred in a Phantom F-4B parked on the aircraft carrier USS Forrestal operating off Vietnam. A Zuni rocket shot across the flight deck and struck an external fuel tank of an A-4 Skyhawk piloted by LCDR White or LCDR McCain. McCain and the other pilots were able to escape from their planes as jet fuel spilled across the flight deck, ignited and triggered a chain-reaction of bomb explosions that killed 134 sailors and injured 161.

It was one of the worst Naval accidents since WWII.

Donald Moskowitz
Londonderry, NH



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Letters to the Editor

The Annapolis Times

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email: btimes@btimes.com

We have to get real about achievement gap between black and white students!

By Nate Davis, CEO and Board of Directors Chairman, K12 Inc.

Our nation's graduation rate is at an all-time high. The national figure shows 84 percent of young people, overall, graduating from high school within four years after first entering the 9th grade, a trend that has been on a consistent upswing since the 2010-2011 school year.

Still, despite much progress with that indicator, major gaps still exist. There is great concern that the graduation rate hype not only masks those gaps, but distracts us from what must be our ultimate goal—ensuring all students earn a high school diploma and are college and career ready.

Even as overall graduation rates improve, black and Hispanic students continue to lag behind that curve.

Graduation rates for African American students are 76.4 percentage points—eight percentage points behind the national average—and Latino students are at 79.3 percent. Native American students fare even worse at just 72 percent graduation. Meanwhile, white and Asian students are anywhere from four to six points higher than the national average.

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None of us can reasonably expect the closure of inequality gaps, if we're simply satisfied with overall graduation rates while resigned to stubborn achievement gaps. Yet, it seems as if we're in a phase whereby these disparities are being treated as normal—"the way it is"—as opposed to addressing a larger parity problem.

We have to ask ourselves: are we having a responsible and responsive conver-

lower than the national average, but left out of the conversation is how these schools are intentionally designed to serve credit-deficient transfer students and former dropouts at risk of never earning a diploma at all.

Measuring how well schools are graduating students is important, but it should be done right, and must not create disincentives for schools to serve credit-deficient students or dropouts looking for

classes in college, according to the Center for American Progress, compared to 45 percent of Latino students and 35 percent of white students. This means that black, first-year college students, already burdened the most by rising college costs and loan debt, are taking on a greater share of the \$1.3 billion wasted on non-credit remedial courses.

There is no one silver bullet that will solve our nation's graduation problem, but we can start by realigning graduation standards to the expectations of colleges, career training programs, industries and jobs, and developing competency-based, personalized learning paths for students unconstrained by four-year cohorts. And we must finally address funding gaps that exist for too many alternative schools working to eliminate achievement gaps between advantaged and disadvantaged students.

Addressing this complex challenge requires a mix of other solutions, too; improved learning models and instruction, greater support for our teachers, innovative technology, and increased services to disenfranchised students groups are just a few that we should be working on. But none of this can happen without educators, policymakers and business leaders willing to engage in honest and constructive conversations, and then pledging to act.

A rising graduation rate is worth celebrating but let's not become complacent.

Learn more about improving the educational outcomes for the students in your life at nnpa.org/essa.

Nate Davis is the Chief Executive Officer and Chairman of the Board of Directors at K12 Inc., an online education provider for students in pre-K through 12th grade.

"The persistent normalcy of lower achievement among certain disadvantaged student populations is deeply troubling.

Closing those gaps should be as important—if not more—than simply raising overall graduation rates."

sation about high school graduation?

The most recent "Building a Grad Nation" report from America's Promise Alliance says that, "Twenty-three states have black-white graduation rate gaps larger than the national average, including five states—Wisconsin, Nevada, Minnesota, New York, and Ohio—where the gap is more than 20 percentage points... Twenty-four states have Hispanic/white graduation rate gaps that exceed the national average, and in two states—Minnesota and New York—the gap is more than 20 percentage points."

The persistent normalcy of lower achievement among certain disadvantaged student populations is deeply troubling. Closing those gaps should be as important—if not more—than simply raising overall graduation rates.

At the same time, graduation rates can be used to unfairly malign schools that are serving underprivileged youth and, in fact, helping at-risk students earn a high school diploma. Alternative schools are singled out for having four-year cohort graduation rates that are generally

a second chance. After all, what is more important for these students: graduating or graduating "on-time?" It's why graduation rate calculations should be reformed altogether so schools are held accountable for students' annual progress toward graduation every year, not just in the fourth year of high school.

