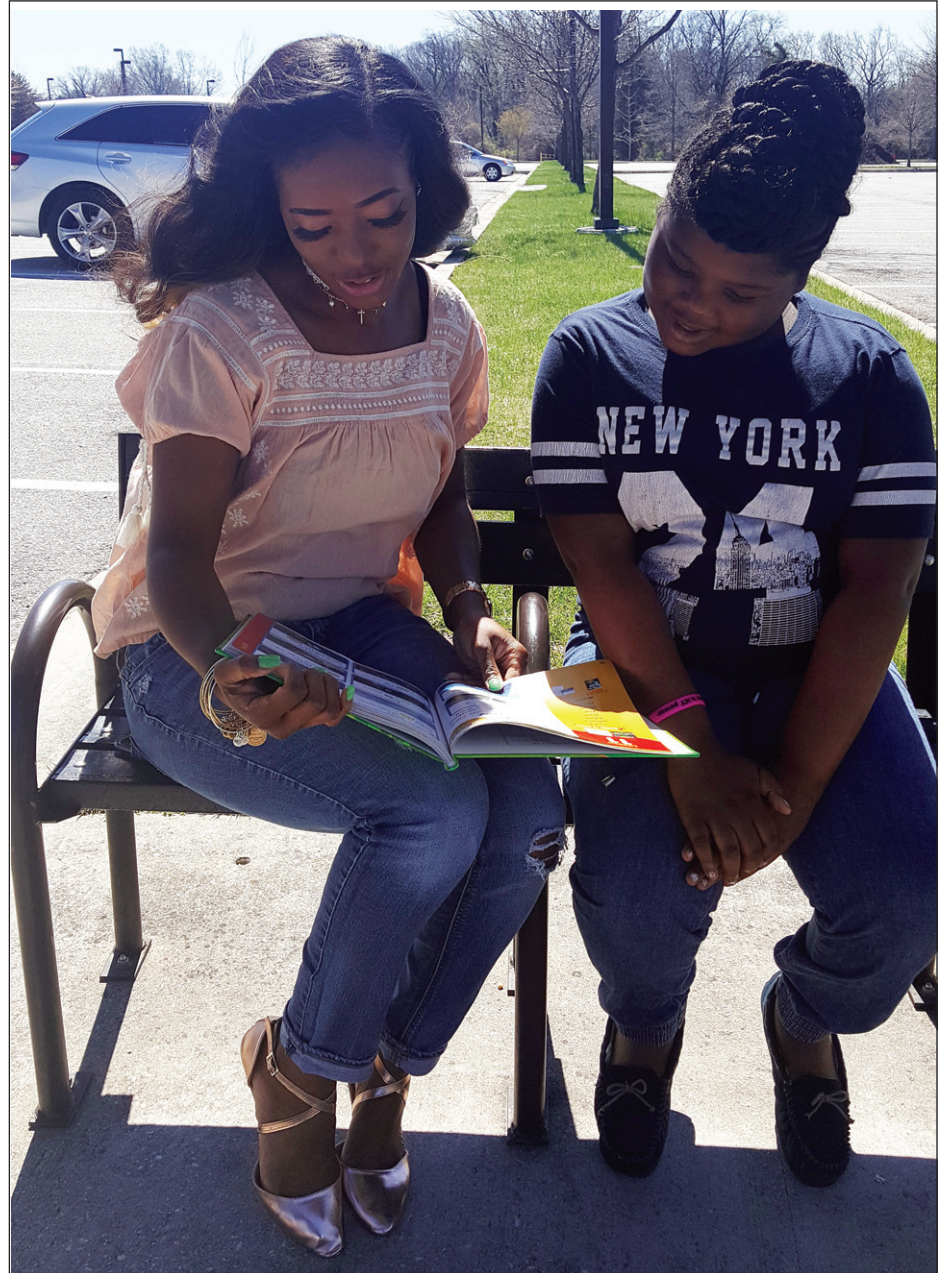


Xpressions Mentoring and Consulting targets young females



Stacey R. Stanley, retired cosmetologist (left) is the founder and CEO of Xpressions Mentoring and Consulting. Her vision for Xpressions Mentoring and Consulting is to create a healthy mental and physical path to help young ladies (from age six to 2) to reach their goals. The program is a catalyst to help girls to develop their social skills, build their self-confidence, inspire them to bring about positive social change, and prepare them for independent living. (See article on page 11) Courtesy Photos

Educators get lesson in cursive writing

By Stacy M. Brown

While cursive has been left out of the national Common Core Standards, Maryland legislators have mandated the skill be taught.

