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AKAs Donate 300 backpacks during community fair at Ivy Center



The Epsilon Omega Foundation, Inc. and Epsilon Omega Chapter of Alpha Kappa Alpha (AKA) Sorority. members distributed backpacks and school supplies to more than 300 students on Friday, August 14, 2015 during their Back-To-School Community Fair held at the Ivy Family Support Center on Dolfield Avenue. The event was part of the 2014-2018 International Alpha Kappa Alpha Program “Launching New Dimensions of Service (Above): Alpha Kappa Alpha Sorority member Claudette Egerton-Swain engaging youths who attended the Back-to-School Community Fair.

(See article on page 6)

Photo: Ursula Battle

Homework for Parents:

Your Child's Back-To-School Health Checklist

Washington, D.C.— Summer fun is almost over for millions American students. It's time to put away the swimsuits, dust off the book bags and head back to school soon.

To ensure that students of all ages go to class in the best possible health, the nation's emergency physicians advise parents and guardians to do a little homework of their own and go through a back-to-school health check list.

"Nothing is more important than making sure your child's health is in check," said Dr. Michael Gerardi, president of the American College of Emergency Physicians. "Make sure all of the necessary forms and information are organized and easily available to those who need it."

Checklist:

*Organize your child's medical history records and emergency medical contact information. Provide copies of this information to your child's school and any day care providers with instructions to take it with them to the emergency department if your child is sick or injured. The form should include information related to prescription medications, medical problems, or previous surgeries as well as pertinent family history and emergency contacts. Free forms can be downloaded on the "EmergencyCare-ForYou" website. An emergency information form is also available for

children with special needs. Complete a consent-to-treat form and give copies to the school nurse and any day care providers to keep in your child's record and to take with them if your child should need to go to the emergency

*Coordinate with the school nurse and your child's physician to develop action plans for any health issues, such as asthma or food allergies. Communicate these plans to all appropriate caregivers.

*Schedule medical and dental check-

sure he or she understands potential traffic dangers.

*If your child takes the bus, establish a safe, visible pick up/drop off spot, preferably with a group of children and in an area where they can be clearly seen by adults. If your child drives to school, make sure he or she obeys all laws and wear seatbelts.

*Make sure your children know how to telephone for help. Post Emergency contact numbers by every telephone in your home. Have them practice how to call 911 or the local emergency number and give their names address and a brief description of the problem.

*Develop a family emergency plan in case something happens on the way to (or from) and while at school. Be aware of the emergency and evacuation plans for your children's schools.

School children not only head back to classrooms in a few weeks but they'll also hit the athletic fields as well to participate in school sports. Find out from emergency physicians about what they are seeing inside their emergency departments and what your children should do to protect themselves.

ACEP is the national medical specialty society representing emergency medicine. ACEP is committed to advancing emergency care through continuing education, research and public education. Headquartered in Dallas, Texas, ACEP has 53 chapters representing each state, as well as Puerto Rico and the District of Columbia. A Government Services Chapter represents emergency physicians employed by military branches and other government agencies.



department. The form will allow caregivers to authorize medical treatment.

ups before school starts. Some children will need immunizations. Consider vision and hearing tests, since impairment can adversely affect learning. Consider a sports check-up if your child will be playing in sports.

*Review and do a dry run with your child of his or her route to school, explaining potential hazards along the way. If your child walks to school, make

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On voting... and not

By Lee H. Hamilton

The campaigning for next year's elections is starting to draw more attention, and with it comes a focus on voters and their mood. Which is all well and good, but it leaves out of the equation one large bloc of citizens— people who are eligible to vote, but don't. Over the years, a fair number of people I've encountered have confessed that they do not vote— and I often surprise them by pressing them on why they don't. They give a multitude of reasons.

The most common is that they're too busy, or that voting takes too much time. Plenty also say they're turned off by politics, politicians, and anything having to do with government. "What difference does it make?" they'll ask. Or they'll argue that money has so corrupted the political system that they want no part of it.

There are also legitimate reasons: people are ill or disabled, they didn't know where to vote or their polling place was hard to reach. Sometimes they didn't meet their state's registration deadline— which might be a month ahead of the election— or they ran into ID requirements that stymied them. On the whole, it didn't take much to keep them away from the polling place.

Which, for many policy-makers, is of little concern. Some don't worry about low voter turnout; they're more focused on making sure voters are informed. Others are pushing to make it more difficult for eligible voters to vote, since their chief concern is to protect the integrity of the ballot and reduce fraud.

Still, plenty are deeply concerned about falling rates of voter participation— the 2014 elections saw the lowest turnout rate since 1942, according to the United States Election Project, which found that a mere 35.9 percent of the voting-eligible population cast ballots. They're concerned because voting doesn't just put office-holders in place and push policy in one direction or another. It also affirms the electoral system. When people don't vote, they undermine the legitimacy and effectiveness of our representative Democracy. The vigor of our system depends on the vote of each citizen. So what do we do about it?

My first recommendation is actually a note of caution. Generally speaking, Democrats have emphasized making ballot access easier; Republicans have focused on ballot integrity. Both need to be addressed if we're to build the legislative support necessary to achieve needed changes in our electoral system. We have to make it easier to vote and harder to cheat.

We need to modernize the system. Democracies like Australia and Canada invest serious money in their election infrastructure and conduct widely acclaimed elections. Ours, by contrast, is fragile and uneven. We've already had one presidential election decided by courts on a question of failed infrastructure. More embarrassing cases will certainly occur. The aim of reforming the system is to make voting convenient, efficient, and pleasant, to make sure the mechanics work as they ought, and to ensure that disputes are handled fairly. This means that state governments, not localities, should be responsible for the accuracy and quality of voter lists and for educating the public about voting. Often, local governments have neither the expertise nor the funds to do this effectively.

Finally, there is the question of voter ID. It's legitimate to ensure that a person presenting himself or herself at the voting site is the same one named on the voting list. But requiring an ID needs to be accompanied by aggressive efforts to find voters and provide free access to the voting booth. Instead, a lot of states that have instituted ID requirements have dismissed the idea that this imposes a responsibility to reach out to voters and make IDs available to those who can't afford it. They're subverting representative democracy.

