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P-TECH Carver, IBM Internship Help Students toward Technology Careers



De'Rell Bonner (center), an IBM on-site liaison for the P-TECH program at Carver Vocational-Technical High School is responsible for matching local teens with high-tech summer internships, apprenticeships and jobs of the future. His job is to bridge the gap between classroom and career, providing students with mentors, arranging paid internships, scheduling workplace visits, facilitating practical training on topics like personal finance and counseling students on career goals. Above: De'Rell Bonner with Summer 2019 interns Jai'Marri (left) and Justice.. (See article on page 9) Courtesy Photo/De'Rell Bonner

More than wedding bells and babies, Baltimoreans see homeownership as sign of success

By Stacy M. Brown

Americans as a whole and Baltimoreans in particular equate homeownership with being a “successful adult,” above getting married or having children, and are willing to do what it takes to make their homeownership goals a reality, according to a new Wells Fargo survey.

The Wells Fargo “How America Views Homeownership” survey was conducted by The Harris Poll from April 17 to April 29, 2019.

Key findings of the poll, conducted among 1,004 U.S. adults 21 and older and an additional 251 adults in the Baltimore metropolitan area, included:

- Seventy-five percent say they equate homeownership with being a “successful adult,” more so than having children (35 percent) or getting married (30 percent), and that homeownership provides a sense of responsibility (79 percent) and security (74 percent).

- More than four in five adults (83 percent) say they believe the benefits of homeownership outweigh any drawbacks.

- While most current homeowners (73 percent) had to make hard sacrifices in order to afford their home, nearly all say buying their home was worth all the sacrifice to save for it (93 percent).

- Nearly all homeowners (96 percent) agree owning a house provides more “bang for your buck” than renting in the long run.

- In addition, seven in 10 Baltimoreans (71 percent) say they would give up something to save for a down payment, including dining out (44 percent), going



to events (44 percent) and vacations (36 percent), and 37 percent of Baltimore adults who are saving to buy or renovate a home say they have done work outside their primary job to help pay for it.

“Homeownership is part of the fabric of American life, defining communities and providing a base for families to live out their dreams,” Michael DeVito, head of Wells Fargo Home Lending, said in a news release. “As today’s consumers set out to achieve their homeownership goals, they are making smart financial decisions that position them— and the communities they call home— for long-term financial success.”

Baltimoreans cite financial concerns as the top barriers to buying, with nearly one in three (30 percent) identifying paying down consumer debt as the top barrier to buying, along with saving for a down payment (26 percent).

Baltimoreans also seem to have misperceptions about what it takes to increase their opportunity of getting a home loan, citing “perfect” credit (71 percent), being debt-free (74 percent), “having a lot of money in the bank” (62 percent) and having no student debt (45 percent). In fact, more than one in three

homeowners (34 percent) say they never thought they would be able to purchase their own home, the survey revealed.

“Financial education represents a tremendous opportunity when it comes to helping more Americans achieve homeownership, and there are a lot of resources available to address the misperceptions that persist about homebuying,” said DeVito. “It is important to save and tend to your credit score, but you don’t need perfect credit, and there are low down payment loan programs designed to give first-time buyers a clearer path to owning a home.”

Baltimoreans also say they would be willing to make trade-offs in order to afford a home.

More than half of adults (52 percent) say they would be willing to buy a smaller house with fewer updates and amenities in order to afford a home.

Most say they would be willing to make logistical trade-offs for the chance to purchase a home, such as moving to a smaller city nearby (70 percent), accepting their second choice of a city or town (61 percent), or moving to a rural area (63 percent).

“The majority of Americans, including Baltimoreans, see homeownership as an investment in their future and as a key piece in achieving goals like financial health and security,” said DeVito. “It is a meaningful step that brings benefits not just to individual families, but also to the neighborhoods and communities they call home.”

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Guest Editorials/Commentary

Free speech just isn't that complicated

By Thomas L. Knapp

It's hard to believe we need to have this conversation in this day and age. But if we don't keep having it, at some point we might not be allowed to have it.

Question: What is free speech? Or, rather what is NOT free speech?

In 2017, former Vermont governor, presidential candidate and Democratic National Committee Chairman Howard Dean informed the American public that "[h]ate speech is not protected by the first amendment." That's one variation of the "hate speech is not free speech" claim.

Yes, "hate speech" is free speech—and yes, it is protected by the First Amendment.