Teachers from Maryland gathered at a seminar in Baltimore to discuss the most effective ways to teach handwriting to local students.

"Cursive instruction is very important to kids for a few major reasons," said Todd Misura, a licensed occupational therapist for the Learning Without Tears, a Gaithersburg, Maryland-based service provider, whose mission is "to make learning and teaching easy and fun by providing superior educational products, training, and materials to educators and parents."

The organization held seminars over two days in June to discuss cursive writing. Sessions have been held in various locations around the country.

"Children of elementary school love to write in cursive since it makes their writing look more mature than printed writ-

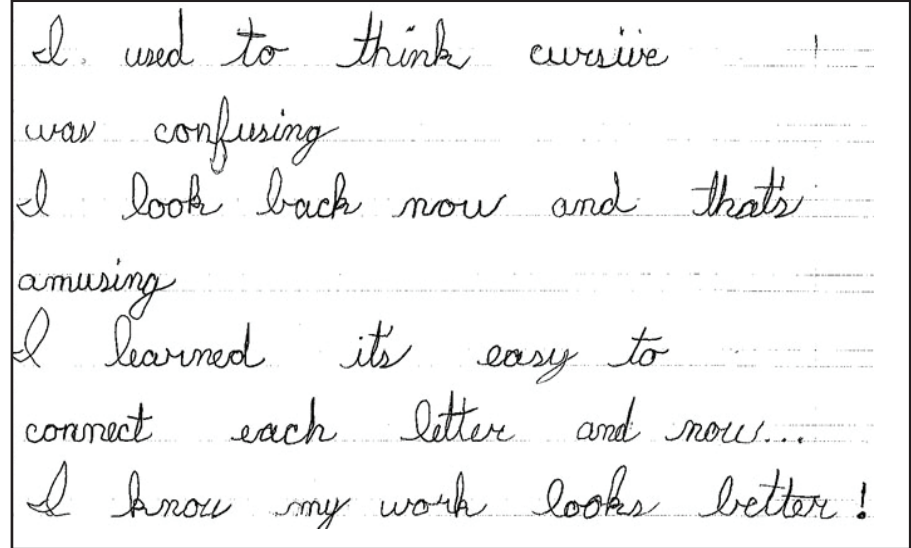
ing," Misura said. "Many children will play write their signature well before they can actually learn cursive. This is an indicator that they are ready and eager to learn cursive."

The workshop included sessions on printing basics and cursive instruction. Ultimately, educators learned how to use a simple and efficient handwriting techniques in the classroom.

"Research has shown a strong connection between handwork and brain development. My own children are learning cursive and ask me to read cursive papers to them," said Crystal Esler, the administrator for Walden International School in North Bethesda who attended the Baltimore workshop. "I want my kids and students to be able to read cursive while they are in school and as an adult."

Students often are excited when they learn to write in cursive because most believe only adults can do it, Esler continued.

"They like to have a signature for their name, and that's important for them to



Teachers from Maryland gathered at a seminar in Baltimore to discuss the most effective ways to teach handwriting to local students earlier this month.

Courtesy Photo

have," she said. "Cursive is a skill that lasts a lifetime. By attending the workshop, I learned a lot of great tips and tricks to use with students. It's a great program."

Once cursive has been learned and mastered, it leads to faster writing and, as the elementary school-aged child grows into middle school and beyond, they need to be able to take notes quickly, according to Misura.

"Note taking needs to be quick and efficient," he said, adding that, for many children who enter higher-grade levels with messy printed handwriting, cursive becomes their salvation.

"These children can focus their attention on learning a new task from the

beginning as opposed to trying to correct their inefficiencies when writing in print," Misura said. "Much like if you learned how to swing a golf club or a tennis racket inefficiently; correcting the inefficient swing is tough. Had you learned [the] proper technique when you were first learning to swing, your game would be much improved."

"Handwriting is the same way...just more complicated. The inefficiencies learned at an early age often stick with you. By teaching cursive, you can engage a child in new learning as opposed to correcting old habits. You don't need to know how to print well before you learn cursive," he said.