Lee Hamilton is Director of the Center on Congress at Indiana University; Distinguished Scholar, IU School of Global and International Studies; and Professor of Practice, IU School of Public and Environmental Affairs. He was a member of the U.S. House of Representatives for 34 years.



Community Affairs

Md. schools set to open for 2015-2016 academic year

Baltimore— Maryland public school systems began re-opening on Wednesday, August 19, as a record number of students across the State prepare to start the 2015-16 academic year.

By the time all schools open their doors on September 9, more than 865,000 K-12 students will fill classrooms and another 250,000 children will be involved in some form of pre-kindergarten, Head Start, or licensed childcare program.

"Few moments are more exciting than the first day of school—for students, as well as teachers and parent. We look forward to a safe and productive new school year," said Governor Larry Hogan. "Strong schools and classrooms lead to a stronger Maryland."

Schools this fall begin the third full year of implementation of the Maryland College and Career-Ready Standards and the second administration of the new PARCC state assessments— online

tests for grades 3-8 and high school, aligned to the State standards.

"Maryland's classrooms will offer students many new and exciting learning opportunities this year, as we continue to embrace the high academic standards our children need to succeed at each grade level," said State Superintendent of Schools Lillian M. Lowery. "We're enormously proud of our talented teachers and administrators, who foster and encourage students to learn what they need to know to get on track for college and careers."

St. Mary's and Washington Counties kicked off the school year on August 19. Opening dates for the remaining systems: August 20 for Cecil County; August 24 for Allegany, Anne Arundel, Baltimore, Caroline, Dorchester, Frederick, Garrett, Howard, and Somerset Counties, along with the statewide SEED School; August 25 for Calvert, Kent, Prince George's and Talbot Counties; August 27 for Harford County; August 31 for Baltimore City and Carroll, Charles, Montgomery, Queen Anne's and Wicomico Counties; and September 9 for Worcester County.

For more information, visit: MarylandPublicSchools.org.

Saddened by Death of Julian Bond

By Jesse Jackson
NNPA Columnist

The news this weekend that Julian Bond passed away at 75 saddened me deeply. America has lost a true and vital champion for justice. President Obama, hailing Bond as a hero and a friend noted, "Julian Bond helped change this country for the better. And what better way to be remembered than that."

At a very young age, Bond helped forge the emerging Civil Rights Movement, and was in many ways, a founding father of the New South that we now see still in formation. In 1957, as a student at Morehouse, son of a college president, varsity swimmer, head of the literary magazine, intern for Time magazine, he was on the path to success.

However the success he chose was to make history, not money. He was arrested after organizing some of the first student demonstrations to desegregate Atlanta's lunch counters, parks and theaters. Realizing that young people could take risks too costly for adults with families, at 20, he helped found SNCC, the

Student Non-Violent Coordinating Committee. He became its secretary and head of its communications in part because he was seen as organized, level headed and eloquent.

Julian was ahead of most in the movement for understanding the big picture. He realized that civil rights could not be achieved without economic rights, and that economic rights would not advance

and Senate for the next two decades.

By that time he was a national hero for having stood on principle even at the cost of his political career. In the embittered 1968 Chicago Democratic Presidential Convention, Bond led an insurgent Georgia delegation and was stood to second the nomination of Eugene McCarthy for president.

With the convention floor in bedlam

hand the suppression of the right to vote and helped build a movement to challenge that.

To his final years, his intelligence, clarity and passion continued to instruct. He understood that, as he put it, "America is race," from the founders to the Civil War to the civil rights movement to Treyvon Martin, Michael Brown and Sandra Bland. He knew that Barack Obama's election and re-election was a measure of the progress that had been made but "didn't herald a post-civil rights America...It couldn't eliminate structural inequity or racist attitudes," he said, even suggesting Obama's election fomented such attitudes: "Obama," he said, "is to the tea party as the moon is to werewolves."

To his final days, he urged people into motion, knowing that only when people mobilized and acted could anything change: "We look back and see giant leaders like Dr. Martin Luther King," he taught, but the Civil Rights Movement was "a people's movement. It produced leaders of its own; but it relied not on the noted but the nameless, not on the famous but the faceless. It didn't wait for commands from afar to begin a campaign against injustice. It saw wrong and acted against it; it saw evil and brought it down"

Julian Bond was a leader of exceptional clarity and insight. He made a dramatic contribution with his life. He had a strong mind and courage to break strong chains, and he will be deeply missed.

Jesse L. Jackson, Sr. is founder and president of the Chicago-based Rainbow PUSH Coalition. You can keep up with his work at www.rainbowpush.org.

"After the passage of the Voting Rights Act in 1965, Julian led voter registration drives. At the remarkable age of 25, he was elected to the Georgia State House. The sitting legislators demanded that he repudiate his opposition to the Vietnam War. When he refused, they refused to seat him. Three times his constituents reelected him and three times the House denied him his seat. Finally, the Supreme Court ruled their actions unconstitutional. In January 1967, Bond took his seat, and served in the House and Senate for the next two decades."

if America kept throwing resources and lives into war abroad. He became an early and outspoken critic of the Viet Nam war.

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and demonstrations raging outside the hall, Bond was nominated as vice president, a symbolic nomination (he was only 27 and the constitutionally required age is 35) "about the wave of the future."

Bond served as legislator, scholar, teacher and leader. He was a founder and first president of the Southern Poverty Law Center. He taught at the University of Virginia and lectured widely, receiving more than 30 honorary degrees. He chaired the NAACP for 11 years.

He had experienced first hand the slight and shackles of segregation—and organized to end them. He knew first

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**Mailing Address
The Baltimore Times
2513 N. Charles Street
Baltimore, MD 21218**

**Phone: 410-366-3900- Fax 410-243-1627
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Want to comment on the editorials or any other story?

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Phone: 410-366-3900 Fax: 410-243-1627

email: btimes@btimes.com

AKAs Donate 300 backpacks during community fair at Ivy Center

By Ursula V. Battle

Part of International Effort to Distribute One Million Backpacks

More than 300 Baltimore youth will be heading back to school with backpacks and school supplies thanks to the Epsilon Omega Foundation, Inc. and Epsilon Omega Chapter of Alpha Kappa Alpha (AKA) Sorority. Members of the sorority distributed the items on Friday, August 14, 2015 during their Back-To-School Community Fair held at the Ivy Family Support Center on Dolfield Avenue. In addition to school supplies, the family-oriented event also featured food, snacks, Photo ID and Finger Printing.