Sadly, the drive to meet on-time graduation has led to recent cases of manipulation and fraud, which, of course, is wrong, but it also misses the primary purposes of high school altogether: preparing students for higher education, careers, and the workforce. The linkage between these goals—graduation and college and career readiness—is crucial for broader national competitiveness. Graduating students is meaningless if they are not prepared.

The number of high school students headed into remedial courses in their first year of college is staggering, and the gaps between varying demographics are even more troubling. Nearly 60 percent of African American students are forced to enroll in non-credit remedial

Want to comment on the editorials or any other story?

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September is Prostate Cancer Awareness Month

By Ana Fadich
Men's Health Network

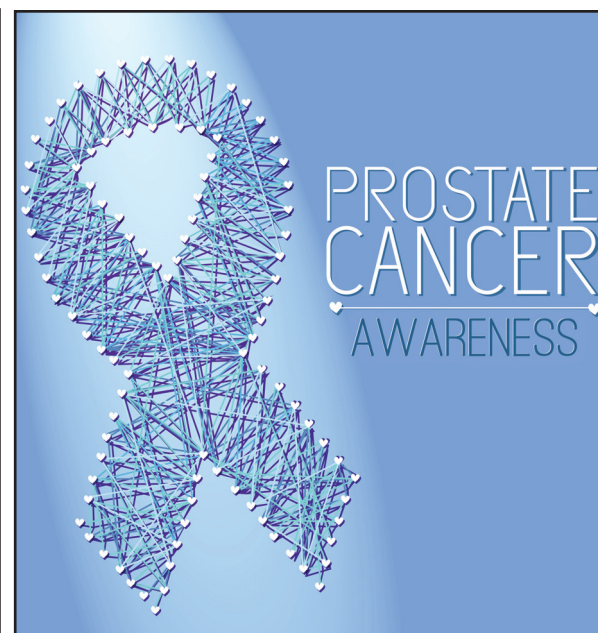
Prostate cancer is the most common form of cancer in men, striking approximately 165,000 men each year with about 30,000 dying of the disease—making it second only to lung cancer as the deadliest cancer in men.

Caught early, prostate cancer can be treated, usually successfully. But remember, in the early stages, prostate cancer has no symptoms so don't wait for "something bad" to happen to Get It Checked.

For almost 30 years, doctors have had a powerful weapon in their arsenal for detecting prostate cancer. In addition to the digital rectal exam (DRE) patients can have a simple blood test called a prostate-specific antigen (PSA) that will detect a majority of prostate problems early. Since the PSA has been used, prostate cancer deaths have declined and the number of successfully treated prostate cancer cases has risen.

During September—Prostate Cancer Awareness Month—Men's Health Network is urging men to talk to their healthcare providers about prostate cancer. They also encourage women to get involved and urge their husbands, fathers, brothers, and other loved ones to talk to their healthcare provider about prostate screening, including the PSA and DRE tests.

Let others know about the risks of prostate cancer and the potential benefits of screening. Posters, fact sheets, and a social media tool kit, for use at your place of worship, where your work, and for your fraternity or sorority, can all be downloaded for free at the www.ProstateCancerAwarenessMonth.com website.



In the early stages, prostate cancer has no symptoms so don't wait for "something bad" to happen to Get It Checked. During Prostate Cancer Awareness Month, take any opportunity you can to Get It Checked. Photo Credit: ClipArt.com

A federally staffed panel of experts, the U.S. Preventative Services Task Force (USPSTF), makes recommendations about screenings that healthcare providers look to for guidance. At its meeting in May of this year, the Task Force recommended that men age 55-69 should speak to their healthcare provider about using the PSA test to screen for prostate cancer. But Men's Health Network, many other patient advocate organizations, and many healthcare providers don't think that goes far enough.

Men's Health Network urges the following men to talk to their healthcare provider about routine prostate cancer screening:

- All men over age 50, and at age 40 for African Americans
- Men with a family history of prostate cancer
- Veterans exposed to Agent Orange

• Men exposed to pesticides and certain other chemicals.

If you are on Medicare, prostate cancer screening is a part of your Welcome to Medicare physical, the free comprehensive physical exam you receive in your first year of eligibility. But you may have to ask for the "Welcome" physical since many healthcare providers don't seem to know about it. And, Medicare continues to cover prostate cancer screening in following years.

For younger men, over 30 states require that insurance companies offering health insurance in their state provide coverage for prostate cancer tests. Insurance companies may offer prostate cancer screening in the remaining states but are not required to do so.

And, know your numbers! When you receive your PSA test results, ask the healthcare provider what your PSA

number is, write it down, and compare it against future tests. If the number goes up in future tests, talk to your healthcare provider.