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Kerri Moseley-Hobbs publishes historical creative nonfiction book

Baltimore— Postsecondary Education Executive and recent recipient of a Doctorate in Education, Dr. Kerri Moseley-Hobbs has published her first book, “More Than a Fraction.” The historical creative nonfiction tells the story of two brothers, Thomas and Othello Fraction, and their journey before, through and after the Civil War. The story derived from Dr. Hobbs’ two-year research for her heritage. Her search ended at the Smithfield house museum in Virginia where she later was appointed as a member of the foundation’s Board of Trustees.

“More Than a Fraction” is based on the true story of the Fraction family leading up to Thomas and Othello Fraction who signed on to fight in the Civil War. The book takes you on a journey that includes their service in during the War and their subsequent fight after the war for rights and inclusion.

Dr. Moseley-Hobbs is the third great-granddaughter of Thomas Fraction. Her passion for education and history has



Dr. Kerri Moseley-Hobbs has published her first book, “More Than a Fraction.”
Courtesy Photo

and continues to lead her on ventures to uncover hidden stories and forgotten legacies.

After discovering that Smithfield still existed and was being managed as a house museum in Blacksburg, Virginia, Dr. Moseley-Hobbs immediately took a trip to visit the location where so much of Thomas’ story occurred.

After her trip to visit the grounds in 2015, she was asked to join the board for the Smithfield-Preston Foundation, which currently owns and manages Smithfield.

As a member of the board Dr. Moseley-Hobbs was tasked with assisting to change the narrative and presentation of the enslaved and indentured servant community and their contributions and presence throughout the history of Smithfield, as it relates to the Preston family.

At the publication of her book, “More Than a Fraction,” Dr. Moseley-Hobbs was continuing a more than 15-year career in education administra-

tion and teaching. She holds a bachelor’s degree in Criminal Justice, a Master’s degree in Interdisciplinary Management, a Masters in Business Administration (MBA) and a Doctorate in Education.

Dr. Moseley-Hobbs lives in Baltimore, Maryland with her son Anthony Michael Hobbs (the 4th great-grandson of Thomas Fraction), who by 12 years old was already an award winning actor and filmmaker.

“More Than a Fraction” is published by Imagination Lunchbox, LLC, which she co-owns with her son Anthony Michael-Hobbs a child actor and filmmaker, who has written, produced, directed and starred in three short films, garnering him six awards.

“More Than a Fraction,” is available for sale at: Amazon.com.

To learn more about Smithfield, visit: www.SmithfieldPlantation.org and Dr. Kerri Moseley-Hobbs may be reached at: KerriAmI@aol.com.

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Global Response Needed for South Sudan Famine

By Representative Karen Bass (D-Calif.)

On February 20, 2017, the United Nations (UN) declared a state of famine in South Sudan. Man-made crisis and conflict had left 4.9 million in need of urgent food assistance and at least 100,000 in immediate danger of death by starvation.

Since then, our country has made progress in aiding those in need not only in South Sudan but in Yemen, Nigeria and Somalia, as well. At the end of April, the House of Representatives passed a resolution that I authored, urging the Trump Administration to release supplemental funding and to call for a ceasefire between the parties engaged in South Sudan's civil conflict.

In addition, the United States responded to the UN's call for \$4 billion in relief by pledging more than \$1.2 billion in famine aid, the majority of the funds coming from a \$990 million allocation authored by Rep. Barbara Lee (D-Calif.) and Rep. Tom Rooney (R-Fla.). International aid efforts have also popped up throughout the world, with Germany doubling its aid to fight impending famine in Somalia and the Canadian government announcing they would match Canadian donations to famine relief efforts.

However, as I return from a six-day congressional delegation trip to South Sudan and Uganda, the mission is clear: Although all of this is a good start, there is still more work to be done.

In South Sudan, famine still continues despite relief efforts having had a notable impact. In a meeting with South Sudanese President Salva Kiir Mayardit during the delegation visit, we emphasized that the conflict in the young country must cease. The civil war there has raged since late 2013 and has claimed hundreds of thousands of lives while stranding millions and leaving the nation in the state of hunger it is in today.