The effort was part of the 2014-2018 International Alpha Kappa Alpha Program "Launching New Dimensions of Service." E. Francine Stokes McElveen is the president of Epsilon Omega Chapter. Frances Parks is the chair of the Education Committee of Epsilon Omega Chapter, whose goal has been the implementation of Target 1: The AKA One Million Backpacks and Educational Enrichment. The effort engages the sorority's signature youth program ASCEND (Achievement, Self-Awareness, Communication, Enrichment, Networking and Developmental Skills).

The One Million Backpacks effort is a part of the Educational Enrichment component of ASCEND, and focuses on the sorority's ability to support education with resources in the form of backpacks loaded with school supplies for students K-12. The project has been led by Chair Sharon Smith along with committee members Bettye Adams; Dorothy Coleman; Claudette Egerton-Swain; Barbara Howard; and Evelyn McKesson.

"The whole idea was to come in and share information with the community and to give supplies to the kids," said Smith. "We wanted to collaborate with the community. We also wanted children to have the supplies they need when they go back to school. It's outreach to the community to let them know we are here for them and want to give back."

In order to fill the backpacks, the committee involved chapter members in a

three-month Epsilon Omega Sisters Yours Group Challenge. During the March to June span, school supplies were collected as part of the challenge, with the group collecting the most items being declared the winners. As a result, 300 backpacks packed with school supplies were distributed at the Back-to-School Community Fair.

"This the second year the sorority has given out back packs and supplies," said Smith. "This effort is a collaboration between the chapter and the foundation. The event was a great success. People kept coming. There is a need, and we want to help fill that need."

Taqi Robinson, a student at Frostburg State University, and a member of Kappa Alpha Psi Fraternity, donated paper, rulers, and other supplies for the event.

"I live around the corner," said Robinson. "I saw the flyer and wanted to help. I had a few supplies and wanted to donate them. It was my random act of kindness for today, and a part of my community service."

Consumer Credit Counseling, Girl Scouts of Central Maryland, Johns Hopkins University's Oncology Department, Legal Shield, Municipal Employees Credit Union, Shop Rite Supermarket, Park Heights Renaissance (HIPYPY), McDonalds, March Funeral Homes, and Inovolon were among the many supporters of the event.

"I do a lot of community service," said Nicole Gray, director of Security & Compliance for Inovolon. "The youth of Baltimore are our future. I am a big technologist, and as we transition into the technology age, we should equip our youth. I would like to see youth get to learn as much as they can about technology so that they can innovate and be the next technologist of the future."

Cory Milam, who says she is a big supporter of STEM (Science, Technology, Engineering, and Mathematics), donated 100 protractors.

"I collected the protractors," said Milam. "They were able to come here and get a backpack along with many other school supplies. This was an awesome event."




(Left) Claudette Edgerton-Swain, Bettye Adams, (back row) Sharon Smith, Taqi Robinson, (middle) youths who received Back-to-School supplies, (right) Anna-maria Joyner, Paulette Burgess, Frances Parks, Nora King, Tiffany Wallace, and Erin Gross.
Photos: Ursula V. Battle



We're ready! These kids take time to pose with their new backpacks, which were full of school supplies.



These volunteers helped to make the event a success.



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End of Summer Crucial Time for Blood Donations

*Johns Hopkins Bayview Medical Center
Hosts American Red Cross Blood Drive*

Baltimore— The American Red Cross is facing a looming shortage of blood and is calling on all eligible donors to give now to prevent an emergency situation. Overall blood donations in our region have been approximately 1,100 fewer per month in June and July this year than the previous 10 months of the year. When demand for blood begins to outpace donations, the Red Cross alerts donors to help restock the shelves.

Johns Hopkins Bayview Medical Center will host a Red Cross blood drive August 24-26, 2015, from 7:30 a.m. to 5 p.m. in the Francis X. Knott Conference Center. Every participant will receive a meal coupon, parking pass and special gift from the Medical Center. More important, participants will take pride in knowing they saved up to three lives!

You can make twice the difference by scheduling a double red cell blood donation. During a double red cell donation, a machine separates the red blood cells from other blood components and returns the remaining components back to the donor. By doing this, the machine is able to double the amount of red cells it would normally collect in a standard blood donation. Donors are actually donating two units of blood, instead of one and saving twice the number of lives!

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Matt Schaub able to go home for Ravens joint practices with Eagles

By Turren Davenport

Joint practices with the Philadelphia Eagles gave Baltimore Ravens backup quarterback Matt Schaub a chance to go home. Schaub was born in Pittsburgh but went to school at West Chester East High School, which is just over 30 minutes west of Philadelphia.

Schaub started his NFL career with the Atlanta Falcons after being drafted in the third round (90th overall) in the 2004 NFL Draft. Ironically, Schaub's final game as a Falcon came against the Eagles in 2006.

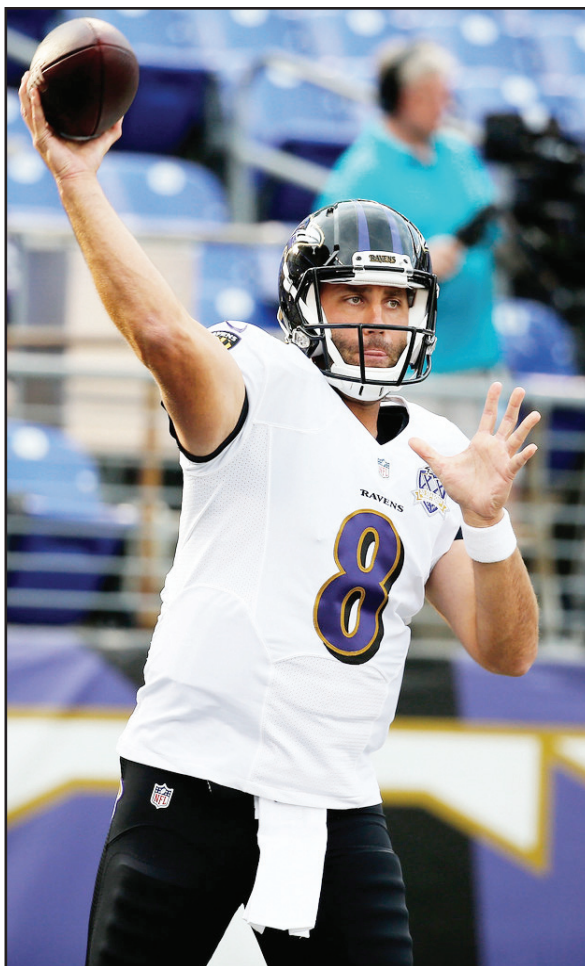
Schaub was happy to be able to see some of his family after practice and got a rare opportunity to be back in the Philadelphia area.

