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Y in Druid Hill Celebrates 100th Anniversary!



The Y of Central Maryland plans a major celebration on Saturday, June 4, 2016 for the 100th anniversary of the Y in Druid Hill. The celebration will tout the Y in Druid Hill's significant history, as it was the only place in Baltimore where African Americans could swim in an indoor pool during segregation. It's also where Thurgood Marshall and jazz legend Cab Calloway learned to swim. The free community festival will be held from 12-4 p.m. in front of the Y in Druid Hill, 1605 Druid Hill Avenue, Baltimore, Md. 21217.

Photo—(Left): Present day facade of the Y in Druid Hill. (Right): Photo from 1930. (See article on page 12) Photos Courtesy of Y of Central Maryland

Climb Out of the Darkness: Postpartum Awareness Event

By Stacy M. Brown

One in seven women will suffer from a postpartum mood disorder, the most common complication of childbirth, according to health experts.

Only 15 percent of those who suffer will seek treatment, particularly African-American women because of a cultural stigma that envelopes black and many minority communities where the rate of postpartum depression (PPD) and other mood disorders increases to one in every four women.

On June 18, 2016, Climb Out of the Darkness—the world's largest event that raises awareness about maternal mental health disorders—will hold a regional “Climb in Baltimore” where survivors of PPD, anxiety, OCD and psychosis from all over the world climb, hike or walk together at a local trail, mountain or park to symbolize their collective rise out of the darkness.

The women are dubbed “Warrior Moms,” and the event is also designed to raise funds for Postpartum Progress, a nonprofit and online community of support resources for women around the world.

“These events are very grass roots,” said Carrie Flora, a Climb leader and spokesperson for the event. “This is the fourth year and the Climb tends to not be super big events but we hope that it grows fast,” Flora said, noting that she’s hoping to draw at least 75 participants this year.

“There are Climbs in the country where it’s just a mom and her family and that’s how most Climbs start,” Flora said. For this year’s event, which will be held at 10 a.m. on Saturday, June 18 at Druid Hill Park’s Swann Pavilion, the organization has raised \$8,100, a figure that although short of the \$10,000 goal sought by June 1 still leads the country.

“I’m proud of that. It’s a small event although we do have as sponsors Mental Health Association of Maryland, Special Beginnings Birth and Women’s Center, B’more for Healthy Babies and Therapeutic Health Associates,” Flora said.

Since founding Postpartum Progress in 2004, Katherine Stone said she continues to be in awe over how many lives



“Climb Out of the Darkness” is the annual awareness and fundraising event for Postpartum Progress, a nonprofit organization focused on supporting pregnant and new mothers with perinatal mood and anxiety disorders including: postpartum depression; postpartum anxiety; postpartum OCD; postpartum psychosis; and pregnancy. (Above) Mothers and their children and other family members at the 2014 “Climb Out of the Darkness” event.

Courtesy Photo

have been touched and how much advancement has been made in awareness about postpartum health issues.

“Each and every one of our ‘Warrior Moms’ is an inspiration,” Stone said in a news release.

“This Climb event lets us celebrate them and empower them while reaching out to new moms who maybe suffering. Every single day, we are one step closer to erasing the stigma associated with postpartum depression and anxiety disorders,” Stone said. “It’s these powerful women who are making a difference.”

Last year, more than 2,500 participants joined Climb events in 45 states and five countries, up from just 200 participants in the inaugural Climb.

The goal for 2016 is to raise more than \$300,000 total from all of the events to support Postpartum Progress, which is focused on improving awareness of maternal mental illness and providing peer support for women who suffer from them.

Funds raised from this year’s events will allow the organization to create new educational materials to be used by obstetricians, pediatricians and others,

as well as new materials to help educate the media on the public health effect of postpartum depression and related

illnesses on mothers and children, Postpartum Progress officials noted in a release. Additionally, 10 percent of the proceeds raised for Team Baltimore will go directly to a local postpartum support group, according to Flora.

“The event is threefold. It is the main fundraising activity for Postpartum Progress and it raises awareness and education, simply putting it out there and letting people know what postpartum depression is and how often it’s estimated to occur,” Flora said. “That’s huge because it’s a very silent thing. Women are not usually eager to speak about these things and only a small percentage seek help.”

“In the African-American community, there is still a great stigma around mental health in general and when you bring kids into the mix... I’ve heard women say they don’t want to get their kids taken away, they don’t want to be in the system,” Flora said. “These are real concerns, but we’re trying to reach them and let them know that it’s a common illness and there’s no shame in it.”

All are welcome to participate. Those who do must register and can do so at <https://www.crowdrise.com/carrieflora-cotd2016/>.

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Guest Editorials/Commentary

America's Crumbling Infrastructure is a Clear and Present Danger

By Reverend Jesse Jackson, Sr.

America is literally falling apart. In Flint, Michigan, children were poisoned by the lead contamination of the water. In the District of Columbia, the subway system is plagued by fires and delays. Arlington Memorial Bridge, which connects the North to the South, the Capitol to Arlington National Cemetery, may have to be closed soon. Kennedy's eternal flame may burn forever, but the bridge is on its last legs.

The American Society of Civil Engineers released a report last week once more warning the country of a massive investment deficit—an estimated \$1.4 trillion shortfall over the next ten years—coming on top of years of under funding and neglect.

This isn't a matter of money. The Obama administration has announced it plans to spend over \$1 trillion to build a new generation of nuclear weapons and the planes, missiles and submarines that deliver them. These are weapons that can never be used. We have spent over \$2 trillion on the wars in Afghanistan and Iraq to date, with the final costs estimated at \$4 to \$6 trillion. The war in Afghanistan—an impoverished country where we have no strategic interest—is already the longest in our history and continuing.

We have the money. U.S. corporations stash trillions abroad to avoid paying taxes. If they paid what they owe—now estimated to be \$700 billion—it would provide a down payment on rebuilding America. The federal tax on gasoline—dedicated to paying for infrastructure—has not been raised since 1993, even though gas prices have plummeted.

Interest rates on U.S. bonds are now so low that the Treasury could issue Rebuild America bonds and put people to work to rebuild the country—and the growth and increased productivity that results would generate revenues to repay the bonds. Even establishment economists like Lawrence Summers argue that the program would literally pay for itself. And it would respond to the pleas of the bastion of economic conservatism—the International Monetary Fund—that is pleading with the U.S. and other advanced countries to expand public investment to forestall a return to recession. The American Society of Civil Engineers estimates that the U.S. will suffer a stunning \$4 trillion in lost GDP by 2025 from the costs of decaying tunnels, railways, waterways and other basic infrastructure. It will cost us more to decay than it would to rebuild.

However, Washington is frozen. The Republican Congress rejects President Obama's modest plans for infrastructure investment, though they are supported by a massive coalition that includes the conservative Chamber of Commerce as well as the AFL-CIO. All three presidential candidates call for expanding investment in infrastructure (although only Bernie Sanders comes close to meeting the shortfall that the civil engineers warn about). But it will require a wave election—a sweeping rebuke to the obstructionist Republican Congress—for anything to happen.

This is how great nations decline. Investments that are essential to any modern civilized nations—from schools and bridges to electric grids and clean water systems—are neglected. Money is squandered on foreign adventures or lost to the tax evasions of corporations and the rich. Private speculators profit from privatizing public services. We build the most modern and powerful military in the world but are ever more crippled by decaying services that we depend on every day.

Politics as usual won't change this. It will change only if people rise up and hold their politicians accountable. How many bridges must collapse or children must be poisoned or businesses must be shuttered before that happens?

Reverend Jesse L. Jackson, Sr., founder and president of the Rainbow PUSH Coalition, is one of America's foremost civil rights, religious and political figures.



Community Affairs

World Celebrates Men's Health Month, Building Stronger Families and Saving Lives

Washington, D.C.— Around the world people are celebrating June as Men's Health Month. Monday, June 13 is also the start of Men's Health Week—a special awareness period recognized by Congress, which ends on Father's Day, June 19. Men's Health Month is built on the pillars of Awareness–Prevention–Education–Family.

Men's Health Month is credited with the increase in wellness activities for boys and men in all areas of the public and private sectors, resulting in better health outcomes and longer life expectancy. During this time, health care professionals, private corporations, faith-based organizations, government agencies, and other interested groups plan activities that focus on the health and well-being of boys, men, and their families.

“Compared to similarly-aged women, men are less likely to have a regular doctor and health insurance and are more likely to put off routine checkups or delay seeing a health provider after expe-

riencing symptoms,” said Darryl Davidson, director of Men's Health for the Northwest Health Center in Milwaukee. “This month is a reminder to talk to health professionals and to learn about important screenings that assist with finding conditions before they get worse.”

Mayors and governors across the country recognize June as Men's Health Month with official proclamations. The proclamations are displayed in Congress and reports on the status of the health and wellbeing on boys and men in each state are available at the State of Men's Health website. Free resources are available in both English and Spanish at www.menshealthmonth.com.

“It's been exciting to watch the momentum for Men's Health Month grow every single year,” said Brandon Leonard, vice president of Strategic Initiatives at Men's Health Network. “The key to making this a successful awareness period has been working with so many partners around the country—and the world—dedicated to improving the health of men, boys and families. We have also seen tremendous buy-in from policymakers and leaders at the local, state and federal level for raising awareness of male health.”