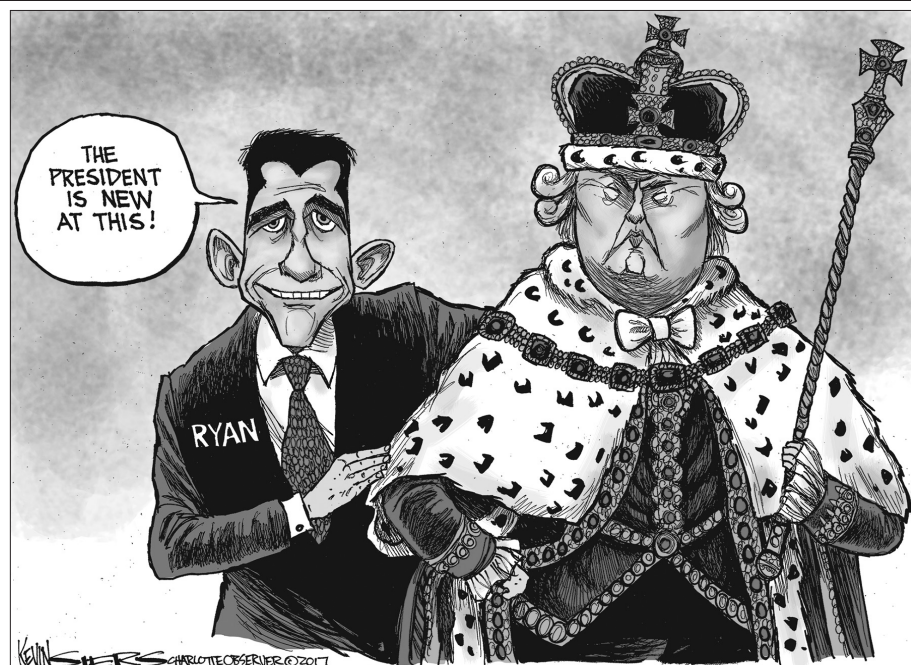
And as South Sudan is devastated by famine, its neighbor Uganda struggles to provide relief for those that have fled. As of May, there were nearly 1 million refugees from South Sudan living in Uganda. Our delegation toured Bidi Bidi, a Ugandan refugee camp with a population around the same as San Francisco. In April, the camp was declared the largest in the world. While we toured the camp, we met some of those that had arrived at the camp that day. It's hard to describe their faces. They had walked for weeks, losing family in front of their eyes, leaving their own lives behind, possibly for good.

Unfortunately, the overwhelming, though expected, lesson we learned was that more aid is still needed. The men and women of the camp were only given half a month's food to sustain them for an entire month. We saw the need for relief on the faces of the men, women and children of the camp. It was on the lips of the humanitarian workers.

This is a global crisis that will require a global response. The U.S. cannot risk flimsy leadership and we must be swift, stern and resolute. Hundreds of thousands and possibly millions of people, some of whom I met in South Sudan and Uganda, depend on us guaranteeing that the region's political landscape is not in the same exact place one year from now. A long-term commitment is needed to address the existing civil conflict—the root cause of this famine. The world must continue to press the leaders of South Sudan on this point.

The international community has a choice—either work together to end famine or continue to observe death due to avoidable causes. It is in our control to end this famine now as well as find ways to avoid them in the future.

Congresswoman Karen Bass represents California's 37th Congressional District. She is the 2nd Vice Chair of the Congressional Black Caucus (CBC) and she co-chairs the CBC's Africa Taskforce. She is also Ranking Member on the House Subcommittee on Africa. Follow her on Twitter at @RepKarenBass.



Community Affairs

Maryland taxpayers be warned about phone scam involving certified letters, debit cards

Annapolis— Comptroller Peter Franchot, is warning taxpayers about a new scam linked to the Internal Revenue Services' Electronic Federal Tax Payment System (EFTPS) in which fraudsters call to demand immediate tax payment through a prepaid debit card. The scam is being reported throughout the county.

In this latest scheme, a caller claims to be from the IRS and tells the victim about two certified letters purportedly sent to the taxpayer in the mail but returned as undeliverable. The scam artist then threatens arrest if a payment is not made through a prepaid debit card. The scammer also tells the victim that the card is linked to the EFTPS system when it is actually entirely controlled by the scammer. The victim also is warned not to contact their tax preparer, an attorney or their local IRS office until after the tax payment is made.

“If you get a call like this, the best thing is to simply hang up. Do not share your personal or identifying information

and do not send a prepaid debit card,” Comptroller Peter Franchot said. “My agency stands ready to help any Maryland taxpayer who gets a call like this. My agents are united in our goal to protect our citizens from con artists who want to steal your money and your private financial information.”

The EFTPS is an automated system for paying federal taxes electronically using the Internet or via phone and does not require the purchase of a prepaid debit card. Since it is an automated system, taxpayers won't receive a call from the IRS. Taxpayers also have several options for paying a real tax bill—not just a specific one.