"It's neat. [I] don't get to come back here as often as I would like. To come back here to familiar surroundings and familiar territory is always a fun thing," Schaub said. "It's good to have family and friends that get to come to the game. They didn't get to make it to a lot of games throughout the season."

The Ravens play the Eagles at Lincoln Financial Field in Philadelphia on Saturday, August 22, 2015. The ticket requests have been rolling in for Schaub since he is going to be playing close to his hometown. He says that a number of friends and family are trying to figure out their plans, but he fully expects to have a bunch of family at the game.

Saturday's game could be a trial run for the quarterback who has spent the bulk of his time far away from home. Playing for the Ravens will afford Schaub's family the opportunity to see him play more often since Baltimore is about a two hour drive from West Chester.

Schaub was a letterman in football, basketball and baseball. He went on to attend the University of Vir



Quarterback Matt Schaub #8 of the Baltimore Ravens throws a pass before the start of the Ravens preseason game against the New Orleans Saints at M&T Bank Stadium on August 13, 2015 in Baltimore
Rob Carr/Getty Images North America

ginia, where he graduated with a degree in Economics. He was traded to the Houston Texans in 2007 and was very successful there. Schaub put up MVP type numbers in Houston but his most significant achievement was the "GR8HOPE" foundation.

The "GR8HOPE" foundation was founded in 2011 by Schaub with his wife Laurie, a former cheerleader for the Atlanta Falcons and states: "With a passion for helping others in need, the foundation strives to provide; lasting improvements to help bring healing to children with medical needs, hope for our future generations, and happiness to the children and their families enduring medical challenges," as its mission statement.

To learn more about the foundation, go to <http://www.gr8hopefoundation.com/gr8hope/>.

Recently, much attention was given to comments directed at Matt Schaub by Terrell Suggs. Suggs ribbed Schaub for throwing a few interceptions. He pointed out the color jerseys the offense wore as if Schaub was somehow confused who he was supposed to throw the ball to. Some have made it out to be a rift between the two veteran players. However, Schaub dismissed the comments and says that he is not affected by them.

He is excited about the opportunity to see a new opponent on the other side of the ball during practice.

"It's great for everyone. Going against a different team is great for every position. You get to test your skills against guys other than your own that you work against every day. Those guys know you, they know you're scheme," Schaub said. "Facing someone else, you get to really see where you are and where your team is at. You get to see where you are as a player when you go against guys that don't really know your tips and tendencies. It's neat to go out here, see where we are and compete against different faces."

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Make Vision Health a Priority

How sight affects learning in children, teens

(Family Features) As children and teens gear up for another year of studies, parents should be aware of often overlooked obstacles that may hinder academic success: vision problems.

Challenges with learning and performance

Living in a visual world, almost 80 percent of what children learn through age 12 is from their sense of sight. In order to succeed in common activities, such as learning at school, reading, playing sports and being engaged in everyday activities, kids call on more than 15 visual skills.

For children, the most common vision issues are known as refractive errors, such as astigmatism, farsightedness and nearsightedness. These issues are more common than you may think – affecting 1 in 4 school age kids. Such problems, when left untreated, can hinder a child's ability to learn in school.

In fact, studies conducted by the National Institutes of Health and the National Eye Institute reveal that over 60 percent of students with learning problems have undiagnosed vision abnormalities that contribute to their difficulties.

Eye exams for every child

According to the American Optometric Association, children should receive their first eye exam by age 1, a second at age 3 and another before beginning kindergarten. From then on, students should have a yearly comprehensive exam to evaluate their total vision. While some students may receive a yearly screening from a school nurse, the American Foundation for Vision Awareness reveals that such exams only identify 5 percent of childhood vision issues.

Be aware of the signs

As a parent or caregiver, being aware of common health concerns in your children is part of your job. But are you aware of the warning signs for bad vision? Consider the following symptoms that indicate a child may have a vision problem:

- Complains frequently about headaches or tired eyes
- Avoids activities that require near vision, such as reading or homework
- Avoids activities that require distance vision, including participation in sports or play activities
- Sits too close to the TV or holds a book close to the face
- Loses place or skips words while reading
- Squints or tilts head to see better
- Closes one eye to read, watch TV or see better in general
- Writes uphill or downhill
- Finds it difficult to copy material from the whiteboard

If any of these warning signs are detected, parents or caregivers should schedule an appointment with an eye



care professional for a comprehensive exam to evaluate the child's vision and identify any necessary treatment options. Proper vision care is essential for overall health and

wellbeing for children of every age. View videos and learn more about kids' vision needs by visiting www.ameritasinsight.com.

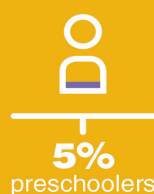
children's vision health

Children need good vision to succeed



During the first 12 years of their lives, **80% of what children learn** is through their eyes

children with vision problems



Children may not know they have a vision problem because they think the way they see is normal

Sources: American Academy of Pediatrics, Prevent Blindness America, American Academy of Ophthalmology, American Optometric Association

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March of Dimes: Back-To-School Vaccinations are Crucial

Children should be vaccinated to protect their health and prevent classroom outbreaks

Baltimore— August is National Immunization Awareness Month and the perfect time for parents to ensure that their children's— and their own— immunizations are up to date, before students and germs gather in the classroom. Vaccine-preventable diseases once thought to be well controlled including: measles and pertussis (whooping cough), still occur in America. Last winter's multi-state outbreak of measles that began in a California amusement park sickened more than 170 people, most of whom were unvaccinated.