On July 12, 2019, speaking at a White House "social media summit," President Donald Trump opined that "free speech is not when you see something good and then you purposely write bad. To me, that's a very dangerous speech, and you become angry at it. But that's not free speech."

Yes, calling something "bad" that Donald Trump calls "good" is free speech too, and yes, it is also protected by the First Amendment.

This shouldn't even be an "issue." It's just not that complicated, folks. But for some reason we're still MAKING it complicated.

Ever since the framers enshrined freedom of speech in the Constitution, Americans have struggled with what, if any, limits can be legitimately placed on that freedom.

The law and the courts have carved out limited exceptions for things like speech "directed to inciting or producing imminent lawless action," "true threats of violence," and knowingly false speech aimed at defaming a person's character or defrauding others in a commercial sense (e.g. "I'm selling you one ounce of gold" when it's actually one ounce of lead with gold paint on it).

There are plenty of reasonable arguments to be had about what, if any, exceptions to unfettered freedom of speech might make sense.

But when it comes to matters of opinion, the only reasonable position is that you're entitled to have opinions, and to express them, period.

Even if Howard Dean thinks they're "hateful."

Even if Donald Trump thinks that he is "good" and that you're making him look "bad."

Even if they make someone feel angry or to use the latest non-specific catch-all complaint, "unsafe."

We don't have to agree with others' opinions. We don't have to like the manner in which others express their opinions. We don't even have to listen to other people when they express their opinions. But we don't get to stop them from expressing their opinions. Not even if we're Howard Dean or Donald Trump.

In anything resembling a free society, that's just not negotiable. And no politician who argues otherwise should ever win an election to the position of dogcatcher, let alone governor or president.

Thomas L. Knapp (Twitter: @thomaslknapp) is director and senior news analyst at the William Lloyd Garrison Center for Libertarian Advocacy Journalism (thegarisoncenter.org). He lives and works in North Central Florida.

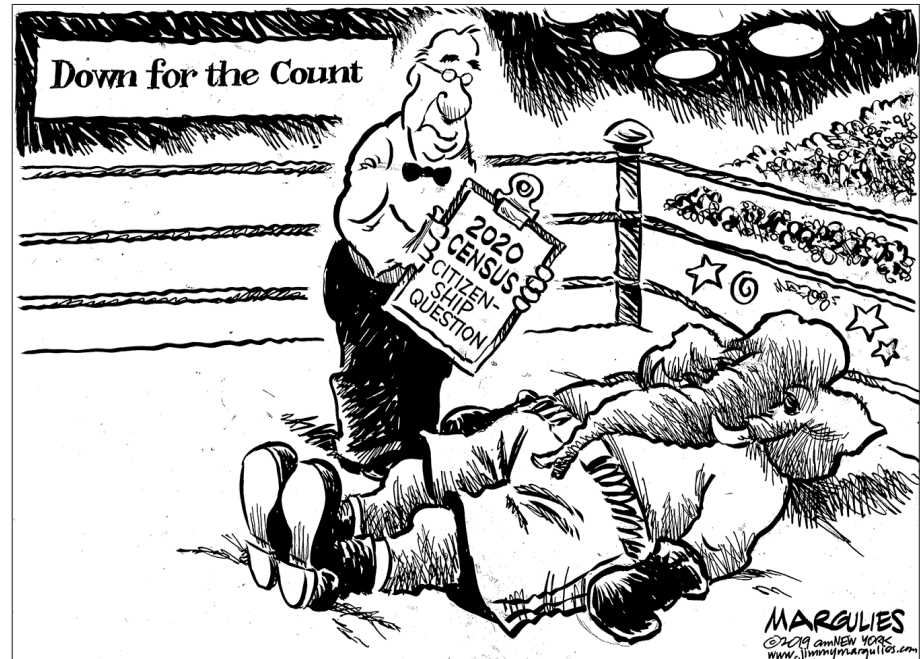
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Community Affairs

Baltimore photojournalist Jermaine Gibbs on exhibit in Gallery 90

Pasadena, Md.— Travel the world through the work of photojournalist Jermaine Gibbs in his exhibit now showing in Gallery 90. Thanks to Hospice of the Chesapeake's healing arts partner, Chesapeake Arts Center, Gibbs' photography is on display through August 30, 2019, in the gallery throughout the nonprofit's administrative building on the John & Cathy Belcher Campus at 90 Ritchie Highway, Pasadena, Maryland.

A native of Baltimore, Gibbs has been traveling around the world since 2010 grasping hold to glimpses of various cultures and making provisions for others to see through the lenses of the unknown and make them comparable to those that we see every day.