The bottom line? Having an annual prostate exam, including a PSA test, just might save your life. No matter what age you are, that annual PSA test creates a benchmark to judge future tests against.

And ladies, if the men in your life don't want to make an appointment, do it for them—and drive them to the healthcare provider's office if you have to.

No insurance and limited funds? Watch for free screenings in your area. Many healthcare providers, hospitals, clinics, and health fairs offer free prostate screenings in September and at other times during the year.

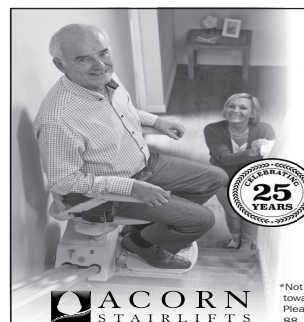
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September is National Preparedness Month

Marylanders Encouraged to Get Prepared; Get Involved by Joining Maryland Responds Medical Reserve Corps

Baltimore— Now in its 15th year, National Preparedness Month, held annually in September, encourages families, businesses, and communities to prepare and plan for emergencies. In addition to general emergency preparedness, the Maryland Department of Health Office of Preparedness and Response encourages Marylanders to take steps toward public health preparedness.

Be Informed. The first step of preparedness is to be informed. There is no time like the present to learn what to expect and how to respond in emergency situations. The Office of Preparedness and Response website offers 24 fact sheets in nine languages to provide information on preparedness topics ranging from making a family emergency communication plan to preventing injuries after a storm or flood.

Marylanders should become familiar with alerts, warnings, and local emergency services, and are encouraged to follow the Office of Preparedness and Response on Facebook and Twitter for critical updates and information.

Make a Plan. Knowing how to evacuate from your home, office, or school, and determining where to meet if your family becomes separated are crucial things to know in an emergency situation. Making a plan can prevent confusion and save valuable time during an emergency. Steps like writing and posting emergency phone numbers on your refrigerator, asking a friend or relative to be your out-of-town contact, choosing a shelter-in-place location inside

your home, and talking to your child's school about family reunification plans are all additionally recommended by the Office of Preparedness and Response to ensure your family, coworkers, neighbors, and friends know your disaster plan. Residents should also practice their emergency plans on a regular basis.

Build a Kit. Creating an emergency kit for your home and vehicle enables residents to be prepared should they lose power or become stranded. Kits should include enough food, water, and medical supplies to last three to five days without help from others. Prescription and nonprescription drugs should be replaced regularly to ensure they are not expired. In case of flooding, insect repellent can be critical for preventing the spread of mosquito-borne diseases. Important documents, including prescriptions and medical records, should be kept in a waterproof portable container. If you have a pet, their supplies should also be included in the emergency kit.

Get Involved. One way Marylanders can take action in the community is by joining the Maryland Responds Medical Reserve Corps (MRC). This volunteer program enhances emergency preparedness and response capabilities across Maryland. The growing MRC has more than 5,000 members, including physicians, nurses, pharmacists, dentists, veterinarians, chaplains, students, retirees, and more. Membership is open to anyone 18 years and older who is willing and able to assist during an emergency, participate in annual exercises and drills, and support ongoing public health outreach initiatives.

For more information and to volunteer, visit mdr.health.maryland.gov.



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Chef cooks up Caribbean delights in new cookbook

By Stacy M. Brown

At age nine, Julius Jackson decided he wanted to cook.

"I would stand under my mom or aunts and wait for the food to be ready but I didn't like being hungry, a pet peeve of mine is having my stomach growl, so I started cooking myself," said Jackson, now 30 and with a new cookbook, "My Modern Caribbean Kitchen."

The 176-page book includes 70 original recipes that Jackson says are favorites of his native St. Thomas, U.S. Virgin Islands.