Measles can be serious. As many as one out of every 20 children with measles gets pneumonia, the most common cause of death from measles in young children. According to the Centers for Disease Control and Prevention (CDC), since measles was declared eliminated from the U.S. in 2000, the annual number of people reported to have the disease ranged from a low of 37 people in 2004 to a high of 668 people in 2014. Earlier this year, the District of Columbia Department of Health confirmed one case of measles.

Pertussis outbreaks have also been affecting children. More than 28,000 cases of this highly contagious disease were reported last year in the U.S., many in school-age children. Infected children can develop a severe cough that lasts for weeks or even months. They can also pass pertussis onto unvaccinated infant



siblings, who face the greatest risk of serious illness and death. The March of Dimes joins the CDC in recommending that pregnant women, family members and caretakers also be vaccinated to protect infants, especially those too young or too vulnerable – such as those born prematurely – to get their own immunizations.

The March of Dimes has a long history of supporting vaccines. The organization was founded in 1938 by President Franklin Delano Roosevelt, himself a polio survivor, to combat polio. At the time, polio was an epidemic disease that paralyzed or killed up to 52,000 Americans, mostly children, every year. The March of Dimes funded the development of the first safe and effective polio vaccine by Dr. Jonas Salk in 1955, followed by the oral vaccine developed by Dr. Albert Sabin in 1962. Nearly every baby born today receives a lifesaving polio vaccine.

Since 2009, the March of Dimes has been working with Sanofi Pasteur to help inform the public about the burden of infectious disease and the value of vaccines through two unique campaigns: Sounds of Pertussis® and Word of Mom: Celebrating Generations of Healthy Advice. To view the public service announcement and find resources and tools to raise awareness about the importance of vaccinations for the whole family, visit www.Vaccines.com/WordofMom or www.vaccines.com.

The March of Dimes fully supports school immunization requirements and advocates against non-medical exemptions to vaccination. More information on childhood vaccines is available at: www.marchofdimes.org/baby/your-babys-vaccinations.aspx.

Sharpen Students' Minds with Proper Nutrition

(Family Features) Bells will soon be ringing, and parents may experience a sense of déjà vu for the first several weeks of school. That's because the early part of each new school year is commonly spent reversing the effect of "summer brain drain"— when kids lose skills they mastered the previous year.

According to a recent survey by DSM Nutritional Products and Pop Warner, 78 percent of parents are concerned about students' difficulties retaining what they learned in school throughout the summer.

A majority of surveyed parents understand the role of nutrition in physical and academic performance, but don't make the connection to nutrition's role in preventing brain drain. While many parents encourage their children to take vitamins and minerals to supplement nutrition, nearly half admit they aren't clear about which nutrients support children's brain health.

What's more, maintaining a well-rounded and healthy diet and taking vitamins and other essential nutrients that support brain health ranked significantly lower than other strategies parents use to prevent brain drain, such as sports and academic activities.

Nutrition plays an important role in brain health year-

round, says Elizabeth Somer, a nationally acclaimed registered dietitian, nutritionist and author. To help keep your students' minds sharp as they head back to school, consider these tips from Somer:

Eat fatty fish twice a week for dinner or supplement omega-3s. Omega-3s are highly concentrated in the brain and important to brain health, yet according to research published in the *British Medical Journal*, the average American diet contains less omega-3s from seafood than most other developed countries. Children and adults should get the recommended two servings of fatty fish, such as salmon, per week.

Offer a variety of healthy food options in the house. Giving children choices teaches them to take care of their bodies and empowers them to make better food decisions in the future. Stock the kitchen with lots of colorful fruits and vegetables, such as baby carrots, berries and bananas for snacks, and broccoli, green peas and mashed sweet potatoes for dinner. The nutrients in these foods are important for the brain. Along with calcium, low-fat milk supplies vitamin D, which is a nutrient essential for brain development.

Consider taking a multivitamin. No one eats per-



Photo courtesy of Getty Images

fectly. It is important to talk with your physician or registered dietitian about whether you or your children could benefit from a multivitamin. According to research published in *The Journal of Nutrition*, only 10 percent of Americans get the nutrients they need from their food, and supplementation can help fill that gap.

Visit www.VitaminsinMotion.com to learn more about the important role of essential nutrients for health and wellness.

Student credits BCCC entrepreneurship program for getting job

By Bill Fleming

When Petra Gonzalez moved to Baltimore with her family from Titusville, Florida, she got a quick start at Baltimore City Community College pursuing her interest in early childhood education. She was also able to find work as a housekeeping staff member in the college facilities department.

Under the guidance of BCCC Assistant Professor Cortez Walker, coordinator of the Business Administration, Management and Marketing programs at BCCC who helps oversee the Passport Student Leadership/Entrepreneurship Development Program, Petra began to grasp how she could someday own and operate her own daycare center.

Petra, who graduates from BCCC in December with an associate degree in Early Childhood Education, says the Passport program's regular presentations from Small Business Administration speakers and other experts helped solidify her understanding of how to strike out on her own.

"I needed ideas," she said. "The Passport program connected me to some practical advice on how to turn my interests into a realistic business model."

Student participants in the Passport Program meet once per month during the school year to discuss a specific topic including learning leadership skills, entrepreneurship success factors, financial literacy and how to create wealth. Speakers have included Victor Clark Jr., director of Small Business Development for the State of Maryland,



(Left to right) Petra Gonzalez, a participant in the Passport Student Leadership/Entrepreneurship Development Program at BCCC and Assistant Professor Cortez Walker, coordinator of the Business Administration, Management and Marketing programs at BCCC.
Courtesy Photo/BCCC

and several speakers from the Baltimore District Office of the U.S. Small Business Administration, who shared perspectives on the agency's Small Business Assistance programs and other topics.

"This is an extracurricular activity available to all students," says Professor Walker. "Those who participate in the entire program will receive a Leadership/Entrepreneurship Certificate which can be used when transferring to a four-year college or university, or applying for a job in a business, nonprofit or governmental organization," he said.