"When we change the way we see, everything we see will change," Gibbs said.

His work can be viewed around the world, including in the National Museum of African American History and Culture in Washington, D.C.



Baltimore native and photojournalist Jermaine Gibbs during his travels around the world. Courtesy Photo

A free docent-led tour of Gibbs' exhibit takes place from 9 a.m. to 11 a.m. on Friday, July 26, 2019. For reservations or to schedule a private tour for a group, contact Renate Little at 443-837-1512 or rlittle@hospicechesapeake.org.

Gallery 90 was established to realize the vision of creating a harmonious work environment for Hospice of the Chesapeake administrative staff and visiting nurses, caregivers and volunteers who work directly with patients and their families.

For more information about Gibbs, visit: www.jermainegibbs.com.

Running for Exposure

By **Julianne Malveaux**
NNPA Newswire Contributor

Twenty-four people are running for the Democratic nomination for President of the United States. From where I sit, at least half of them are only running for exposure, for the Vice-Presidential nod, for Cabinet secretary, to push a platform, or to simply be seen. Their ambitions have made the process turgid and impractical, often amusing and only sometimes illuminating.

The candidates do best when they have time to expound on their ideas, as they did at Rev. William Barber's Poor People's Congress on June 17, or at Rev. Jesse Jackson's National Rainbow Coalition International Convention June 28-July 2. Barber's meeting drew nine candidates, each who had the opportunity to give a four-minute speech and 26 minutes of questioning from Rev. Barber.

The Rainbow PUSH gathering drew seven candidates who had about 15 minutes to address those assembled. Vice-

President Biden, Senator Elizabeth Warren, and Mayors Bill Di Blasio and Pete Buttigieg had press conferences with Rev. Jackson. Senators Harris and Booker did not attend Rev. Jackson's meeting, although Harris did get to Rev. Barber's and pledged to support a debate dedicated to poverty issues.

With a crowded field and calendar, it is clear that everybody can't be everywhere, but I'd like the two African

ing your bets. You told the San Francisco Chronicle that, while you are running for President, you haven't closed the door on keeping your congressional seat. You have until December to decide, you say. Do us all a favor. Decide now!

Memo to Beto O'Rourke. Just like the South lost the Civil War, you lost the Senate race in 2018. Losing a statewide competition is hardly the foundation for a successful Presidential run. You were a

you. Actually, they don't. There's nothing wrong with saying you made a mistake, nothing wrong with apologizing to Anita Hill, which you haven't done yet, nothing wrong with talking about busing unapologetically. If you don't get your act together, Elizabeth Warren and Kamala Harris are going to make mincemeat out of you.

It's only July, seven long months before the February 3, 2020, Iowa caucuses. Only eight months before the delegate-rich Super Tuesday, March 3, 2020, when at least 15 states, including Texas and California, will hold primaries, and 1321 Democratic delegates will be up for grabs. It's the beginning of July, and by month's end, there will be yet another debate with 20 people on the stage in two clumps. We won't learn much at these debates, because they are less debate than guided conversation with interruptions and outbursts.

What we must know, even at this point in July, is that all twenty-four candidates aren't running for President. At least half of them are simply running for exposure, and most of the nation is not paying attention. Can you name all 24 candidates without the use of Google? Probably not. I got to 21 before I had to check. I left out Massachusetts Congressman Seth Moulton, former Alaska Senator Mike Gravel, and Montana Governor Steve Bullock. They've made quite an impression! Running for exposure is a costly venture and a Constitutionally guaranteed right. I'm not so sure it's a good idea, at least where some of these candidates are concerned.

Julianne Malveaux is an author and economist. Her latest project MALVEAUX! On UDCTV is available on youtube.com. For booking, wholesale inquiries or for more info, visit www.juliannemalveaux.com

“It's only July, seven long months before the February 3, 2020, Iowa caucuses. Only eight months before the delegate-rich Super Tuesday, March 3, 2020, when at least 15 states, including Texas and California will hold primaries, and 1321 Democratic delegates will be up for grabs.”

American Senators to explain why they snubbed Rev. Jackson, a leader who provided the very foundation for them to run for office.

Memo to Andrew Yang; Marianne Williamson; Montana Governor Steve Bullock; Miramar, Florida Mayor Wayne Messam; and a few others, what are you running for, really? You've got ideas— doesn't everybody? But you have about as good a chance of being President as the proverbial snowball has a chance of surviving Hades. You've raised a little money, and you've got a skeleton staff. Why not sit home and write op-eds about your good ideas? Somebody will publish them.