Making history is sometimes all about timing

By Raynard Jackson
NNPA News Wire Columnist

Former British Prime Minister Sir Winston Churchill once stated, “To every man there comes in his lifetime that special moment when he is figuratively tapped on the shoulder and offered a chance to do a very special thing, unique to him and fitted to his talents. What a tragedy if that moment finds him unprepared or unqualified for the work which would be his finest hour.”

In each of our lives, we all get one or two of these Churchillian “taps on the shoulder;” in many ways, how we respond to these taps, will determine our lot in life.

Let me give you two examples from a couple of friends of mine.

Anthony “Spud” Webb played 13 years in the National Basketball Association (NBA), though only standing five foot seven inches tall (which was and still is unheard of in professional basketball). Spud is most known for being the shortest person in the history of the NBA to win the slam-dunk contest (1986). He

defeated his then Atlanta Hawks teammate, Dominique Wilkins who stood at six feet eight inches tall.

Spud was told his whole life that he was too short to play basketball, though he could dunk the ball when he was only five foot three inches.

Despite averaging 26 points a game on his varsity high school team, Spud received little interest from college and university basketball programs. He ended up playing for a junior college, Midland College in Midland, Texas. He was named a National Junior College Athletic Association (NJCAA) All-American.

He was then offered a scholarship to play for legendary North Carolina State University basketball coach, Jim Valvano.

After college Spud was told by most NBA scouts that he should play in Europe because of his size. He ended up being drafted in the fourth round of the 1985 draft that began his illustrious NBA career.

Ray “Mick” Mickens played eleven seasons as a cornerback in the National Football League (NFL), though standing only five foot eight inches tall and weighing a mere 180 pounds.

Mick was a standout corner for Texas A&M University, as well as a sprinter for the track team. Considered one of the top corners in the country, he was named an All-American and All-Southwest Conference player in both his junior and senior years.

Mick was drafted by the New York Jets in the third-round of the 1996 NFL Draft and went on to play over a decade in the NFL against all odds.

By all the professional metrics then and today, Spud or Mick should have never played professional sports. They didn’t fit neatly into the boxes that the establishment had set up to determine who could play on the professional level. Neither was of the right height or weight; but how do you measure a person’s heart or determination?

In a similar manner, based on all political metrics set up by the establishment, Donald Trump should not be the Republican nominee for president. He had never run for any office before, was never active in the Republican Party, and was not a part of the “good old boys” network.

But how do you measure a person’s ability to connect with the public at large? How do you measure a person’s ability to connect with the people in a language that they understand? How do you explain the ability of a billionaire to connect with the working class?

On paper, Spud and Mick should never have played pro sports, let alone, play for over a decade, each at the highest level.

In a similar vein, on paper, there is no way anyone could have predicted Trump’s ascendancy to become the Republican standard bearer for president; it defies all conventional wisdom.

Spud, Mick and Trump all changed the “conventional wisdom” approach to basketball, football and politics. Sports are one of the most egalitarian institutions in the world— either you can play or you can’t; either you can help a team win or you can’t.

Politics is less egalitarian than sports and is more subjective. Politics is more

answering the question: “Can I trust you and can I believe you are going to do the things you promised?” Politics is about answering the question: “Are you going to make my life better and provide a brighter future for my children?”

Spud and Mick would have a much more difficult time breaking into professional sports today. I would go so far as to say that they would not make a pro team today simply because the leagues are so data driven, despite a person’s level of accomplishment. Basketball players at various positions should be of a certain height and weight; football players should be at a certain height, weight and speed based on their positions played.

If a player doesn’t fit neatly into these metrics, in many instances, a coach or scout won’t even look at a player. This explains why and how the political establishment overlooked the Trump candidacy. The Democrats made the same mistake with Bernie Sanders.

Spud and Mick have proven that they were prepared for that tap on the shoulder; thus far, I would say Trump has proven he was ready also.

Often times, making history is as much about timing as it is skills. Could it be that Trump was born for such a time as this?

Raynard Jackson is founder and chairman of black Americans for a Better Future (BAFBF), a federally registered 527 Super PAC established to get more blacks involved in the Republican Party. For more information about BAFBF, visit: www.bafbf.org.

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PNC Helps Caroline Center Graduates Thrive

By Stacy M. Brown

Since opening its doors, more than 1,500 women have taken part in the Caroline Center's various programs, including certified/geriatric nursing assistant and pharmacy technician.

These programs provide students with an added advantage in obtaining employment upon graduation. The center's primary mission is to educate women who are experiencing unemployment or those who desire to leave low-wage jobs for meaningful careers with advancement opportunities, according to center officials.

"These women that attend the Caroline Center are strong, brave and courageous and they just need chances," said Executive Director Patricia McLaughlin. "They need someone to care and they can achieve whatever their dream is and we're here to help them to do it."

For Monica Conner, the chance to enroll at the Caroline Center was one she just couldn't pass up.

Conner, a single mother of four young boys, never understood that the meaning of taking time for herself included taking steps to better herself.

"I had a couple of friends who attended the Caroline Center and they told me about all of the benefits. I have four boys, who are six, four, two and seven months old and things can definitely be overwhelming at times but the Caroline Center was able to provide me with the support I needed to complete my studies," said Conner, who graduated on April 15, 2016.

The Caroline Center is certified by the Maryland Board of Nursing; the Maryland Board of Pharmacy; and the Maryland Higher Education Commission as a private career school. The Caroline Center serves women in Baltimore City with



Veronica Elder from PNC Bank in a classroom with students at the Caroline Center where she teaches about saving, student debt, credit issues, direct deposit and provides other financial literacy information. Elder has worked for PNC Bank for 23 years and is grateful for the opportunity to volunteer at the Caroline Center.

Courtesy Photo

limited means and are underemployed or unemployed.

Since 1996, the workforce development center has been collecting hundreds of applications every few months for the center's nursing assistant program and its pharmacy technician program, McLaughlin said.

Upon graduation, the center does its best to assist students in finding suitable employment. They also help prepare those graduates who seek more education.

"I think it's been successful because the structure which includes not just giving women certification but providing all the wrap-around services that really enhance her life so she can be a really good employee," McLaughlin said. "We train nursing assistants for instance, but we also provide counseling services, full time social workers, financial literacy, basic math, anatomy and physiology as well as writing resumes. We have strong employer connections waiting for women

to graduate and it all comes together."

McLaughlin also praised the contributions of PNC Bank, whose employees play a vital role in providing financial counseling, training and support to students on a weekly basis.

"The financial situation many women find themselves in is sometimes beyond belief," McLaughlin said. "But, we have been blessed to have Veronica Elder of PNC teaching a course and she's been amazing."

Elder, whose two daughters previously graduated from the program with one going on to work in the pharmacy industry, provides thought-provoking and instructive lessons on student debt, credit issues, direct deposit and other financial products.

"This is my second class, my second semester and the curriculum here closely mirrors what we do at PNC," Elder said. "We have printed material with the basics of borrowing, and we teach what a checking account is and [that] you

should pay yourself first."

Elder, who has worked at PNC Bank for 23 years, says she is elated that her employer allows her to teach at the Caroline Center.

"I am a very outspoken person. I tell my own 'single mother and divorced mom' story and how getting by on a bank salary can be done," she said.

"I have the benefit of working around some very smart people at PNC and I've been a sponge here and have learned a lot," Elder said. "Last month, as I was explaining things to my class a young woman said 'that's for you, not us.' I told her that I'm here to make sure it's for you and that [financial education] doesn't take 25 years for you like it did for me. I didn't have anyone to sit me down and tell me not to get a money order but to open a checking account. We didn't have the benefit of the most efficient and cheapest way to pay our bills."

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Ravens defensive lineman Timmy Jernigan changed number, ready to be a leader

By Turron Davenport

Baltimore Ravens defensive lineman Timmy Jernigan is from Lake City, Florida. He originally planned to attend the University of Florida but ultimately ended up playing football for Florida State.

It was a defensive end from another Florida school that really caught Jernigan's attention. Warren Sapp was a dominant defensive tackle at the University of Miami prior to embarking upon a Hall of Fame career with the Tampa Bay Buccaneers. Sapp also had a brief stint with the Oakland Raiders.

Jernigan wanted to wear No. 99 when he first got to the NFL, but that number was already taken by veteran Chris Canty.

"It's definitely a number that I wanted coming out of college, but [former Raven] Chris [Canty] had it, so I had to respect the situation until I was able to get it."

Jernigan said he has a great deal of respect for Canty. He said Canty was a mentor for him when he got to the NFL.

While wearing No. 97, Jernigan made a mark as one of the NFL's up and coming young defensive players. The new jersey number is a switch that won't change any time soon.

"That's forever. That's until I'm done here," Jernigan said. "I always grew up watching Warren Sapp. I looked up to him. I definitely wanted to model my game after him," he said.

Jernigan has become a disruptive pass rusher and he plays with a high motor. Like Sapp, he is very light on his feet for a big man. Jernigan described what it was that made him want to pattern his game after Sapp.