IRS Commissioner John Koskinen said, “Just because tax season is over, scams and schemes do not take the summer off. People should stay vigilant against IRS impersonation scams. People should remember that the first contact they receive from IRS will not be through a random, threatening phone call.”

The Comptroller's Office advises taxpayers not to reply to phone calls or emails asking for confidential information, most especially Social Security numbers, birth dates, salary information or home addresses.

Hijacking the black media to undermine musicians' rights

By Melvin Gibbs

Traditional media has a long history of neglecting the black community, and an equally long history of refusing to give us a fair hearing or equal time. To be heard, African Americans created media outlets like this one—and in its storied history, the black press has spoken truth to power as “soldiers without swords” in the fight for racial justice.

But now that we've built these powerful channels of communication, we must continue to protect them from the special interests that use the credibility of our media to advance their own agendas and mislead our communities.

That's why we are speaking out, to address recent stories in black media outlets making the bogus claim that an important artists' rights bill making its way through Congress is an attack on the first black Librarian of Congress, designed to give President Trump new powers.

This is disinformation being pushed by technology special interests hoping to wrap themselves in the struggle and

sacrifice of our community while hiding their efforts to weaken the rights of musicians and other creators—an attempt at a money grab using our movement and its history.

The bill in question has nothing to do with race or civil justice at all. It's about strengthening creators' rights and acknowledging the importance of copyright, by making the nation's chief copyright officer a position nominated by the

in motion the Librarian was a white woman and Barack Obama was President.

Would it have been a civil rights triumph then, or was it just then, as now, the legislature and executive branch properly doing their appointed jobs?

Of course that's what happened and until now no one has suggested the reverse.

Fortunately, these cynical and false

Ernie Isley, William Bell, Nona Hendryx, Ramsey Jones, Darrell McNeill, and V Jeffrey Smith. Cynics hijacking the power of the civil rights movement to support their narrow economic goals do violence to the movement, and dishonor the sacrifice of all who came before.

It is just as gross for bill opponents to ride the powerful coattails of the “RESIST” movement by falsely wrapping this bipartisan pro-artist, proposal in the controversies surrounding the President, especially in light of his proposal for massive cuts to funding for the arts. Misleading the President's critics by leveraging fear into opposition for a non-controversial proposal like this ultimately undermines and disrespects our RESIST movement.

We weren't alone. American Black Film Festival Founder Jeff Friday also wrote a letter supporting the bill, as did the Multicultural Media, Telecom and Internet Council.

No one needs to tell us racial injustice is a serious lasting problem in this country or that the Presidency has taken a disturbing turn, but we won't stand for anyone trying to appropriate our struggles and fights for their own corporate political purposes.

And we won't sit by while anyone appropriates the mighty black press—our bastion of the truth—to smear and lie in service of their corporate aims.

Melvin Gibbs is the president of the Content Creators Coalition. He is an award winning American bassist, composer, and producer who has appeared on close to 200 albums.

“No one needs to tell us racial injustice is a serious lasting problem in this country or that the Presidency has taken a disturbing turn, but we won't stand for anyone trying to appropriate our struggles and fights for their own corporate political purposes.”

President and confirmed by the Senate. Just like the heads of the Patent Office, the FCC, and other important agencies.

This idea has been under consideration for more than four years—at a time when most everyone thought Hillary Clinton would be President, not Donald Trump.

It is not directed at the current Librarian of Congress, an African-American woman whose race is being exploited to support bogus claims that the bill undermines civil rights because it would move the power to appoint the nation's top copyright expert from the Librarian to the President working with Congressional leaders. It is important to remember that when this proposal was first put

arguments—absurdly prosecuted by a Congresswoman from Silicon Valley representing a district that is 2.8 percent African American—failed to derail the legislation. The bill passed the House of Representatives 378-48 with broad bipartisan support, led by Civil Rights titans such as Representatives John Conyers, the driving force behind the Martin Luther King, Jr. Day federal holiday; John Lewis, the hero of Selma; and Maxine Waters, who stands second to no one in holding Donald Trump to account.

However, the record must still be set straight. When this fiction found its way into the halls of Congress, I wrote to the Congressional Black Caucus along with

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Auto Review: 2018 Chevrolet Equinox

By Darrell Larome Williams
NNPA/DTU Journalism Fellow

The 2018 Chevrolet Equinox should be in every neighborhood across the country. Chevrolet has continued to develop advanced vehicles to meet the needs of a diverse group of drivers and their different lifestyles.