Memo to California Congressman Eric Swalwell— age baiting is neither thoughtful nor cute. It's fine to tell Vice-President Joe Biden to "pass the torch" once, but to say it more than once seems like badgering and makes you look like a junior high school heckler. Biden should have come back at you for hedg-

nondescript Congressman who sponsored little legislation, a Democratic sensation mainly because you came close to toppling the odious Senator Cruz. But what do you stand for other than white male exuberance, jumping up on tables with the wild hand gestures? Run for Senate in Texas again. Maybe you'd win and really make a difference!

Memo to Julian Castro. Don't patronize your own community by speaking Spanish poorly. I think Latino people care more about your policy positions than your Spanish language ability. Good move in going after Beto O'Rourke in the debates on immigration issues. Wrong move in missing the Poor People's Congress after confirming that you'd be there.

Memo to Vice-President Biden. You're better than your act, better than your debate performance, better than your wandering, long-winded speeches. I know you've been doing you for a long time, and the wordy gaffes seem to work for

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Joint Conference of Catholic Religious in Baltimore July 20-25

By Ursula V. Battle

National Black Sisters Conference (NBSC) among participants at Joint Conference

Sister (Sr.) Josita Colbert, SNDdeN is a member of the Sisters of Notre Dame de Namur, a Roman Catholic institute of religious sisters founded to provide education to those made poor. Sr. Colbert reflected on the events, which led her to enter religious service in 1956.

"I became interested when I was in the fifth grade," said Sr. Colbert, "I had not seen black nuns— only white nuns. The first black nun I ever saw was with the Oblate Sisters of Providence."

Founded by Mother Mary Lange, The Oblate Sisters of Providence was created to allow black women to enter religious life in the Catholic Church.

"My parents, like most Catholic parents were told to raise their children in the Catholic faith," said Sr. Colbert. "What they found out was that all Catholic schools did not take black children. So, I had to take three buses to St. Pius V in Baltimore. I was very impressed with the nuns who taught us at both St. Pius and St. Frances Academy.

"My family was also very active in the church. They were also a part of the Girl Scouts and other service organizations. I got this idea of wanting to be of service. I thought that the opportunity to serve and teach was the greatest thing I could do."

Sr. Colbert is a member of the National Black Sisters Conference (NBSC), one of the religious groups participating in the Joint Conference taking place Saturday July 20, 2019 through Thursday, July 25, 2019 at the Baltimore Marriott Inner Harbor at Camden Yards Hotel. The Joint Conference is an annual meeting of black Catholic women religious, clergy, brothers, seminarians, deacons and their wives. Sr. Colbert chairs the Joint Conference Committee. The theme of the Joint Conference is "This Work is Ours to Do."

"Each place we go for our conference, we celebrate African American people in that city," said Sr. Colbert, noting that the Oblate Sisters of Providence and the Reginald F. Lewis Museum of Maryland African American History & Culture will be among the stops. "We look at our roots as it relates to Catholics in that City."

The Joint Conference will include several religious cere-



Sr. Josita Colbert is chairperson of the Joint Conference taking place Saturday, July 20, 2019 to Thursday, July 25, 2019, at the Baltimore Marriott Inner Harbor at Camden Yards Hotel. Courtesy Photo

monies, meetings, a concert, and an Awards Ceremony.

"We looked back over the past 50 years in terms of speakers, actions and contributions and looking at 2019, we want to look at what we can do as black religious individuals to support our black communities," said Sr. Colbert. "We want to look at our gifts and skills, and how they can help in the communities to address the issues that are relevant today."

Founded in 1968, the NBSC is an inclusive Catholic organization of vowed black Catholic Women Religious and Associates from many congregations of religious across the United States.

"NBSC started in 1968 following the death of Dr. Martin Luther King, Jr.," said Sr. Colbert. "We wanted to learn about what was going on in 1968 to explain the Black Power Movement and what we could do as black religious woman. It was educating ourselves and reaching out. In 1968, there was just one black bishop.

"We have seen some change but there needs to be a

whole lot more change given the climate in the country. In some ways, it seems to be like 1968 and before that time period. Unfortunately, we don't have as many people of color serving in leadership positions within the Catholic Church. We are still not that large, however we can still be effective."