Ravens defensive lineman Timmy Jernigan celebrates after making a play against the Pittsburgh Steelers during the 2016 NFL season.

Courtesy Photo/NFL.com

"Just the way he played the game. Nasty, ferocious, he came every play," Jernigan said. "You definitely knew he was there and when he made a play. Another thing, he played down in Florida too, so he was definitely one of the greats from our state."

The Ravens have endured somewhat of a youth movement on the defensive side of the ball. Jernigan is one of the vocal leaders on the team and now considered a veteran. That has caused him to put pressure on himself to get better.

"I just have to become that force that I was drafted here to be. I feel like I had a

good year, but to my standards I don't think it was enough," Jernigan said. "I've definitely been busting my butt every day – day-in and day-out. I'm doing whatever I can just to take it to the next level and get everybody around me to do the same thing."

The coaching staff is leaning on Jernigan to become one of their leaders this season. He is entering his third year in the defense and is one of the core players in the Ravens front seven. Jernigan said the coaching staff is on him more and driving him to be the best player that he can be.

"[Defensive Line] Coach [Joe]Cullen has been challenging me every day. We're starting drills [and he says], 'Timmy get up first, Timmy get up first.' If he sees me even think about slacking, 'Timmy tighten it up.' I can't even look down in the meeting at my shoe, 'Eyes up Timmy. He's on me, so I definitely like that about him. He's going to get the best out of me.'"

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Applications now open for the 10th Annual Disney Dreamers Academy

Lake Buena Vista, Fla.— High school students nationwide can now apply to be among 100 students selected to participate in the 2017 Disney Dreamers Academy with Steve Harvey and ESSENCE, the innovative, “outside-the-classroom,” mentoring program at Walt Disney World Resort. The 2017 Disney Dreamers Academy will mark the program's 10th year.

Steve Harvey, syndicated radio and television personality, along with ESSENCE and Walt Disney World Resort will host selected Dreamers during a four-day power-packed career and educational exploration in March 2017.

"Giving back is important to me, and especially to our youth - our future leaders, entrepreneurs, and aspiring artists," said Harvey. "We've seen more than 900 committed students come through the

program, and I'm excited to find the next 100. The tenth anniversary will be special, and I encourage all high school students to take a minute of their time to apply for this incredible opportunity."

For nearly a decade, Disney Dreamers Academy has helped to inspire young minds from across the country by fueling their dreams and showing them a world of possibilities as they prepare for the future. Each year, students participate in hands-on, full-immersion workshops related to a variety of career paths, ranging from animation to zoology. Each participant learns important skills, such as communication techniques, leadership values, and networking strategies.

The event takes place in the very magical and creative setting of Walt Disney World Resort. Dreamers are taken both on



Celebrity Panel at Disney Dreamers Academy L-R: Singer and rapper Silento, Miss Black USA 2015 Madison Gibbs, entrepreneur and motivational speaker Jaylen Bledsoe, and actress Brely Evans participate in a panel discussion March 5, 2016 during Disney's Dreamers Academy with Steve Harvey and Essence Magazine at Epcot in Lake Buena Vista, Fla. The ninth annual event, taking place March 3-6, 2016, is a career-inspiration program for distinguished high school students from across the United States.

(Todd Anderson, photographer) (PRNewsFoto/Walt Disney Parks and Resorts)

stage and behind the scenes, where Disney theme parks become vibrant 'classrooms,' leading to career discoveries, the pursuit of dreams and fun memories to cherish for a lifetime.

"We're excited to welcome back Disney Dreamers Academy with Steve Harvey and ESSENCE for the tenth year," said Tracey D. Powell, Walt Disney Parks and Resorts vice president of deluxe resorts and Disney Dreamers Academy executive champion. "This program is unique for the opportunity it affords teens to be inspired and motivated to accomplish their goals. By applying for Disney Dreamers Academy, high school students from across the country are taking an important step forward that can influence and change their lives forever."

Disney Dreamers are exposed to celebrity motivational speakers and special guests who share their stories and provide insight on how to achieve success and DREAM BIG. Dreamers have the opportunity to cultivate relationships with other students from across the nation while they gain first-hand knowledge from Disney experts and world-renowned entrepreneurs and executives.

ESSENCE Communications President Michelle Ebanks added, "ESSENCE has been honored to help identify the next generation of big dreamers and welcome

them to Walt Disney World Resort for a once-in-a-lifetime experience. This tenth year will be no exception, and we're delighted to further play a role in setting our future leaders on the path to success."

Applicants to the Disney Dreamers Academy program must answer essay questions about their personal stories and their dreams for the future. Students are selected based on a combination of attributes, including strong character, positive attitude and determination to achieve their dreams.

Select Disney Dreamers, along with a parent or guardian, will receive an all-expense-paid trip to Walt Disney World Resort in Florida, where they will participate in life-changing sessions and be surrounded by the creativity and innovation represented in Disney theme parks around the world. Disney Dreamers Academy will take place March 2017.

Applications are open to U.S. high school students, ages 13 to 19, through October 31, 2016. A distinguished panel of leaders will judge the applications, and winners will be announced towards the end of 2016.

For more information regarding applications, interested applicants can visit DisneyDreamersAcademy.com, or follow the Dreamers on [Facebook.com/DisneyDreamersAcademy](https://www.facebook.com/DisneyDreamersAcademy) or [Twitter.com/DreamersAcademy](https://twitter.com/DreamersAcademy).

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Acts4Youth Mentorship Program Expands in Baltimore

By Stacy M. Brown

Acts4Youth has expanded its mentorship program that works with at-risk youth from Guilford and Walter P. Carter Elementary and Middle Schools. The program, which operates weekly after school and includes recreation, team building and other activities to help develop character and social skills, will now expand to Garrett Heights Elementary and Middle Schools.

“Currently, about 100 youth participate from the three elementary/middle schools we work with and in the high school program,” said Lesley Simmons, the director of marketing and communications at Acts4Youth, the nonprofit that nurtures personal, social and spiritual development in at-risk Baltimore City youth.

The organization’s vision is to see Baltimore City youth restored to wholeness and able to thrive within their communities.

“We anticipate about 150 [students] next school year and some of this increase will be because we are expanding the program at Garrett Heights to elementary school girls and middle school boys, and because we will be expanding the program for girls who attend Guilford and Walter P. Elementary and Middle Schools,” Simmons said.

Founded in 2008 by Executive Director Kevin Good, the program began with eight boys from Guilford Elementary School.

The program is broken up into five basic premises including character building, where participants learn how to make good choices that lead to successful outcomes.

It also includes emotional maturity, where students develop the ability to understand and express emotions in a mature manner in order to positively connect with others. There is a faith and life and social skills component, the latter of which participants develop skills to prepare for future success in dealing with conflict. They also develop healthy relationships and work as productive team members.

Acts4Youth also offers mentoring programs that are designed to help partici-



Acts4Youth works with local colleges and high schools to provide volunteer experiences for their students, as well as community service learning hours, primarily during the after school hours. Each student receives training and support to help tutor and mentor our students during our academic time and Acts4Youth courses.

Courtesy Photo

pants become good students, teammates, citizens and employees.

Additionally, a “Shine into Womanhood” program for girls is scheduled to begin later this year. It will be designed to help girls develop what officials call their inner beauty by intentionally nurturing their emotional, social and spiritual development.

“Acts4Youth has been a wonderful support for our school and students that is invaluable and will last a lifetime,” Omotayo Abiodun, Garret Heights’ principal, said in a news release. “Students go through many changes in the middle school grades and it is nice to have a constant support in the midst of all of the variables that life brings our children’s way.”

The response to the program has been tremendous from others as well, Simmons said.

“Numerous administrators, teachers and parents have expressed appreciation for creating unique programs that address a clear need. Schools and families do not have the resources to provide additional support when it comes to developing the soft skills like character, emotional, social and spiritual development,” she said.

It’s also important to note that participating students enjoy the program.

“Remember, they are kids and unless it is fun they typically won’t come. Most

kids say how much they like going on fun trips, having dinner and hanging out with friends,” Simmons said. “As the students get older you will start to hear things like how they appreciate getting help to deal with their emotions, espe-

cially anger, learning how to relate to others and even learning more about God. The high school students especially like when we help them obtain a part-time job and prepare for life after high school.”