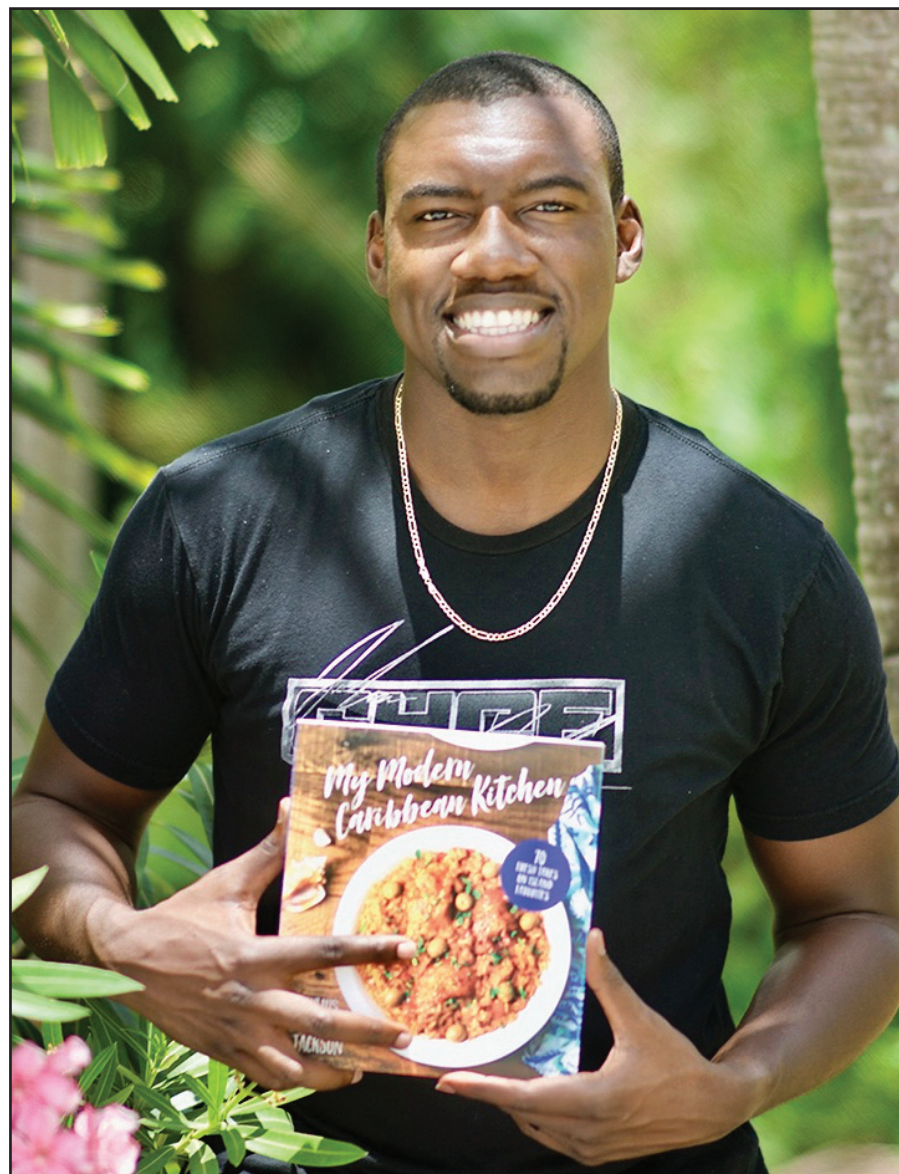
He has favorites like, "My Mama's Banana Fritters," "Granny's Potato Stuffing," and "Jackson Clan Red Pea Soup."

"I was told that I was documenting Virgin Islands history because almost no one put recipes down [on paper] or a book and these are important meals," he said, adding that, "We cook to survive in the Caribbean, cook to eat."

A professional boxer, whose father Julius "The Hawk" Jackson is a three-time world champion and boxing hall of famer, Jackson counts as a chef, author, model and actor. He's appeared on the Telemundo series, "El Cesar," which is based on the life of the legendary Julio Cesar Chavez.

Jackson also serves as head chef and manager of "My Brother's Workshop Bakery and Café, where he and others turned the shop into a place for where recent hurricane victims could get free hot meals.

"I've been talking about a new book, something about surviving the two category five hurricanes ... a Hurricane Cookbook," he said. "After the storm, we worked with the Salvation Army, the Red Cross and some private donors and they brought in some stuff like canned



Author Julius Jackson holding a copy of his cookbook "My Modern Caribbean Kitchen." The 176-page cookbook includes 70 original recipes that are favorites in his native St. Thomas, U.S. Virgin Islands. Photo Credit: Gerard Sperry

meat, Vienna sausages and we turned them into hot meals for everyone."

While the new book is in the early planning stages, his first has received a

lot of attention. The publishers say that in the exciting collection, Jackson takes the dishes he grew up with and applies his own culinary flair so you can craft

home-cooked meals bursting with the distinct spices and tasty ingredients the Caribbean is known for.

Fantastic, tropical flavor is easy to achieve—start the day off with Island-Style Farina for a classic Caribbean morning.

No-Mess Curry Chicken is an easy meal that packs a tasty punch, and One-Pot Wonder Chicken and Rice is a crowd pleaser.