A few weeks ago, Celebree Learning Centers was so impressed with Petra and the level of expertise she acquired at BCCC that they offered her a job, not just as an aide, one of the usual ways you start at Celebree but as a Lead Teacher. Congratulations, Petra!

For more information about how to kick-start your career and build valuable contacts and ideas through the Passport Entrepreneurship at BCCC, email: Professor Cortez Walker at cwalker@bcc.edu or 410-462-7695.

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Legendary Larry Graham Ready to Jam in Annapolis

By Stacy M. Brown

Larry Graham can wow you with some classic old school hits and the legendary former Sly & the Family Stone bass player and leader of the equally iconic Graham Central Station band can break you off some new funk.

“You will definitely hear the classics like ‘One in a Million You,’ and some things from the new album, ‘Raise Up,’” said Graham, who after a month of jamming in Europe, is set to swing through the Northeast.

Those stops include a busy week that features a concert at Rams Head on Stage in Annapolis on Wednesday, August 26, 2015. The show begins at 8 p.m. with doors opening at 7 p.m. and, there’s little doubt that playing Rams Head means bringing your A-game.

“I always try to change things up,” said Graham, whose biggest hits include favorites like, “One in a Million You,” which reached the top of the R&B charts in 1980; “When We Get Married,” and “Just Be My Lady.”

Graham also knows that his loyal following and music lovers everywhere can’t get enough of the hits he created as a member of Sly in the Family Stone.

“People like to hear Sly and the early Graham Central Station as well as the current stuff from my solo album so I do mix it up and give a little here and there,” he said.

Among the more interesting things that happen on a Larry Graham stage is that everyone gets into the act. He often allows fans on stage to join him and his wife of 40 years, Tina, provides a soulful and crowd pleasing voice.

“In the 40 years Tina and I have been married, we’ve only spent two days a part,” Graham said. “We travel everywhere together and we enjoy doing the show and we really love after the show when we meet the audience, sign autographs and give them a spiritual magazine to look at.”

Also, there’s always the element of surprise, as a chance exists that a special guest like Bootsie Collins or even Prince could join Graham on stage.

Graham has performed and recorded



Legendary former Sly & the Family Stone bass player and leader of the equally iconic Graham Central Station band, Larry Graham is set to perform at Rams Head in Annapolis on Wednesday, August 26, 2015 at 8 p.m.

Courtesy Photo/Larry Graham

over the last two decades with Prince, the superstar who recently appeared for a concert in Baltimore. He performs on Prince’s live DVD concert film, “Rave un2 the Year 2000.”

It should be noted also that Graham’s nephew is Aubrey Graham— better known as Drake, the famed actor and rap music star.

Born in Beaumont, Texas on August 14, 1946, Graham began preparing for life as a performer at age five when he learned how to tap dance. A short time later, he learned to play the piano and

joined his high school band. Instead of the piano, however, he opted to play drums. At 15, Graham joined his mother’s band, “The Dell Graham Trio,” playing guitar while his mom played piano. It wasn’t long after that, Graham’s mother decided to change the trio into a duo with just a bass guitar and a piano player.

“I compensated for not having a bass drum by thumping the strings and I made up for not having a snare drum by plucking them,” he said of the unique “slapping technique,” he made famous.

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Graham, who calls his mother his biggest influence, joined Sly & the Family Stone in 1967 and helped the band record its first album, “A Whole New Thing.” Their sophomore release in 1968, “Dance to the Music,” produced several top hits, including the title track and, “Everybody Is a Star.”

Graham left the group in 1973 to form Graham Central Station. In 1979, Graham launched a solo career and became known for his soulful ballads, earning a Grammy nomination for “One in a Million You.” In 1993, he was inducted into the Rock and Roll Hall of Fame as a member of Sly & the Family Stone.

“That was really a family. A lot of people don’t know it but Sly was always a great guy who treated everyone well,” Graham said.

Rams Head on Stage is located at 33 West Street in Annapolis. For tickets to the Wednesday, August 26 show, visit, www.ramsheadonstage.com, or www.ticketfly.com/event/800405-larry-graham-graham-central-annapolis/.

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CERTIFICATION OF PUBLICATION

CITY OF BALTIMORE OFFICE OF BOARDS AND COMMISSIONS PUBLIC NOTICE

PROJECT #1245- REQUEST FOR INFORMATION AUTOMATED FIXED GUIDEWAY SYSTEM PILOT

The City of Baltimore, Office of Boards and Commissions, has been requested by the Department of Transportation (Department) to advertise for services of firms to develop solutions that address the mass-transit needs of Baltimore City. This RFI is intended to generate responses from a number of interested Respondents, evaluate the information provided from those Respondents and create a reduced candidate list (RCL) of Respondents who are most highly qualified to meet the defined scope described herein. If there is sufficient interest from qualified Respondents and the Department is satisfied that there has been an acceptable level of response, then a Request for Qualifications (RFQ), or other procurement process, will be issued to only those respondents on the RCL. However, there is no assurance or certainty that the Department shall issue a RFQ or other procurement process.

Overview

The City of Baltimore is a City of approximately 670,000 residents. The Mayor has established a goal of growing Baltimore by 10,000 families over the next 10 years. In order to grow our population, expand businesses, and promote continued economic development in the City, Baltimore must make positive strides towards establishing a world class mass transit system to connect people to places of employment, key points of interest, businesses and services throughout the City. We want to leverage mass transportation to grow our population and business communities. Our goal is to have Baltimore become:

- A City where the mobility share by non-vehicular modes is 40% or greater by 2025
- A City where future and existing residents have access to viable multi-modal transportation options. A City where mass transit options provide greater time efficiency over vehicular traffic options
- A City where mass transit allows for commute times to destinations within the City average 10 minutes or less
- A City that encourages pedestrian and bike traffic as part of an overall complete streets design approach

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•A City where the mass transit system promotes healthy living by supporting clean air, clean water, and other sustainable environmental principles.

The Department is seeking to collect information on mass transit systems to allow it to evaluate existing and emerging technologies and systems that accommodate the unique challenges of implementing mass transit projects within an urban environment while accomplishing Baltimore City's overarching goals. Specifically, the City is looking to evaluate transit options to serve as an east to west transit link that relieves congestion in Baltimore's heavily trafficked central business district, and has sufficient connectivity to existing transit stops to present a viable alternative to vehicular travel through downtown Baltimore.