The Baltimore Times

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October 2016

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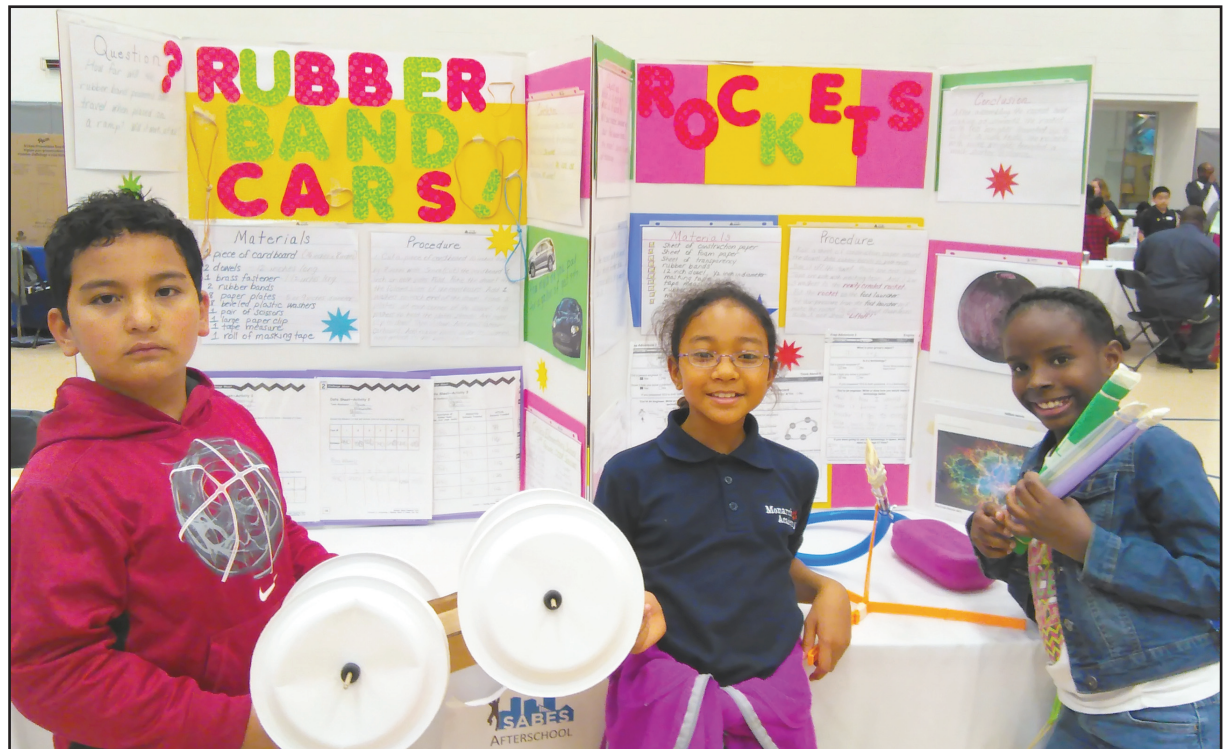
STEM Showcase Spotlights Achievements of Baltimore City School Students

By Ruth Young Tyler

With the advancements of overlapping disciplines—science, technology, engineering and mathematics—also known as STEM, has opened up exciting career fields for elementary school students.

Students from nine Baltimore City Public Schools participated in a STEM Showcase at Coppin State University on May 4, 2016. With over 50 different projects and nearly 800 attendees, the event celebrated the educational STEM achievements and student-driven projects during in-school lessons and after school programs.

Sponsored by STEM Achievement in Baltimore Elementary Schools (SABES), a partnership between Baltimore City Public Schools and Johns Hopkins University, SABES is a five-year grant funded program that hopes to bridge the gap and improve educational outcomes for nine targeted schools: Arlington Elementary/Middle School; Barclay Elementary/Middle School; Dallas F. Nicholas Sr. Elementary School; Dr. Martin Luther King, Jr. Elementary School; Highlandtown Elementary/Middle School (#215); Highlandtown Elementary/Middle School (#237; John Ruhrah Elementary/Middle School; Margaret Brent Elementary/Middle School; and Pimlico Elementary/Middle School.



Fourth graders from Pimlico Elementary School (left to right) Krrish Strestha, Emily Griffin and Ayana Colbert participated in the spring STEM Showcase at Coppin State University in Baltimore on May 4, 2016, where they presented their projects: a rubber-band powered car and a rocket foot launcher.

Courtesy Photo

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“We recognize the amount of time and support that’s required to spotlight the STEM projects of our SABES students, and we applaud their achievements,” said Alisha N. Sparks, Elementary School SABES Program Manager at Johns Hopkins University Whiting School of Engineering.

Fourth graders Ayana Colbert, Ellen Griffin and Krrish Strestha from Pimlico Elementary School presented their STEM projects—a rubber band powered car and a rocket foot launcher. They created their projects in an after school STEM program with the US Dream Academy. Ayana’s presentation highlighted the engineering design process. She simulated the steps that an aerospace engineer would take while designing a rocket and launching it. Ayana says this was her first time participating in the STEM Showcase and had a great time presenting to both adults and her peers.

Krrish and Ellen showcased their rubber band powered car. With a piece of cardboard, small paper plates and two rubber bands, they designed a car that worked! They discussed how force, created by the rubber bands made the car move. They both attended previous STEM Showcase activities and said they looked forward to attending more events. Both Ellen and Krrish are interested in studying engineering.

According to Sparks, the SABES staff and partners have been collaborating for the last six months to plan

the annual SABES spring STEM Showcase, which incorporated the nine partner schools from three communities—Greater Homewood, Park Heights and Greentown/Highlandtown. One of the organization’s goals is to expose the students to STEM careers so that they are globally competitive.

The event organizers were pleased to see the knowledge base of the students and their level of confidence in presenting their STEM projects. “The SABES STEM Showcase is a visual reminder to our students that they can do anything they put their minds to,” said Sparks.

Johns Hopkins University Whiting School of Engineering partnered with several community organizations to coordinate the event: The Baltimore City Public Schools; BELL; Boys & Girls Club of Metropolitan Baltimore; Child First Authority; EBLO; Park Heights Renaissance; Southeast Community Development Corporation; Strong City Baltimore; US Dream Academy; and Village Learning Place.

Sparks says the STEM Showcase dispelled the myth that it’s ‘uncool’ to be smart.

“The SABES STEM Showcase shows students that everyone can succeed in STEM and bring innovative solutions to solve problems in their local communities,” said Sparks.

Y in Druid Hill Celebrates 100th Anniversary!

By Stacy M. Brown

The Y of Central Maryland plans a major celebration on Saturday, June 4, 2016 for the 100th anniversary of the Y in Druid Hill.

The free event—an outdoor, community festival—will feature barbecue, family games, a moon bounce, live DJ and other attractions, according to organization officials.

Mostly though, the celebration will tout the Y in Druid Hill's significant history, as it was the only place in Baltimore where African Americans could swim in an indoor pool during segregation. It's also where Thurgood Marshall and jazz legend Cab Calloway learned to swim.

"Given that the Y in Central Maryland has been an integral part of life in Druid Hill for 100 years, I don't think the impact can be overstated," said John Hoey, president and CEO of the Y in Central Maryland. "The Y has been a place of recreation, socialization, community and safety for many generations of families and individuals in Druid Hill and will remain so for years to come."

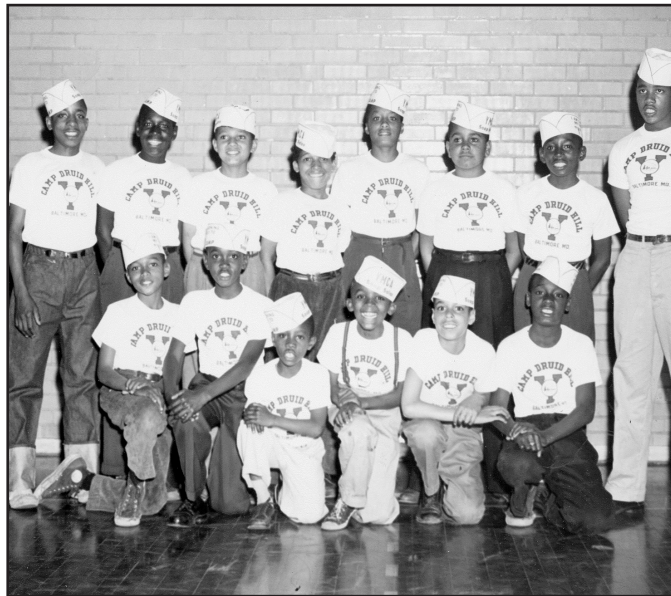
Within the context of all the change the Druid Hill neighborhood has seen over the past 100 years—through good times and more challenging times—the commitment and stability of the Y has been an unwavering source of opportunity and a positive influence on many levels for the residents there and those in surrounding areas, he said.

The Y in Druid Hill contains an indoor pool that is up to 12.5 meters long; a state-of-the-art fitness center; cardio room with personal television monitors, weights, expresso bikes and Cybex strength training equipment. The historic Y also has a cycle studio, gym, computer program lab, multipurpose program rooms and a stay and play supervised activity room for children.

"Perhaps the most important positive statement I hear most is that the Y is a place for all," Hoey said. "We bring together people from all walks of life into a welcoming environment that is as good for your soul as it is for your body. We strengthen family and community bonds as well as muscles."