Tangy Creole Fish is crisp and fresh, while pan-fried plantains can be enjoyed anytime throughout the day. Infused with Jackson's experiences of island life, these recipes are the perfect blend of traditional cuisine, unexpected twists and unforgettable flavor, according to Amazon.com.

"I'm often asked about my personal favorites. My stewed chicken is a knockout," Jackson said. "I made that on the Cooking Channel. Another that made the book is Sweet and Savory Pumpkin Fritters, made with calabaza pumpkins, so sweet and savory."

He says he loves making food that's "different."

"I'm always looking for something new to make," Jackson said.

He credits photographer Jennifer Bloom with helping him with the new book.

"She's followed my career since the Olympics and she's also a food photographer. She reached out to me on Twitter and said, 'hey, you should do a cookbook,'" Jackson said.

And, it's been a tasty partnership ever since.

"Since I was nine when I fried chicken for my brothers and sisters and I watched them eat it and the smiles on their faces, this is what I knew I wanted to do," Jackson said.

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Alan Amrhine, Communications Director
Lutheran Mission Society

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Reading Partners celebrates 20th year with outstanding results in Baltimore

The early literacy nonprofit looks for more community tutors in 2018-19

Baltimore— The 2018-19 academic school year marks Reading Partners' 20th anniversary of bringing community volunteers into schools to provide essential one-on-one literacy tutoring that empowers students to succeed in school and beyond. Over the past two decades, the organization has grown from supporting a handful of students at one school into a national literacy nonprofit supporting more than 11,000 students at 200 schools across the United States every year.

"Reading is critical and equitable education needs to be a norm, not a luxury," said Karine Apollon, CEO, Reading Partners. "This is a solvable problem and one that Reading Partners has been successfully tackling for 20 years. Last school year alone, our organization mobilized over 12,000 volunteers in communities across the country to tackle one of the nation's greatest issues, one student at a time, and our personalized literacy approach continues to show strong results"

Student results in 2017-18 continued a strong trend for Reading Partners Baltimore. Every fall, Reading Partners issues student impact reports for the national organization and for each of its 14 respective regions across the country. The impact reports for the 2017-18 school year have recently been posted and are available at: readingpartners.org.

"Results matter," said Jeffrey Zwillenberg, executive director of Reading Partners Baltimore. "Our tutors are committed to our students and volunteer their time and energy to help their student unlock their fullest potential. When we see nearly 90 percent of our youngest students mastering the skills they need to be strong readers, it bodes well for the kind of academic achievement and success they can have later on in school and in life."

Only 20 percent of economically disadvantaged students in the United States



Reading Partners needs more community tutors in the 2018-19 school year. There are nearly nine million low-income K-5 students in the United States, including thousands in Baltimore, who are not yet reading at grade level. Without developing the literacy skills needed to read at grade level, these children do not have an equitable chance to succeed in school or in life. For more information about becoming a Reading Partners volunteer, visit: readingpartners.org. Courtesy Photo

are reading proficiently by fourth grade. For students entering fourth grade, it is essential to have made the switch from 'learning to read' to 'reading to learn.' Most subjects, including history, science and math, all require literacy in order to progress. Over the past two decades, Reading Partners has engaged nearly 55,000 community tutors and over 1,300 AmeriCorps members to provide one-on-one literacy tutoring to more than 50,000 students attending over 350 public schools in nearly 75 school districts across the country. All told, Reading Partners volunteers have delivered more than 1.5 million tutoring sessions, helping students grow their reading skills and confidence at a critical stage in their education.

There are nearly nine million low-income K-5 students in the U.S. including thousands in Baltimore, who are not yet reading at grade level. Without developing the literacy skills needed to read at grade level, these children do not have an equitable chance to succeed in school or in life. Each new volunteer that Reading Partners engages helps more students develop the foundational reading skills needed to power their learning in all other subjects in school.

In the 2018-19 school year, Reading Partners aims to match 900 community volunteers with 750 struggling readers in Baltimore. By tutoring a student one-on-one for as little as one hour a week, volunteers can make an impact that can

quite literally alter the course of a child's educational experience and life.

"I have volunteered with many organizations throughout my career, but I have been continually most impressed and inspired by Reading Partners, as it is a highly organized and effective program," said a tutor at Francis Scott Key. "Giving a child the gift of reading gives them a running start in life."

The positive student results highlighted in the 2017-18 impact reports are made possible through the generous participation of thousands of community volunteers.

To become a volunteer with Reading Partners, visit: readingpartners.org/volunteer today.