Sr. Colbert has been a member of NBSC since it was founded, and has served on several boards within the organization. She says that NBSC works with other organizations, which include The National Black Catholic Congress (NBCC), a non-profit organization dedicated to improving the lives of black Catholics across the United States. The National Black Catholic Clergy Caucus and the National Association of Black Catholic Deacons and wives, and National Black Catholic Seminarian Association are also part of the in the Joint Conference.

"We network with other organizations within the Catholic Church," she said. "The goal is to become an anti-racist church. We want the Catholic Church to become more open to receiving African American men and women who may be called to become a Roman Catholic priest, deacon, religious nuns, and brothers.

"That it recognizes, reverence and nurtures God's call of African-American women and men to the priesthood and religious life. Our role as a Joint Conference is key."

Sr. Colbert estimates the number of black nuns at 300 to 400 nationally, and says she is one of five African-Americans among the Sisters of Notre Dame de Namur who are members of the National Black Sisters Conference.

However, history has repeated itself. Just like the nuns who helped shaped the course of her life as a student at St. Frances Academy, she has done the same.

"I have a young student I taught in kindergarten who is now a priest," said Sr. Colbert. "I feel really good about that."

Sr. Colbert estimates the Joint Conference will draw between 100 to 200 participants.

"Through the conference, we work together to promote leadership, and basically we challenge ourselves and other members of the Catholic Church to listen to those voices that for too long have been excluded and silenced. We also celebrate each other," she said.

For more information about the Joint Conference and NBSC, visit: www.nbsc68.com



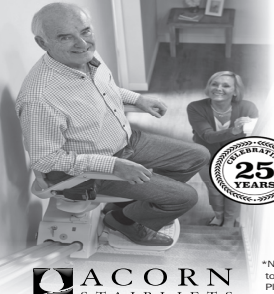
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This is **Anthony.**

He's accomplished a lot on his own,
like graduating from *college*,
finding a *job*, and moving
into a new *apartment*.

But when it comes to
planning for the future,
he could use *a little* guidance.



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Operation Charm City leading the 'Charge'



Baltimore— Veterans with the national nonprofit, The Mission Continues; active-duty personnel; and community volunteers came together the third week of June this year for one week to participate in Operation Charm City Charge, a project to beautify parks and transform vacant lots on Baltimore's Westside into places of peace and pleasure where residents are able to enjoy the outdoors and their surrounding safely.

The Mission Continues has been active in Baltimore for the last four years. Operation Charm City Charge is their team-based program in collaboration with local organizations, including: Highland Park West Community Association; I Step Forward Recovery Program; Baltimore City Police Department Western District; and Operation Safe and Clean.

For more information about The Mission Continues or how to become a community partner, visit: info@missioncontinues.org.



P-TECH Carver, IBM Internship Help Students toward Technology Careers

By Stacy M. Brown

This fall, an estimate of more than 55,000 high school graduates in Maryland face the prospect of entering college or finding career-level work for the first time.

That daunting prospect has often left many wondering just how a student – or parent – is supposed to know where to find jobs or even internships that will help set them up for success in fast-growing fields like technology.

In Baltimore, De'Rell Bonner, an IBM on-site liaison for the P-TECH program at Carver Vocational-Technical High School, is working to help answer that question for interns this summer.

Bonner is responsible for matching local teens with the high-tech summer internships, apprenticeships and jobs of the future.

His job, reportedly one of just a dozen that exists nationwide, is to bridge the gap between classroom and career, providing students with mentors, arranging paid internships, scheduling workplace visits, facilitating practical training on topics like personal finance and counseling students on career goals.

"This summer we have 11 students who are interning at IBM in a wide range of roles across several business units and learning everything from artificial intelligence to our global business sales," Bonner said.

"There are options available to these students, but for all of the students, this is their first professional internship in the tech industry," he said.

The six-week summer program which ends on Aug. 13 is an example of what IBM and P-TECH schools like Carver are all about.

Short for Pathways in Technology Early College High School, the P-TECH program offers a free associate degree in cybersecurity and assurance or computer information systems along with a high school diploma. through a partnership with Baltimore City Community College, Ultimately, the skills taught are designed to be aligned with the jobs offered to students who complete the program which are also key to the model.



P-Tech students and community members gather for a photo following a male empowerment event with non-profit Hello, My Name is King on the 23rd anniversary of the Million Man March. Photos Courtesy/De'Rell Bonner

Students work with leading professionals, are paired with an industry mentor, participate in paid summer internships, acquire industry certifications, and earn tuition-free associate degrees in STEM fields.