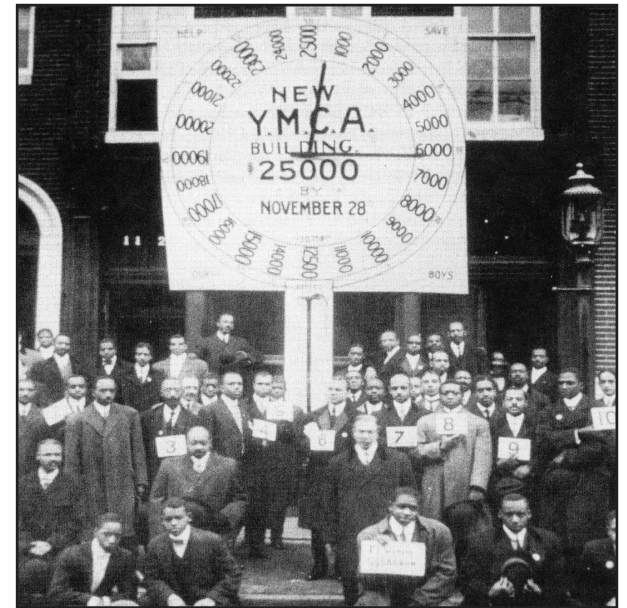
The Y has also grown over the years and Hoey said it's in a constant state of change, bigger than ever with more points of access and more people served.

"In Druid Hill specifically, we renovated and modernized in the last decade. We lowered membership rates to be more accessible to more people in the community and we have added more youth development, as well as volunteerism opportunities to serve a



Camp Druid Hill

Courtesy Photos/Y of Central Maryland



Building Campaign

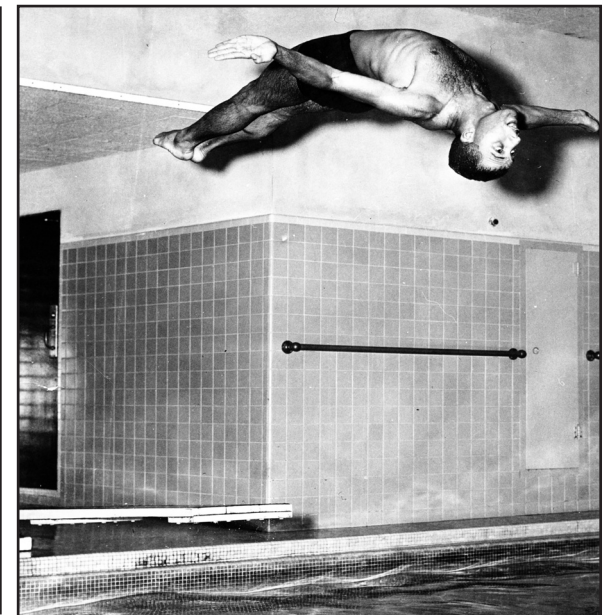


The Y in Druid Hill contains an indoor pool that is up to 12.5 meters long, a state-of-the-art fitness center; cardio room with personal television monitors, weights, expresso bikes and Cybex strength training equipment.

broader range of needs," Hoey said, adding that the Y is like "the town square and it's true."

When asked what does the future hold for the Y in Druid Hill, Hoey was quick to respond.

"First of all, we are committed to being a positive and stable force in the community for the next 100 years and beyond. That said, while our mission will never change, we will continue to change to meet the needs of the community," he said. "We are always asking ourselves, how can we do more, be even more rele-



vant in people's lives? We are actively asking those questions now and continuing to assess ways we can shift and change to be more responsive to the neighborhood as it exists today," Hoey said.

"There are significant challenges in Druid Hill and we want to do everything we can, along with other community partners, to more assertively address those needs," he said.

For the 100th anniversary celebration, Hoey said there's lots of fun to be had by all.

"On Saturday, June 4 from 12 p.m. to 4 p.m., we are having a party on the street in front of the Y in Druid Hill and everyone is invited," he said. "Barbecue games, a DJ, arts and crafts, loads of fun. Just come on down."

Life in Baltimore

Grandmothers and Great-Grandmothers, A Special Bond

By Brenda Bowe Johnson

They are known by many names, Nana, NiNi, MiMi, Grannie, Grams; whatever name you choose, they are grandmother. As children, we do not fully realize the meaning of a grandmother's love. However as we mature, looking back through older eyes grandmothers are seen as unconditional love, patience, devotion and family loyalty. A grandmother's love is forever.

Virginia (Ginger) Dean is the proud mother of three adult children, Kia, Kymberli and Christopher. As a working mother, the children kept Ginger and husband Thomas very busy with their school and extracurricular activities. She is elated to say that all three of them have developed into caring, productive adults. Ginger's mother passed when she was eleven, and as a child she always desired to be a mother. "My three children have brought much joy and happiness into my life. However, becoming a grandmother has filled my heart even more," Ginger beamingly states.

She has been blessed with five healthy, beautiful and intelligent granddaughters, Kori, Kaylin, Kaliyah, Kortney, and Kamryn. At some point, all five of them have played basketball, soccer, and lacrosse and she has enjoyed attending their games.

"Have you ever looked at your grandchildren and had your heart filled with so much love and pride that it brought you to tears?" This is a quote that Ginger read on all grandmothers.com. Yes, her grandchildren have brought her to tears on many occasions such as making the dean's list, making honor roll, and being initiated into her undergraduate chapter of Alpha Kappa Alpha Sorority, Inc. Kori, Kaylin, and Kaliyah are the fifth generation of her family to attend Morgan State University.

Anita Turks Hunter, loves her only child, Kaliq, her son-in-law Joe, and of course, the two grandchildren— Hope, age 7; and Hunter, age 9. She realizes that she was a good mother and is well equipped to be a good grandmother.



Great-Grandmother Peggy Jackson (seated right) with her mother, three children, six grandchildren and six great-grandchildren. Courtesy Photos



Anita Turks Hunter with her grandchildren Hunter, age 9; and Hope, age 7.



Carol Foreman and grandson, Logan



Ginger Dean with her granddaughters Kori, Kaylin, Kamryn, Kortney and Kaliyah.

However, being a good mother apparently does not necessarily prepare you to be a good grandmother. The same tactics do not work. All in all she enjoys her grandchildren and hopes that she is here and healthy enough to become a great-grandmother.

Many young people today are sharing the love of a great-grandmother. Great-grandmothers have a special bond with the great-grandchildren. Just think, the great-grandmother holds our hands for a while, but our hearts forever. They are known for the happiness they have brought

and the lessons they have taught.

Carol Foreman beams when speaking of her daughter, Chantae. She says that the best day of her life was the birth of Chantae. She has blessed Carol with four lovely grandchildren. The two oldest granddaughters are in college with one who just graduated. Carol proudly states that the grandchildren have brought joy and happiness to her life. To add to the joy, ten-week-old, great-grandson Logan is the center of the family. When her grandchildren say "you're the best grandmother in the world,"

Carol says it overwhelms her with joy. The grandchildren and great-grandson are the brightest lights in her heart.

"It doesn't seem as though I began this pilgrimage, the longest walk to adulthood, more than sixty years ago without clearly and vividly remembering my transformation throughout each step of the way," says Peggy Jackson. She believes stages of motherhood seem to overlap and intermingle, beginning with mother, then grandmother, now great-grandmother.

Rambling Rose



Rosa Pryor Trusty

Baltimore will be hanging out this weekend with Rambling Rose

Hello everyone, we will be hanging out this weekend and next weekend having ourselves a good time. Do you want to be a Hollywood actor? Playwright Ursula Battle will help get you there. Battle is holding auditions for her play "My Big Phat Ghetto FABULE\$\$ Wedding" on Saturday, June 4 in Turner Auditorium, located in the Johns Hopkins Hospital Ross Research Building, 720 Rutland Avenue, Baltimore, Maryland. Auditions will take place from 10 a.m. until 3 p.m. She is looking for actors, singers, musicians, dancers, and other performers between the ages of six to eighty. She's also looking for stage crew and administrative volunteers. Bring a performance resume and a headshot if you have them; be prepared to sing a song of your choice, and to read from a script. For more information call 410-955-8888.

The American Legion Post No. 285 presents a "Jazz Show" featuring The Bobby Rucks Music Group. This is a cabaret style event, so BYOB AND BYOF. They have free set-ups on Sunday, June 12, from 5-9 p.m. at the American Legion 2324 McElderry Street, in Baltimore. For tickets, call Commander Lee Lewis at 443-965-1246.

Brian Hall of D.O.T Sport and his "Dream Team" will host an "All White Everything" party and show on Sunday, June 5, 2016 from 5 p.m. to 9 p.m. with a light buffet and cash bar or BYOF at the Patapsco Arena, 3301 Annapolis Road in Baltimore. You will be entertained by several DJs. For ticket information, call 410-929-1360.

It is time to take a journey with the Alumni of Alpha Phi Omega Fraternity to Crab Claw Restaurant in St. Michael's Maryland

and Dover Downs Casino in Dover, Delaware on Saturday, June 4. The trip leaves from Alpha Phi Omega Fraternity House, 4500 Garrison Blvd at 9 a.m. and returns at 10 p.m. The Crab Claw menu with your ticket includes: steamed crabs, buffalo wings, vegetable tray, crab vegetable soup, cole slaw, potato salad, corn on the cob, fruit tray, pitchers of ice tea and sodas and much more. Call Leon Jones at 410-521-5806 for more information.

Meet me at the Signs of the Times night club on Friday, June 3 at 139 N. Belnord Avenue to get this party going. All drinks and cocktails will be at happy hour prices and the music will be the oldies but goodies sound by "Ice Man." Delicious food will be on sale such as shrimp, fries, chicken wings, fish, hot-dogs, pork chops, mashed potatoes, greens and spaghettis & meatballs. Everything starts at 4 p.m. until. We will see you there with both of my books. For more information, call 410-878-1473.