"I just preach the importance of reading, the importance of learning and challenging yourself to be the best you can be in life, whatever it is you do." —Ha Ha Clinton-Dix

Rambling Rose

*Down Home Blues
are on the Menu this Week*



Rosa Pryor Trusty

Hello everyone, I'm back from my vacation and we had a ball! Vacation is just what we needed to get my mo-Joe working again.

The Jazz Expressways Foundations, Inc., a non-profit organization, is hosting their Blues & Jazz Breakfast Show on Saturday, September 8 from 10 a.m. to 2 p.m. at the Forest Park Senior Center, 4801 Liberty Heights Avenue featuring: open buffet breakfast; BYOB; free set-ups; live entertainment by "David Cole & his Main Street Blues Band"; door prizes and raffles. You will have a lot of fun at this fundraiser. Your donations will help a child in music. So please call me for your tickets or email me. I want to thank Calvin Talbot and Clayton & Wanda Tucker for their support. We are looking forward to having a damn good time.

The One Sports Bar & Lounge, 4314 Curtis Avenue, Curtis Bay, Maryland is jumping up and down doing the "James Brown" every week with live entertainment. On Saturday, September 15th, Eddie Wonder, a Teddy Pendergrass impressionist will be performing. For more information, call 410-830-1077 and tell them "Rambling Rose" told you.

FYI: It seems like it is Class Reunion time. Edmondson High School, Class of 1963 is having their 55th Class Reunion—by the way, that will be me. (It seems like 100 years ago). Our Class Reunion will start on Friday, September

14th; 4-7 p.m. at a "Meet & Greet" get together at the Doubletree Hilton Hotel, 1725 Reisterstown Road in Pikesville, Maryland. You are welcome to join us even though you are not from our class. You may be a family member or a friend of the classmates. On Saturday, September 15th our Reunion Banquet will take place from 7-11 p.m. at the Forum Caterers, 4210 Primrose Avenue in Baltimore. On Sunday, September 16th a Sunday Brunch will be held. For more information, contact Virginia at virginia2745@gmail.com.

FYI: I received a note from an old friend, Barry Powell to inform me that his class is having a reunion also. Powell is from the class of the former Lemmel Junior High School, the Class of 1968. They are hosting its 50 year reunion on Saturday, September 15th from 6-9 p.m. The reunion will take place at the Hibachi Grill and Supreme Buffet, 8006 B Liberty Road, Randallstown, Maryland. So to all alumni or friends of this class, for more information, call Julian Thomas at 443-474-1117.

Well, my dear friends, I got to go to unpack and get ready for this weekend. Remember, if you need me, call me at 410-833-9474 or email me at rosapryor@aol.com. UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.
3 Attachments



David B. Cole & Main Street Blues Band will perform at the Jazz Expressways Foundation Blues & Jazz Breakfast Show on Saturday, September 8th from 10 a.m. to 2 p.m. at the Forest Park Senior Center, 4801 Liberty Heights Avenue. Get your ticket in advance. Call "Rambling Rose" at 410-833-9474.



Sam "The Man" Brice and his granddaughter will be host the "Under the Bridge Reunion" on Saturday, September 15 from 6 p.m. to 11 p.m. at the DDL Lounge Bar & Grill, 2008 Belair Road. For more information, call 443-621-9947. I will see you there!



Most Worshipful Prince Hall Grand Lodge of Maryland and the Honorable Emanuel J. Stanley Most Worshipful Grand Master is hosting a free, open to the public "Annual Children's Cookout on Saturday, September 8 from noon until 6 p.m. at the Lamont's Entertainment Complex, 4400 Livingston Road, Indian Head Maryland. Free food, entertainment, games, pony rides and more. Bring your folding chairs. I am an Eastern Star at this Lodge, hope to see you there. For more information, call Bill Davids at 301-704-0691.

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Five tips for parents to help their kids get started with retirement planning

News & Experts — It's a whole new world for recent college graduates entering the workforce. Their priorities have changed; now bills, rent, and student loans lead their monthly list.

Retirement planning ranks low as a priority for many young people in the early stages of their careers. About two-thirds of Millennials have nothing saved for retirement, according to a report by the National Institute on Retirement Security, and financial specialists say waiting to save could end up significantly delaying their retirement.

This is when parents can step in and advise their young adult kids about how and why to start a retirement plan now—before too many years roll by.

“Many people early in their work life figure retirement isn’t worth thinking about because it’s so far down the road, and they’ve got other obligations,” says Mark Henry, an estate planner, investment advisor and founder/CEO of Alloy Wealth Management (www.alloywealth.com). “But getting a late start is a big mistake. First of all, they’re missing out on valuable years of compounding returns.