"There are really five key skills that we're working with the students on over the course of the summer to really build and cultivate their competencies," Bonner said.

"We recognize that for many of our students, this is their first professional experience and through partnering with the school, through being able to play a significant role at the school level, then thinking of their workplace learning opportunities, we are able to really ensure that these young people are developing technical competencies," he said.

"Technology is changing every day. So what's important is that we allow the students to really see – based on what they know, or the descriptions that they read – where their interests are," Bonner said.

"Obviously we anticipate that technology changes and that their interests will also change," he said.

With technology-related employment in the state growing – by more than 3,700 new jobs last year alone – the IBM internships at P-TECH Carver counts as crucial to the future of many.

"These young people have to seize the moment – and they are doing exactly



De'Rell with Summer 2019 Interns Maniyah McBride (standing), (Seated): Kamal Adams (left) and Gabriel Day.

that through these internships," Bonner said.

"I start off by teaching them about what's at stake and encouraging them to leverage this opportunity to change the scope of their life," he said.

"Opportunities like these internships don't come often ... these young people could conceivably graduate with not only their high school diploma, but a

free associate degree, and they will have the decision to go to a four-year university or they can apply for career opportunities," Bonner said.

With hard work, he said it all pays off. "I think it's really important to help these students make their own future. IBM is committed to ensuring them that we will provide them with the opportunity," Bonner said.

Using lessons from their past, youth advocates work to strengthen Baltimore's future

Baltimore— For 13 years, as a Maryland-DC regional leader at Youth Advocate Programs (YAP), Inc., Craig Jernigan has adhered to the nonprofit organization's "no eject; no reject" policy to provide young people who might otherwise be incarcerated with tools to succeed— at home and in their communities.

This year, YAP has expanded its role, as has become a Baltimore Safe Streets partner. Safe Streets is an evidence-based interruption program that employs individuals who have been involved with the justice system to serve as a positive force in their communities to prevent violence.

Jernigan manages the Safe Streets team in Penn-North, which covers many of the streets, where he lived as a youth and young adult.

"We moved a lot— Gilmore, Mount, Stricker; all up and through Sandtown-Winchester," he said.

The Cure Violence/Safe Streets model is built on credibility and neighborhood rapport. Safe Streets team members identify and detect potential violence hot spots, mediating conflicts and applying interruption strategies.

Safe Streets uses the Cure Violence (formerly Ceasefire) techniques, which has been shown to be effective in reducing shootings and homicides in Baltimore.

For 44 years, the YAP program model has served as an alternative to youth



Youth Advocate Programs (YAP), Inc. Tri-State Regional Director, Craig Jernigan (center) with Baltimore Safe Streets team members. Safe Streets is an evidence-based interruption program that employs individuals who have been involved with the justice system to serve as a positive force in their communities to reduce violence. YAP is now a Baltimore Safe Streets partner. Courtesy Photo

incarceration and compulsory care in 24 states and the District of Columbia.

YAP's paid mentor-advocates provide intensive, individualized mentorship, which helps youth identify and realize their strengths.

At the same time, the organization works with the parents or guardians of

those young people they serve, connecting them to resources in their community to help firm the family's foundation.

"As a Safe Streets partner, YAP is an even bigger part of the communities we serve. This means being able to help more people by empowering them with needed resources and services— employment, substance abuse support, providing real community building to empower people individually and strengthen the entire neighborhood's foundation," Jernigan said.

Jernigan's Safe Streets team members are excited to have an opportunity to have positive employment and are extremely proud to be able to serve as role models in their communities. "It's so gratifying being able to give men and women who have been on the other side a chance to be a part of rebuilding their neighborhoods. It's restructuring and strengthening from the inside; it makes a difference to the entire community," Jernigan said.

To learn more about the Youth Advocate Program, visit: YAPInc.org.