BCDOT will evaluate expressions of interest from firms and will determine what technologies and suppliers will be placed on the RCL and issued an RFQ or other procurement mechanism.

Purpose of the RFI

The City of Baltimore (City) is distributing this RFI to inform the marketplace of a potential Automated Fixed Guideway System pilot opportunity and to provide general information concerning the opportunity. The City is requesting potential Respondents to indicate their level of interest in participating in this opportunity. This RFI will also provide interested Respondents the ability to comment generally on the proposed professional consultancy services opportunity.

Respondents are solely responsible for all costs incurred in the development and submission of responses to this RFI or any other presentations whether in response to this RFI or to any subsequent requirements of the consultant selection and contract negotiation process. All materials submitted in response to this RFI, except for proprietary materials, become the property of the City. Any proprietary information must be designated clearly and should be bound separately, as an appendix, and labeled with the words "Proprietary Information."

Proposers should be aware that the City may be required by law to make its records available for public inspection with certain exceptions. It is the City's belief that this legal obligation would not require the disclosure of proprietary, descriptive materials that contain valuable designs, drawings, or documentation. However, the Respondents, by submission of materials marked "Propri-

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etary Information," acknowledge and agree that the City will have no obligation or liability to the Respondents in the event that either must disclose these materials.

All submittals made in response to this RFI are strictly voluntary and may be used by the City in any manner it deems appropriate. In addition, Respondents to this RFI should note the following:

- a. The responses to this RFI and the level of interest expressed may be used to develop a RFQ or other procurement mechanism for an Automated Fixed Guideway Pilot.
- b. The responses to this RFI and the level of interest expressed may dictate that the City select one or more responses for an interview and selection of the most qualified Respondents for inclusion in the RCL and that a RFQ may be issued only to those Respondents on the RCL is the plan to process this as a Design Build project?

Scope

The City of Baltimore is soliciting information and implementation options for an Automated Fixed Guideway System to address inner-City mass transit needs. The City is interested in technology that maintains environmental quality standards, and that will be user friendly in terms of neighborhood integration and aesthetics. Respondents are encouraged to address specific issues for implementation in Baltimore including roadway capacity, right of way usage, special permitting issues, signal prioritization, ADA issues, parking impacts, access for cyclists, and pedestrian safety.

BCDOT intends to identify and evaluate with the selected respondent the feasibility of implementing a small-scale pilot in Baltimore, with the potential for build-out as part of a multi-phased project.

The City of Baltimore is interested in gathering information on transit options that satisfy the following objectives:

- An east/west transit link that provides adequate transit access to Baltimore's central business district and several of its rapidly developing residential and commercial areas (i.e. Canton, Fells Point, Harbor East, Inner Harbor, Federal Hill);
 - a. A map identifying the general area to be addressed by the proposal will be posted on the Baltimore City Department of Transportation website. The entire area identified need not be addressed, but the proposed project should fall somewhere within the boundaries identified, and stops may be

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placed in locations with high commercial/residential density.

•A transit project of approximately 1 to 5 miles in length, with flexibility on the service area depending on the cost of the proposal and the ability of the proposal to address current transportation issues in the areas designated above;

•A transit project that can function as a stand-alone system in the short-term, but that is designed for future expansion through subsequent project phases;

•A transit project with accessibility to at least one (1) major existing transit location (ex. Camden MARC/Light Rail stations), allowing non-City resident commuters a viable alternative to vehicular travel through the central business district;

•Proposals that avoid placing further constraints on limited surface level transportation space in downtown Baltimore are preferred.

Evaluation Criteria

The following criteria will be considered in evaluating whether a Respondent is placed on the RCL:

a. EXPERIENCE

- i. Management Team Qualifications
- ii. Similar Projects
- iii. Technical Capabilities

b. COST

- i. Construction and Capital Requirements: The cost and potential land acquisition requirements needed for designing, engineering and constructing the system.
- ii. Operating Costs: The operating cost per passenger mile of the system.

c. SERVICE QUALITY

- i. Travel Speed: Absolute speed and operating speed.
- ii. Capacity: The number of passengers that can be accommodated per hour and per unit.
- iii. Integration: The operational impact and compatibility with other modes of travel, including automobile, rail transit, bus, bike and pedestrian, and the ease of transferring within the transit system.
- iv. Reliability: The frequency with which service follows published schedules, average wait times, etc.
- v. Accessibility and Universal Design: Ease of reaching transit stations and stops, and the ability to accommodate people with

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disabilities, baggage, etc.

vi. Price Structure and Payment Options

d. LAND USE AND ENVIRONMENTAL IMPACT

i. Transportation Land: Information on whether the proposed service would affect land currently used for roads, parking or other existing mobility options.

ii. Regional Applicability: Explanation of why the proposed model is appropriate for Baltimore City, given its existing transit system, traffic issues and population density.

iii. Energy Consumption: Level of energy consumption required for operation.

iv. Emissions: Air, noise and water pollution projections of operations.

e. SAFETY AND SECURITY

i. Operational Safety: Accident rate information if available, or other information to indicate the ability to operate in a safe and secure manner.

ii. Personal Security: Capability of ensuring the safety of passengers arriving at and departing the transit service.

f. PERMITTING REQUIREMENTS

g. REQUIRED LICENSES AND CERTIFICATIONS

Communications

All communication related to this RFI shall be in email form to Sameer Sidh at sameer.sidh@baltimorecity.gov

Submission of Responses and Format

The City requests responses to this RFI from entities potentially interested in designing, building, financing, operating and/or maintaining a small-scale pilot Automated Fixed Guideway System in Baltimore City. Responses to the RFI should clearly indicate the Respondent's level of interest and may include commentary concerning the City's pilot proposal or significant issues which the Respondent believes should be brought to the attention of the City.