Well, my dear friends, I am out of space, I will see you somewhere. Remember, if you need me call me at 410-833-9474, or email me at rosapryor@aol.com. UNTIL THE NEXT TIME, I'M MUSICALLY YOURS.

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Warren Wolf, Vibes will be performing at "Jazzway 6004 Lounge, 6004 Hollins Avenue in Baltimore with his father Warren Wolf; his sister Dara Wolf on vocals; Mark Meadows on piano; Kris Fun on bass; and CV Dashiell on drums. Tickets include soft drinks and post-concert buffet. For more information and tickets, call Marianne or Howard a t410-952-4528.



Greg Hatza and his organization will perform at the Jazz Expressways Foundation Jazz Breakfast Fundraiser on Saturday morning June 11, 2016 from 10 a.m. until 2 p.m. A full breakfast buffet will be served with a lot of live entertainment and vendors. BYOB for your cocktail after breakfast at the Forest Park Senior Center located at 4801 Liberty Heights Avenue. Donation only \$30.00. For more information, call 410-833-9474.

Signs of the Time Night Club located at 139 N. Belnord Avenue in Baltimore is having a "Grand Opening Party" under new management and "Book Signing" with Rosa "Rambling Rose" Pryor; Happy Hour prices available for food and drinks, music and entertainment for your pleasure on Friday, June 3, 2016 starting at 4 p.m. The new owners B. J. Banjo and Robin, former owners of BJ's Lounge opens Wednesday-Sunday 2 p.m. For more information, call 410-878-1473.



New Black History Museum is True American Story

By Freddie Allen
 NNPA News Wire National News Editor

When the National Museum of African American History and Culture opens in September, Lonnie Bunch, the museum's founding director said that it will not only tell us a great deal of information about Black folks, but "it will tell us even more about what America is and what it can become."

Bunch, who previously served as the associate director for curatorial affairs at the Smithsonian's National Museum of American History in Washington, D.C. and as a curator of history for the California African American Museum in Los Angeles, Calif., said that, in some ways, the African American community has led the charge in broadening discussions around freedom and citizenship.

"When you look at any president, from George Washington on, the number one issue they had to deal with at some point was African Americans," said Bunch. "I really wanted people to recognize that this is all of our stories not just one community's story."

The decade-long search for artifacts that

will live in the museum has been arduous, joyfully surprising and completely necessary for Bunch and his team of curators.

"Even if we took everything from the Smithsonian, it would only give us 20 percent of what we needed anyway," said Bunch. "The Smithsonian is a place where so much of your credibility is based on the material that you have."

Although Bunch and his team were dedicated to the search, he confessed that he wasn't sure what he'd find.

"I was always struck by my own work early in my career and how I would go into a home and I would talk to an elderly woman or a young man and they would open a door and suddenly there would be wonders in front of me," said Bunch. "So, I had to believe that there were wonders out there that I couldn't even imagine that were sitting in people's homes."

Still, Bunch was doubtful when Charles Blockson, a famous collector and African American historian, reached out to him concerning personal items that had once belonged to Harriet Tubman.

"I just knew that he didn't have any-



The National Museum of African American History and Culture is scheduled to open September 24, 2016. Photo Credit: Freddie Allen/AMG/NNPA)

thing," said Bunch. Still curious, he travelled to Philadelphia, Pa., to meet with Blockson.

When he got there, Bunch said that Blockson opened a box and pulled out rare photographs from Harriet Tubman's funeral, her personal hymnal and an amazing shawl that the civil rights heroine had worn before she died.

"While I was blown away by seeing this Harriet Tubman material, I was more humbled by the fact that he said, 'and this needs to come to the Smithsonian for free,'" said Bunch. "He said, 'I don't want to sell it. I want people to engage with this material.' And that kind of generosity makes all of this worthwhile. The realization that even if people don't know it, they've been waiting for this moment, to be able to share that story."

Bunch realized that every artifact couldn't be the size of a hymnal.

After talking to a few "train people," Bunch traveled to Chattanooga, Tenn., to meet with a collector who had a Southern Railway segregated railroad car from the 1920s. When it was running, three-fourths of the car was reserved for Whites. Black passengers walked through a swinging door that said "Colored" to get to their section. The railroad car was restored and lowered into the museum before exterior construction was completed.

"This is the kind of thing that will help people understand segregation in ways I don't have to explain," said Bunch.

The collection also includes a guard tower from the notorious Angola Prison, a pinewood slave cabin from South Car-

olina, George Clinton's Mothership, a pair of Michael Jordan's iconic Air Jordan basketball sneakers, a jumpsuit worn by the late Godfather of Soul James Brown, a letter signed by the revolutionary Toussaint L'Ouverture, and a training plane used by the Tuskegee Airmen.

The museum officials also wanted to spark conversations about the present-day challenges facing the Black community.

"A Justice 4 Trayvon placard and a Black Lives Matter T-shirt underscore the issues of persistent inequality and police brutality," according to the New York Times.

Bunch said that he wanted visitors to the museum to realize that the waters of history have touched all of us and that even though you're not famous, your family's story is just as relevant.

"Often we think, 'well, I'm not related to Frederick Douglas,' or 'I'm not Sojourner Truth,' or 'I didn't break down this door in 1968,'" said Bunch. "So much of history is about the family that left the south for the north or the father who joined the union for the first time to get a job in Detroit."

Bunch continued: "We're not all Martin Luther King Jr., but we've all profoundly shaped what this country can become."

When it comes to helping people to understand the historical and personal value of their family heirlooms, it's less about what the museum collects, said Bunch, and more about what they're able to preserve.

The National Museum of African American History and Culture is scheduled to open September 24, 2016. For more information about the museum, visit <http://nmaahc.si.edu>.

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410-263-1860—Contact Alma Cropper

AACC names top scholars during college's 54th Commencement Ceremony



Anne Arundel Community College graduates wait in the gym before marching in a procession out to the big tent for the Commencement Ceremony on Thursday, May 26, 2016. About 600 graduates participated in this year's Commencement ceremony.

Courtesy Photo/AACC

Arnold, Md.— An estimated 2,148 students graduated— receiving 2,409 degrees and certificates— on Thursday, May 26, 2016 at the 54th Commencement of Anne Arundel Community College.

About 600 graduates participated in the Commencement ceremony under the tent on the athletic practice fields on the Arnold campus. In 2015, a record 2,338 graduates completed 3,006 degrees and certificates. Retired U.S. Army Col. Kenneth O. McCreedy, Ph.D., gave the Commencement address.

This year's valedictorian is Randolph Wilson Hall of Annapolis. He earned an Associate of Science degree in Computer Science-Management Information Systems and is continuing his education at Capitol Technological University. Hall also spoke at the Commencement.

Al-Fahad M. Al-Qadhi of Glen Burnie was chosen the 2016 Presidential Scholar. He earned an Associate of Science degree in Mathematics and will continue to study Mathematics at the University of Maryland College Park. The recipient of this honor is a graduate who completed an associate degree program within two years.

Leading the graduates are 12 student marshals:

- Juanita Cordova of Crofton earned an Associate of Applied Science degree in Homeland Security Management-Intelligence Analytics.

- Stephanie Kristin Fruehling of Annapolis earned an Associate of Applied Science degree in Addiction Counseling and an Associate of Applied Science degree in Human Services.

- Michele Frances Jankowski of Glen

Burnie earned an Associate of Applied Science degree in Business Management.

- Andrew W. McFarland of Bowie earned an Associate of Arts degree in Fine Arts- Game Art.

- Tracy Meenan of Ocean Pines earned an Associate of Applied Science degree in Architecture and Interior Design-Interior Design Option.

- Linda J. Peery of Severn earned an Associate of Applied Science degree in Information Assurance and Cybersecurity.

- Alexandra L. Ryan of Pasadena earned an Associate of Science degree in Business Administration Transfer.

- Lauren Elizabeth Silva of Odenton earned an Associate of Science degree in Nursing Transfer.

- Nina Vivian Uchida of Severna Park

earned an Associate of Science degree in Engineering Transfer.

- Ann Marie K. Weideman of Crofton earned an Associate of Science degree in Mathematics.

- Elizabeth Marie Wilkerson of Odenton earned an Associate of Science degree in Business Administration Transfer.

- Randi Janine Willey of Millersville earned an Associate of Applied Science degree in Physical Therapist Assistant.

The valedictorian, presidential scholar and student marshals are selected through interviews with students who earned a 4.0 GPA and took at least 50 credits at AACC. Not every qualified student chose to compete for these honors. In addition to the students' mentioned, AACC recognized 628 students who graduated with honors.

Back to Basics: Low Maintenance Flower Garden Care

By Melinda Myers

Grow a beautiful flower garden with minimal care by investing a bit of time at the start of the season to reduce on-going care.

Always match flowers to the growing conditions and the care you are willing to provide. Low maintenance plants need minimal or no deadheading and staking. This means you'll be growing good-looking plants with little effort on your part. And if the plants are suited to the growing conditions and resistant to common pests you'll be doing less work managing insect and disease problems.