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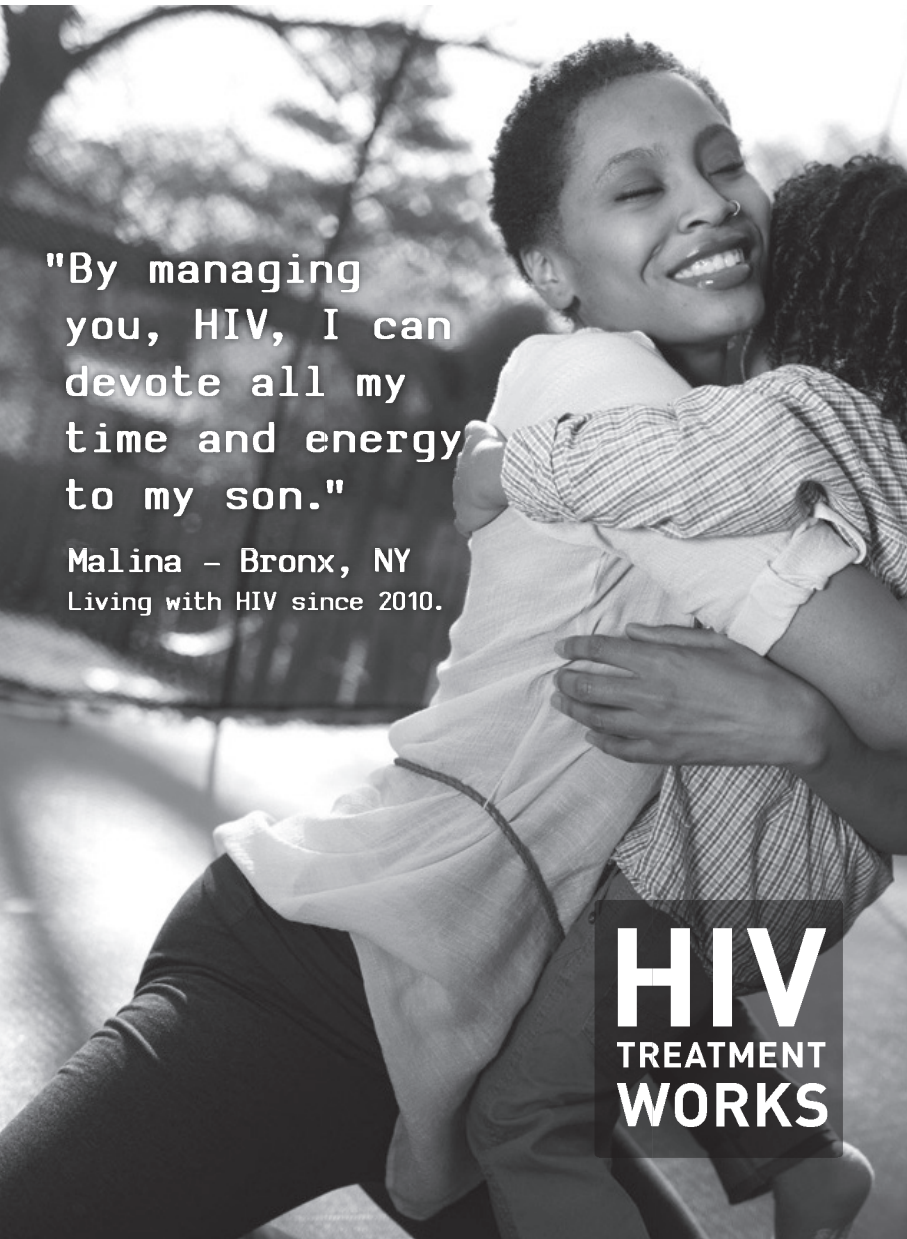
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It's like father like son for Ravens wide receiver Joe Horn Jr.

By Tyler Hamilton

Anyone who has been an earnest fan of the NFL will see a blast from the past when the Baltimore Ravens rookies report for training camp next week.

Undrafted free agent Joe Horn Jr. will be one of the wide receivers to take to the field. Like his son, Joe Horn Sr. was a long shot to make it in the NFL.

Horn got his start in professional football when he landed on the practice squad for the then Baltimore Stallions of the Canadian Football League (CFL). He then spent 1995 with the Shreveport Pirates and Memphis Mad Dogs before being selected by the Kansas City Chiefs in the fifth round of 1996 NFL Draft. Horn caught on with the New Orleans Saints and made it to four Pro Bowls.

Almost 25 years later, the younger Horn is looking to take a more direct path to the NFL in the same city that introduced his father to professional football. Horn Jr. has a striking resemblance to his father. The rookie out of Missouri Western State only posted 15 receptions for 246 yards in 11 games against Division II opponents but he did enough to earn himself an invitation to camp. The coaching staff were impressed with him.

"Joe Horn Jr. looked really good. I guess the thing that struck me about him was he looked like Joe Horn. His son looks like him: quick, fast, really good hands, in and out of his breaks," Head Coach John Harbaugh told ESPN during rookie minicamp.