The City requests that Respondents to this RFI address the following items in their response and organize the response in a manner consistent with the outline below:

a. Cover Letter (Three Page Limit): A cover letter that identifies the Respondent by name, address, title and company, telephone number and email address. The cover letter should be signed. Respondents should express their level of interest and their willingness to enter

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into contract negotiations for the scope of the pilot described in this RFI.

b. Section 1 (Forty-Five Page Limit): Interested parties should prepare responses to include an overview of proposed technologies, equipment, processes and systems for consideration, and should include renderings, photographs and other information relevant to evaluate the pilot being proposed. Responses should address the criteria outlined above and include additional information as needed.

c. Section 2 (Two Page Limit): Respondents may include additional commentary concerning the proposed pilot which the respondent feels should be brought to the attention of the City.

Submission Requirements

Firms intending to submit a proposal as a prime consultant for this project should submit a "Letter of Interest" to the Office of Boards and Commissions, 3000 Druid Park Drive, Baltimore, Maryland 21215. Since these letters are utilized to assist small, minority and women business enterprises in identifying potential teaming partners, the letters should be submitted within five (5) days of the date of the project's advertisement. The letter should contain a contact person. Failure to submit a "Letter of Interest" will not disqualify a firm submitting a proposal for the project.

Respondents interested in submitting a response to this RFI shall address the response to the Office of Boards and Commissions, 3000 Druid Park Drive, First Floor, Baltimore, MD 21215. Please submit five (5) copies to the above address on or before 12:00 (noon) on **September 21, 2015**.

Additional Rights Reserved by the City

The City reserves the following rights and options, in its sole discretion with respect to this RFI.

a. To supplement, amend or otherwise modify this RFI and to cancel this RFI at any time.

b. To postpone or change the date for receipt of responses to the RFI.

c. To forgo any future procurement process.

d. To invite one or more Respondents to individual conference calls.

e. To use the information obtained from responses in any manner the City deems appropriate in regards to a future procurement.

Failure to follow directions of this adver-

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tisement or the RFI may cause disqualification of the submittal.

Michael Augins
Office of Boards and Commissions

CITY OF BALTIMORE DEPARTMENT OF TRANSPORTATION NOTICE OF LETTING

Sealed Bids or Proposals, in duplicate addressed to the Board of Estimates of the Mayor and City Council of Baltimore and marked for **F.A.P. No. HP-4305(1)E; S.H.A. No. BC440002; CONTRACT NO. TR10318: REHABILITATION OF ROADWAYS AROUND EAST BALTIMORE LIFE SCIENCE PARK, PHASE 2A** will be received at the Office of the Comptroller, Room 204 City Hall, Baltimore, Maryland until 11:00 A.M. **OCTOBER 7, 2015**. Positively no bids will be received after 11:00 A.M. Bids will be publicly opened by the Board of Estimates in Room 215, City Hall at Noon. The Contract Documents may be examined, without charge, at the Department of Public Works Service Center located on the first floor of the Abel Wolman Municipal Building, 200 N. Holliday Street, Baltimore, Maryland 21202 as of **AUGUST 21, 2015** and copies may be purchased for a non-refundable cost of **\$200.00**. **Conditions and requirements of the Bid are found in the bid package**. All contractors bidding on this Contract must first be prequalified by the City of Baltimore Contractors Qualification Committee. Interested parties should call (410) 396-6883 or contact the Committee at 3300 Druid Park Drive, Baltimore, Maryland 21215. **If a bid is submitted by a joint venture ("JV"), then in that event, the document that established the JV shall be submitted with the bid for verification purposes**. The Prequalification Category required for bidding on this project is **A02602 Bituminous Concrete Paving; & D02620 Curbs, Gutters and Sidewalk**. Cost Qualification Range for this work shall be **\$3,000,000.00 to \$4,000,000.00**. A "Pre-Bidding Information" session will be conducted at **10:00 A.M. on SEPTEMBER 8, 2015** at the Charles L. Benton Building, 417 E. Fayette Street, Richard K. Chen Conference Room, Baltimore, MD 21201. Principal Items of work for this project are: HMA Superpave 19.0 MM for Base, PG64S-22,- Level 2 - 2,300 Ton; 5" Concrete Sidewalk - 36,812 SF; & 1-3" PVC Conduit (DB-120), Concrete Encased-Trenched Under Sidewalk-3,030 LF The DBE goal is **25%**.
APPROVED:
Bernice H. Taylor, Clerk
Board of Estimates

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CITY OF BALTIMORE
DEPARTMENT OF PUBLIC WORKS
DEPARTMENT OF RECREATION
AND PARKS

NOTICE OF LETTING

Sealed Bids or Proposals, in duplicate addressed to the Board of Estimates of the Mayor and City Council of Baltimore and marked for **RP 15824 FY' 15 Playground and Court Improvements** will be received at the Office of the Comptroller, Room 204, City Hall, Baltimore, Maryland until 11:00 A.M. on **Wednesday, September 30, 2015**. Positively no bids will be received after 11:00 A.M. Bids will be publicly opened by the Board of Estimates in Room 215, City Hall at Noon.

The Contract Documents may be examined, without charge, at the Department of Public Works in Room 6 located on the first floor of the Abel Wolman Municipal Building, 200 N. Holliday Street, Baltimore, Maryland 21202 as of **August 21, 2015** and copies may be purchased for a non-refundable cost of **\$100.00**.

Conditions and requirements of the Bid are found in the bid package.

All contractors bidding on this Contract must first be prequalified by the City of Baltimore Contractors Qualification Committee. Interested parties should call 410-396-6883 or contact the Committee at 3000 Druid Park Drive, 1st Floor, Baltimore, Maryland 21215. **If a bid is submitted by a joint venture ("JV"), then in that event, the document that established the JV shall be submitted with the bid for verification purposes**. The Prequalification Category required for bidding on this project is **G90041-Installation of Playground Equipment**

Cost Qualification Range for this work shall be **\$500,000.01 to \$1,000,000.00**.

A "Pre-Bidding Information" session will be conducted at **2600 Madison Avenue, Baltimore, Maryland 21217 on Tuesday, September 1, 2015 at 10:00 A.M.**

Principal Items of work for this project are: Playground Equipment Installation

The MBE goal is **4%**

The WBE goal is **1%**

RP 15824

APPROVED:

Bernice H. Taylor
Clerk, Board of Estimates

APPROVED:

Rudolph S. Chow, P.E.
Director of Public Works

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