Further reduce your workload by selecting self cleaning or free flowering annuals and perennials and those bred for long bloom and compact growth. You'll enjoy more colorful flowers with less pruning and grooming.

Ageratum, angelonia, calibrochoa and many of the newer petunia cultivars are just a few of the annuals that do not need regular deadheading for continual bloom. Include perennials like willow amsonia, bugbane, Solomon seal, turtle-head and sedum autumn joy for lower maintenance and big results.

Prepare the soil and provide proper fertilization before planting. Work several inches of compost or other organic matter into the top 8 to 12 inches of soil to improve drainage and water holding ability. Incorporate a low nitrogen organic fertilizer like Milorganite (milorganite.com) at the same time. The slow release formulation provides needed nutrients throughout most if not all of the season. Plus, it promotes slow steady growth that won't interfere with flowering, is less susceptible to pests and is more drought tolerant.

Properly space the plants, making sure they have sufficient room to reach their full size. Overcrowding means you will be thinning or dividing plants more often or battling disease problems instead of enjoying the full beauty the plants provide.

Consider removing flowers on annuals at planting. This allows plants to focus energy on establishing roots instead of flowers. Can't bear to do this? Then



Rudbeckia 'Prairie Sun' and Ageratum 'Blue Horizon' make a nice combination, adding plenty of color to the garden.

Photo Credit: Melinda Myers, LLC

remove the flowers on every other plant or every other row. Then a week or two later remove the flowers on the remaining plants. You will soon be rewarded with full compact plants that will produce more flowers throughout the season.

Pinch back long and leggy transplants. Use a hard pinch to remove the tip and several inches of stem. Use your pruners or fingers to remove stems just above a set of leaves. The remaining plant will still look good while you wait for new leaves and stems to grow and produce new blooms.

Encourage branching on single stemmed plants with a soft pinch. Remove just the uppermost portion of the stem where the leaves and tip are starting to develop. Soon you will have a

well-branched plant and more blossoms.

Improve plant posture and reduce the need for staking with early season pruning. Keep mums and asters compact by pinching them back to six inches throughout June to encourage compact growth. Eliminate floppy growth and the need for staking on late bloomers like Boltonia, Autumn Joy sedum, Russian sage and Heliopsis

Revive catmint and perennial salvia that flop open in the center with pruning. Cut flopping plants back halfway once or twice a season as needed.

And don't forget to mulch. Covering the soil surface with an inch or two of shredded leaves, evergreen needles/pine straw or other organic material will conserve moisture, suppress weeds and improve the soil as they decompose.

Always water new plantings often enough to keep the top few inches of soil moist. Once established water thoroughly and only as needed. This encourages drought tolerant roots, so you'll need to do less watering in the future.

With proper planning, plant selection and soil preparation you can keep your ongoing care to a minimum. That means more time to relax and enjoy your beautiful garden.

Gardening expert, TV/radio host, author and columnist Melinda Myers has more than 30 years of horticulture experience and has written over 20 gardening books. For gardening videos and tips, visit her website: www.melindamyers.com.

2016 Hurricane Season: three things to know

By Taylor Ward, CNN Sr. Meteorologist

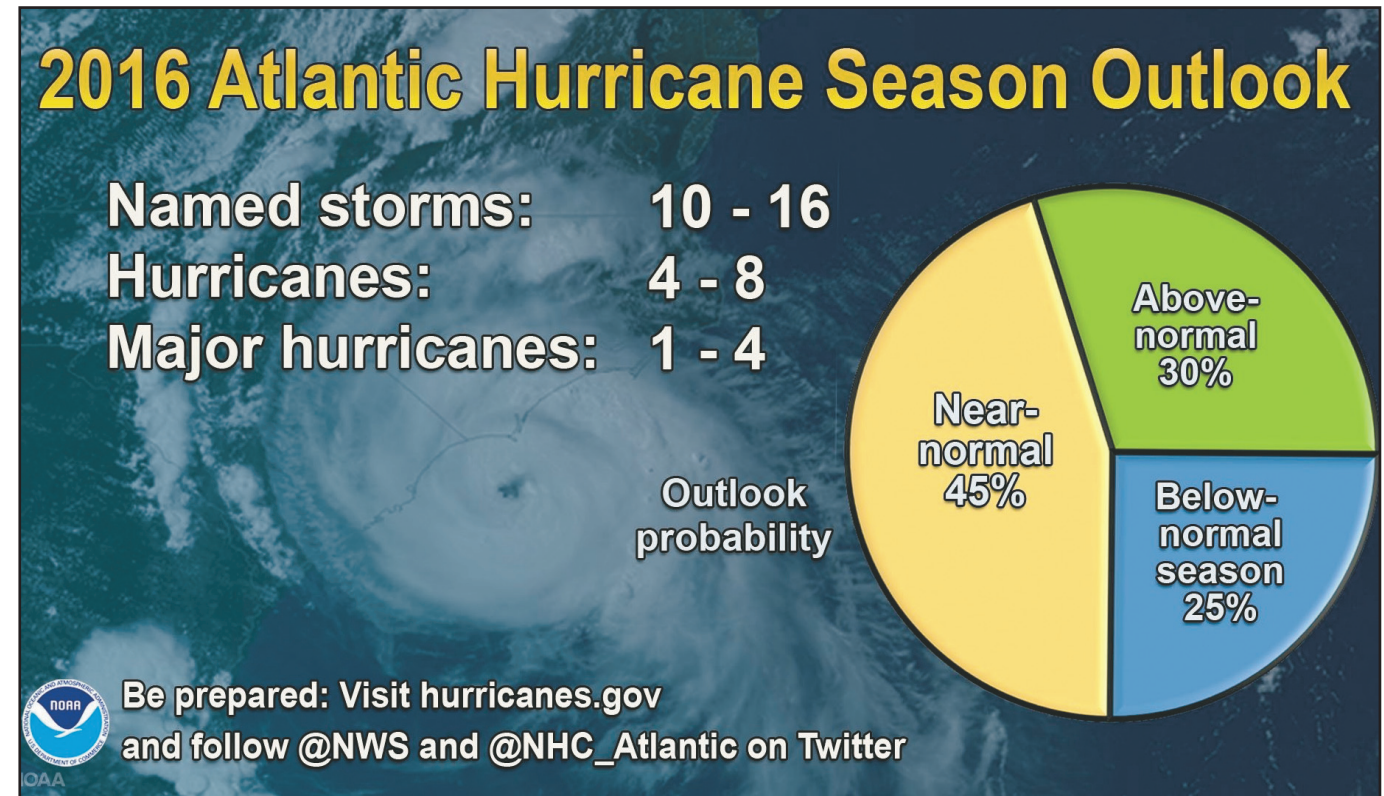
ATLANTA (CNN) -- June 1 marks the beginning of the hurricane season in the Atlantic Ocean. Here are three things you need to know about this year's season:

1) It's already started! Despite the fact that hurricane season officially starts on June 1 and ends on November 30, tropical systems can form during any month of the year. But conditions are more favorable during the season, when ocean temperatures are warmer and wind shear is lower.

Between December and May there is a much smaller area of warm water to support tropical development and there is also significantly higher wind shear. Wind shear is a weather phenomenon that results in a sudden burst of wind over a short distance. It can occur either horizontally or vertically.

Tropical systems during the month of May aren't as unusual as you might think. Including 2016, there have been six named storms during the month of May since 2007. This year we had Tropical Storm Bonnie, which brought rip currents and rain during the Memorial Day holiday weekend. Much more uncommon was Hurricane Alex, which moved through the Azores islands in January.

2) El Niño has dominated weather headlines for the past several months, but it is rapidly weakening. In fact, we may head straight into a La Niña pattern by the middle of hurricane season. Why is this significant? El Niño played a large role in the lack of activity during the 2015 hurricane season.



NOAA predictions

El Niños generally bring increased wind shear over the tropical Atlantic, which deters the development of tropical systems. La Niña is the opposite and typically brings more favorable conditions for the formation of hurricanes.

Does this mean 2016 will be an active year? Possibly. However, the seasonal forecast is quite difficult, as the National Hurricane Center stated last week. How quickly La Niña develops and how strong it becomes will play an important role in this year's activity. This is also only part of the equation; there are still many factors that have to come together

to create an active season.

3) The United States is in the midst of a significant hurricane drought. There were no hurricane landfalls during 2015 and we haven't seen a major hurricane make landfall in the United States since Wilma in 2005. That's the longest drought in our reliable period of records, dating back to 1850. In fact, during this decadelong drought there have been 69 hurricanes without a landfall by a major storm, one that reaches category 3, 4, or 5. According to NASA, a stretch like this is only likely to happen once in 270 years.

Two of our most hurricane-prone

states have gone significant periods without a landfall. Florida's last landfall was Wilma more than a decade ago, while Texas hasn't had a hurricane make landfall since 2008's Ike, a category 2 storm when it hit. Many believe the United States may be due for a major hurricane landfall and it's important that all coastal residents -- from the Gulf Coast to the Northeast -- not be complacent.