The elder Horn was a stickler for



Undrafted free agent Joe Horn Jr. earned an invitation to the 2019 Baltimore Ravens training camp.
Courtesy Photo/BaltimoreRavens.com

proper technique. Before he tried out for the CFL, Horn obtained a Jerry Rice workout tape, so he could study the drills and learn the technique that Rice used in the video. Playing with proper technique helped him play well enough to earn a spot in the Saints Hall of Fame.

The technique that he played with was passed down to his son. It showed during rookie minicamp when Horn excelled on the football field with the same #87 that his father wore.

"You can tell he worked with his dad a lot on technique. I thought he looked excellent," Harbaugh said.

The Ravens have a young group of receivers, so landing on the final 53-man roster is going to be tough. Horn will give it his best shot and see how things workout. Who knows, perhaps his first experience, as a pro will be on a practice squad for a Baltimore professional team just like his father.

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How to keep summer activities from wrecking your back

News & Experts— With summer comes family gatherings, outdoor sports, outings with friends, vacations and sprucing up the yard. But summer fun can also bring a higher risk of back injuries.

“Too often we start the summer with enthusiasm, only to be sidetracked by back pain,” says Dr. Bradford Butler, a chiropractor and author of *The Blueprint for Back Pain Relief: The Essential Guide to Nonsurgical Solutions* (www.drbradfordbutler.com). “There are important prevention steps you can take to avoid back pain associated with summer activities and help you enjoy the summer as you should.”

Butler looks at five summer activities that cause back injuries and offers ways to prevent them:

•**Travel.** Sitting for long periods on car rides or in cramped plane seats can do a number on your spine. “My advice is to bring extra support, such as a folded blanket or inflatable pillow for your lower back and neck,” Butler says. “Wear comfortable shoes that have lots of arch and ankle support. Take driving breaks to move your body during a long trip, and adjust your seat so you’re close to the steering wheel.”

•**Amusement parks.** “People love to experience the rush of riding a roller-coaster, but sadly, their spines pay the price,” Butler says. “All those jerky, jolting movements can injure the neck and back, causing it to become misaligned. I’d advise anyone who already suffers from back or neck pain to steer clear of roller coasters. If you decide to ride, make sure to follow all safety precautions and see your chiropractor for an adjustment after your trip.”

•**Gardening and yard work.** “Yard work involves a lot of bending, stoop-



ing, twisting, squatting, and lifting,” Butler says. “Combine all of those, and you’ve got the perfect recipe for a sore

back and a misaligned spine. Warm up before an afternoon in the yard. Yoga, or any kind of stretching, and brisk walking

are great ways to loosen up. When lifting, utilize your leg muscles, and hold objects close to the body. When mowing, avoid leaning far forward and take breaks.”

•**Golf.** When swinging a golf club, the lumbar spine undergoes a twisting motion, which can lead to disc herniation or chronic back pain. Butler says there are several ways to reduce the risk of lower back injury: proper stretching, core strengthening and proper swing technique. “Also, it’s best not to carry your golf bag, which can weigh up to 30 or more pounds,” he says. “Use a pull-cart.”

•**“Weekend warrior” pursuits.** After being glued to an office chair for five days without any physical activity, Butler says it’s unwise on the weekend to engage in high-intensity sports or hard workouts. “Rather than risking back pain from a weekend of overexertion, he says, “get in 30 minutes of moderate exercise or more every day so you’re stronger and better conditioned.”

“A good rule of thumb is to ease into any physical activity you aren’t used to doing— especially after a long winter,” Butler says. “Listen to your body; if you feel pain or weakness, that’s your body telling you that it’s time to take a break. A healthy spine makes for a fun, pain-free summer.”

*Dr. Bradford Butler, a chiropractor and author of *The Blueprint for Back Pain Relief: The Essential Guide to Nonsurgical Solutions* is the owner and director of Oakland Spine and Physical Therapy, which has three locations in northern New Jersey. For more information, visit: www.drbradfordbutler.com.*

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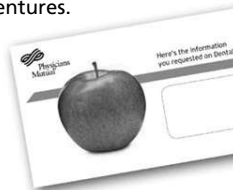


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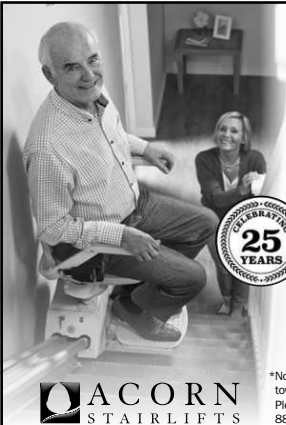
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