“Mom and dad are near or in retirement now and know the importance of saving as much as you can as soon as you can, especially in today’s world. They can be huge assets of knowledge and wisdom for their grown children right now.”

Henry offers five tips that parents can pass on to their young-adult children to help them start planning for retirement:

•**Don’t wait.** Explain to them the importance of beginning retirement savings just as that new job starts. “While they reason that their salary is low as they start out and they have bills, they need to make saving a disciplined habit, starting with just a little,” Henry says. “It’s not going to be easy to start saving later; you make more money, but then you’ve got more expenses. So start the important life habit now, and it will be easier then.”

•**Learn the basics.** Retirement planning can be a boring topic to some young people, but Henry says tying its importance to a new job that gives them a big opportunity to get ahead financially can instill pride in learning some of the retirement basics. “Young workers should at least understand the purpose of

target-date funds,” Henry says. “Many plans offer these funds, which automatically adjust how a person’s money is invested based on their age and how close they are to retirement.”

•**Capitalize on the 401(k).** Their parents’ generation profited from this. “Throw in the fact that pensions are gone for the most part—and their parents’ generation felt the brunt of this fall-off—and the kids should pay heed to a great way to save,” Henry says. “And the percentage a company matches the 401(k) is an important consideration.”

•**Increase contributions over time.** Financial advisors generally recommend

that you save between 10 percent and 15 percent of your pay for retirement. That’s usually too high for someone in their 20s, but Henry says, “You can work toward that goal by increasing your contribution by one or two percentage points every time you get a raise.”

•**Stick to an honest budget.** “Help them learn to budget money with three simple categories: give, save and spend,” Henry says. “With this foundation, they’ll learn how rewarding it is to set a savings goal and regularly put aside money to reach it, which is the basis for successful retirement investing.”

“Parents today know the younger you are when you begin retirement investing,

the more money you can have when it’s time to retire,” Henry says. “They need to emphasize that to their kids, and they can teach them by starting with simple concepts and building on them over time.”

Mark Henry is a certified estate planner and founder/CEO of Alloy Wealth Management (www.alloywealth.com). Known as “Charlotte’s Premier Wealth Coach” as a radio host on WBT News Talk 1110 AM/99.3 FM, Henry has more than 30 years of experience in business and finance. He is also an investment advisor representative.



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Join the Arbor Day Foundation in September and receive 10 free trees

Nebraska City, NE— Everyone who joins the Arbor Day Foundation in September will receive 10 free trees as part of the Foundation's Trees for America program.

Through Trees for America, everyone is encouraged to plant trees, which benefit the environment and improve the quality of life. With nearly one million members and supporters, the Arbor Day Foundation is the nation's largest non-profit organization dedicated to planting trees.

Everyone who joins this month will receive one of the following tree packages based on their location: 10 Arizona Cypress, 10 Live Oak or 10 Mix trees including eastern redbud, white pine, sugar maple, white flowering dogwood, pin oak, red maple, river birch, silver maple, northern red oak and Colorado blue spruce.

"These trees are carefully selected to yield year-round benefits, including

beautiful spring flowers, cool summer shade, spectacular autumn colors, winter berries, and nesting sites for songbirds," said Matt Harris, chief executive of the Arbor Day Foundation. "These trees will also add to the proud heritage of your state's Tree City USA communities." Harris continued. "For the past 40 years, Tree City USA has supported effective urban forestry management across the country, and planting these trees will enhance this tree-planting tradition."

The trees will be shipped postpaid at the right time for planting between October 15 and December 10. The six to 12-inch trees are guaranteed to grow or they will be replaced free of charge. Easy-to-follow planting instructions are enclosed with each shipment of trees. New members of the Arbor Day Foundation will also receive The Tree Book, which includes information about tree planting and care.

To receive the 10 free trees, send a \$10 membership contribution to Ten Trees, Arbor Day Foundation, 100 Arbor Ave., Nebraska City, NE 68410, by September 30, 2018, or join online at arbor-day.org/september.

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Reading Adventures!

Start The Adventure In Reading (STAIR) needs reading tutors and site coordinators! STAIR is a one-on-one reading program geared to help 2nd graders currently reading below grade level. STAIR has worked with Anne Arundel County schools for 13 years. After school for one hour, tutors read, practice phonics, and work on fluency and comprehension with their student. Site Coordinators manage the tutoring sessions, make sure each student is paired with a tutor for the year, have all materials on hand, and work with the school reading specialist. Learning occurs in a safe, nurturing environment and a bond is forged between tutor and student. STAIR has seven sites in Annapolis and sites in Edgewater, Severn, and Crofton, Maryland. They are currently looking for site coordinators and one and two day a week tutors as well as substitute tutors for all sites. Sites are open either Tuesday/Thursday or Tuesday/Wednesday. Training is provided. For more information, email Linda Barbour, Executive Director at executive_director@stairannapolis.org or call 410-279-6480 or visit the STAIR website at: www.stairannapolis.org.