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AHAA is a non-profit educational alliance of healing arts and sciences organizations, educators, practitioners, students and supportive individuals. AHAA sponsors regional healing arts events and international inner peace building educational programs. Volunteers, age 18 and up, are needed to help

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Anne Arundel Community College (AACC) is soliciting statement of qualifications from general contractors to be determined qualified by AACC to move on to the technical proposal phase to provide the refurbishment and retrofit of existing wayfinding signage, and fabrication and installation of new wayfinding signage at the Arnold campus. Statement of Qualifications (SOQ) will be accepted until 11 a.m. EST on June 24, 2016. SOQ documents may be obtained from the Purchasing office by contacting Heidi Frist, Senior Purchasing Agent, by e-mail: hmfrist@aacc.edu.

Notice of Nondiscrimination: AACC is an equal opportunity, affirmative action, Title IX, ADA Title 504 compliant institution. For information on AACC's compliance and complaints concerning sexual assault, sexual misconduct, discrimination or harassment, contact the federal compliance officer at 410-777-1239 or Maryland Relay 711.

Historic Annapolis offers tours of Whitehall Plantation

After years of being kept private, the historic Whitehall Plantation will open its doors to visitors beginning this July. Historic Annapolis will be providing tours for guests on the second Sunday of each month from July to October. The tours will run every half hour beginning at noon and concluding with the last tour at 4:30 p.m.

The first tours will be given on July 10, 2016, and will continue on August 14, September 11, and October 9. Admission is \$20 per person. On September 11, the Ridout Family Cemetery will also be open to the public with tours and genealogical research available. Access to the cemetery will be included in admission that day, however, if you would like to come just for the cemetery, the cost is only \$10. Tickets are available at: www.annapolis.org or by phone: 410-267-7619.

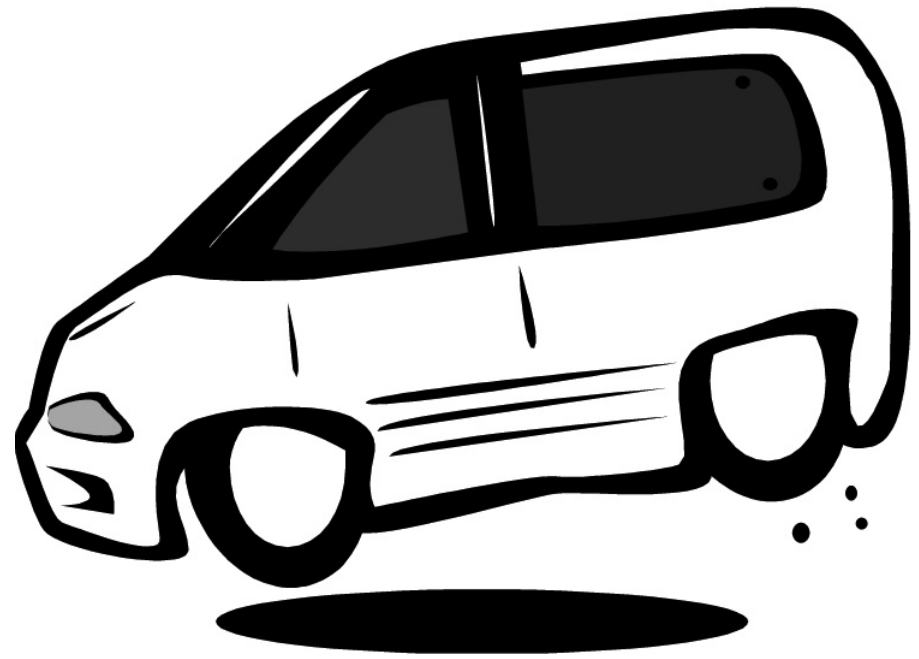
Red Cross seeks volunteer transportation specialists to deliver lifesaving blood products

Baltimore— Every two seconds a patient in the United States needs a blood transfusion. As the single largest supplier of blood products to hospitals in the U.S., the American Red Cross is seeking volunteer transportation specialists to help deliver lifesaving blood products to Central Maryland hospitals for patients in need.

Transportation specialists help to ensure that blood products are available when and where they are needed for patients with serious medical conditions. Accident and burn victims, heart surgery patients, organ transplant patients, and those receiving treatment for leukemia, cancer or sickle cell disease may all need blood or platelets. The American Red Cross Greater Chesapeake and Potomac Blood Services Region provides blood deliveries to over 60 hospitals and transfusion centers throughout the region.

“Transporting blood products is an integral part of fulfilling the lifesaving mission of the Red Cross,” said Terry Karloff, volunteer manager for the Greater Chesapeake and Potomac Blood Services Region. “If driving and providing exemplary customer service is something you enjoy, we want to hear from you.”

Volunteer shifts will originate at the Red Cross headquarters facility located at 4700 Mount Hope Drive in West Balti-



more and include travel around the region. Training and use of Red Cross vehicles will be provided. Volunteers must meet the following minimum requirements:

- Have a valid driver's license with a minimum of three years driving experience
- Be able to verify a safe driving record with insurance
- Be able to lift boxes of lifesaving blood products of up to 45 pounds for hospital deliveries

·Be available to volunteer for two to four shifts per month (flexible schedules available)

Anyone interested in learning more or applying can contact Joe Miletti at 410-624-2023 or by email at Joe.Miletti@redcross.org or begin the application process online at https://volunteerconnection.redcross.org/?nd=intake&entry_point_id=4924&unit_id=185.

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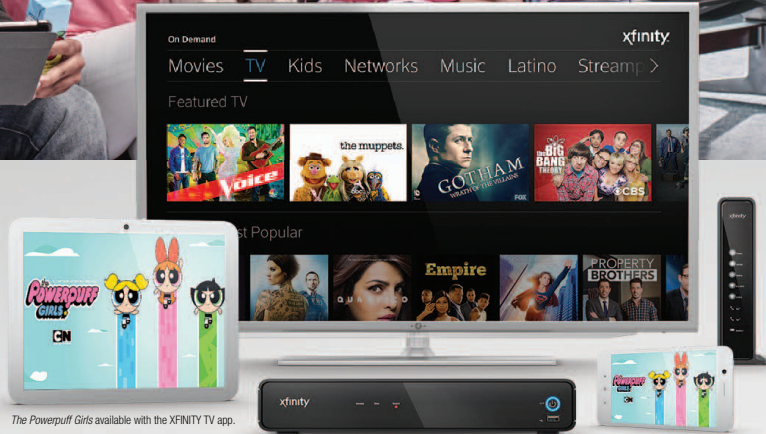
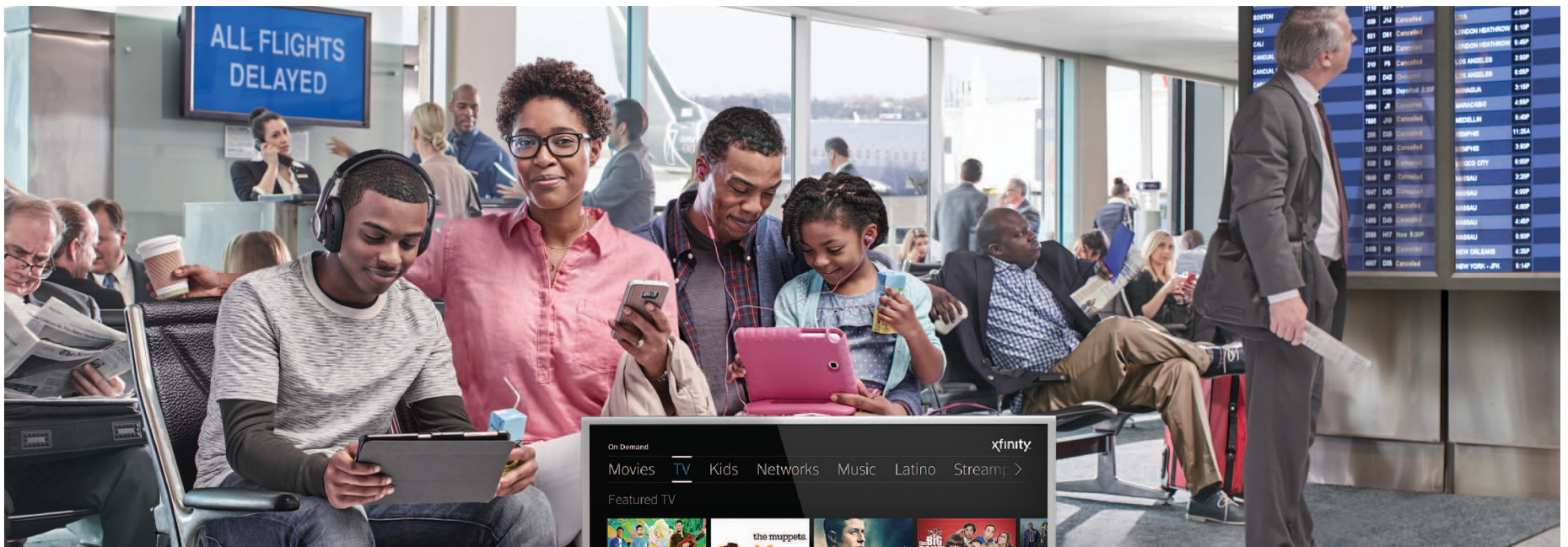
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