New online tool launched to help up to 23 million Americans understand their voting rights

All citizens who have paid their debt to society are entitled to participate in our democracy

(Black PR Wire)— Campaign Legal Center (CLC) released a first-of-its-kind online tool RestoreYourVote.org to help as many as 23 million citizens with past felony convictions understand their voting rights in all 50 states and take the necessary steps in the process to exercise their right to vote before the November 2018 election.

A majority of this group of Americans— as many as 17 million people— should be able to vote right away if they just understand their rights. Many more are eligible to apply to restore their right to vote. CLC hopes to educate as many people as possible between now and the election by providing an online roadmap for rights restoration.

Felony disenfranchisement laws target primarily people of color, preventing them from having a voice. Many of these laws are explicitly racially discriminatory policies of Jim Crow. Nationwide, one in every 13 black adults cannot vote as the result of a felony conviction. That is compared to one in 56 non-black adults.

"Citizens who have paid their debt to society are entitled to participate in our democracy. We launched this tool because state and federal policies do not uniformly protect the right to vote of all citizens. There is lots of work to do to educate people about their rights," said Danielle Lang, senior legal counsel, voting rights and redistricting at CLC. "We can't overturn all discriminatory voting laws overnight. But while we fight them in court, we are minimizing the harmful impact of these laws by clearing up the confusion and misinformation that prevents many people with past felony convictions throughout the country from voting. Through this tool and a robust organizing effort, we hope to educate as many people as possible about their rights and help them access the ballot."



RFL Museum of Maryland African American History & Culture needs volunteers

The museum is dedicated to serving the community by providing multifaceted support through meaningful interactions with history and material culture of Maryland African Americans. Volunteers are needed to assist at the Information Desk, as Docents, for Special Events and more. There are ongoing opportunities on Saturdays and Sundays for assistance with greeting guests and patrons at the main entrance and to work with kid's activities during public hours. The minimum age for volunteers is 14. Volunteering is open to adults, seniors, college and high school students. Service learning credit hours can be earned by high school students. We are accepting applications for the following volunteer positions: Special Event Volunteer, Administrative Assistant, Curatorial Assistant, and Visitor Services. Contact Joy Hall at 443-263-1800 or email: hall@lewismuseum.org or visit the website: www.lewismuseum.org.

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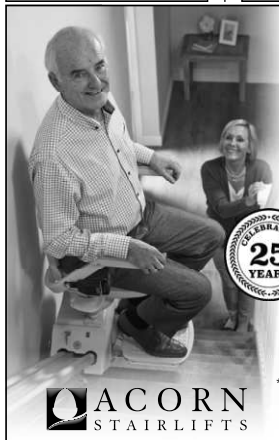
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**AIRLINE MECHANIC
TRAINING**
Get FAA certification to fix planes. Financial Aid if qualified. Approved for military benefits. Call Aviation Institute of Maintenance 866-823-6729

GARAGE/
YARD SALES

COMMUNITY YARD SALE
Spaces \$10, Sat 9/15, 8am-1pm.
Paper Shredding 12pm-2pm
Donations Accepted. Trinity UMC. 2100 Westchester Ave. 410-747-5841

GARAGE SALE (MULTI-FAMILY)
7464 Bradshaw rd Kingsville 21087 Sat 9/8- Sun 9/9 8a-3p. Collectibles, Antiques, Old clocks, Car items, Household items & lots more!

YARD SALE Russett Community Association is hosting its Annual Community Spring Yard Sale on Saturday, September 15th, 2018 from 9 am to 1 pm. Over 100 vendors! Please call (301)498-3897 or email staff@russett.org for more info.

MISCELLANEOUS

PLACE A BUSINESS CARD AD in the Regional Small Display 2x2/2x4 Advertising Network - Reach 3.6 Million readers with just one call, one bill and one ad placement in 71 newspapers in Maryland, Delaware and DC TODAY! For just \$1450.00, Get the reach, Get the results and for just Pennies on the Dollars Now...call 1-855-721-6332 x 6 or email wsmith@mddcpress.com

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For confidential help with gambling problems, please visit
mdgamblinghelp.org or call 1-800-GAMBLER. You must be 18 to play.