It was love at first sight, when the National Newspaper Publishers Association's (NNPA) "Discover The Unexpected" (DTU) fellows saw the SUV in person. After being introduced to all of its technology features and design functions, we drove the Equinox for the entire day to experience them ourselves.

This is the third generation of the Equinox and Chevrolet improved the design, safety and technology features, and overall performance of this vehicle.

The third-generation model of the Equinox has been "made for everybody" as Chevrolet states, but singles, young families, and "empty nesters" would especially enjoy the versatility and design. Creative planners and drivers who are budget conscious might also find the Equinox's many technical features enticing. The Equinox would also be a great fit for college students or recent graduates, as well.

Depending on the needs and wants of the driver, Chevrolet has created four different models of the Equinox (L, LS, LT model and Premier). I was able to drive and experience the Premier and I was extremely satisfied with the performance of the vehicle.

I was immediately impressed with the vibrant and tasteful color of the orange burst metallic color of the exterior with chrome accents on both the inside and outside of the vehicle. The keyless open and start feature was a nice addition. The engine is so quiet, that you can easily forget that the car is still running. The smooth leather interior seating, steering wheel, and dashboard were the perfect touch to the style of the vehicle and added to its sophistication. The clean and crisp Equinox display also caught my attention as the product specialist assisted me with connecting my Samsung phone to the car with Android Auto.



The 2018 Chevrolet Equinox is the third generation of the vehicle and Chevrolet has improved the design, safety and technology features, as well as the overall performance of this vehicle. Darrell Williams pictured with the 2018 Equinox says Chevrolet made it a priority that the design and safety of the 2018 Chevrolet Equinox are of the highest quality.

Photo Credit: Freddie Allen/AMG/NNPA

Connecting to Android Auto allowed me to:

- Access my contacts and make calls
- Respond to texts hands-free
- Utilize my personal GPS
- Perform Google searches
- And even use apps like Pandora to play music

Before the drive began, we checked out some of the other features like the panoramic sunroof; that was definitely a favorite for all of the passengers. The weather was hot and we weren't driving too fast for heavy breezes to flow through the car so we definitely got to use the ventilated front seats; I've seen heated seats before, but the ventilated seats were a first for me. The steering wheel had a heating option as well. There were multiple USB charging ports as well as power outlets.

As I reversed from the building to begin the drive, the dashboard display changed to the rear-view camera to

assist me with backing out; this feature was extremely helpful as well as the Safety Alert Seat that vibrated when I got too close to something in the rear of the vehicle. I do have a concern that the vibration may distract some drivers or even scare them. The vibrating feature of the Safety Alert Seat may take some drivers a little time to get used to.

When you stop at a red light, the new stop-start fuel-saving feature puts the vehicle in a sleep-mode, which saves gas as your car idles. I experienced this feature while driving another Chevrolet model car and thought that something was wrong with the engine at first. Now that I know what the feature is and how it works, I am confident to say that this is one of my favorite features of the Equinox. The next time I take the Equinox out, I definitely want to try the hands-free gesture liftgate, too. A simple kick gesture under the bumper in the back will open the back gate. You can

also set the height of the liftgate and save the height to memory.

Chevrolet has made it a priority to make sure that the design and safety of the vehicle are of the highest quality. They have equipped the Equinox with incredible safety features to make sure drivers feel safe and comfortable and encourage better driving habits.

Chevrolet is the most-awarded car company three years in a row, based on recognized industry awards for 2014-2016 year-end totals. I can't wait to "Find New Roads" with the 2018 Chevrolet Equinox this summer.

To learn more about NNPA "Discover The Unexpected" Journalism Fellowship program, visit www.nnpa.org/dtu.

Darrell Williams is a 2017 NNPA/DTU Journalism Fellow and Morehouse College student, who is creating content for The Louisiana Weekly this summer. Follow Darrell on Twitter @darrell_larome.

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Our DTU Fellows are busy connecting and collecting amazing stories from the African American community! This year, Discover the Unexpected presented by the all-new 2018 Chevrolet Equinox in partnership with the National Newspaper Publishers Association includes students from Howard University, Spelman College, Morehouse College and Clark Atlanta University. Check out the inspirational stories and exciting videos from our 8 DTU Fellows from Atlanta, Washington D.C., Raleigh and New Orleans.

#discovertheunexpected

DISCOVER MORE OF THEIR STORY AT NNPA.ORG/DTU

Dennis Pitta has positive outlook after third hip injury

By Turron Davenport

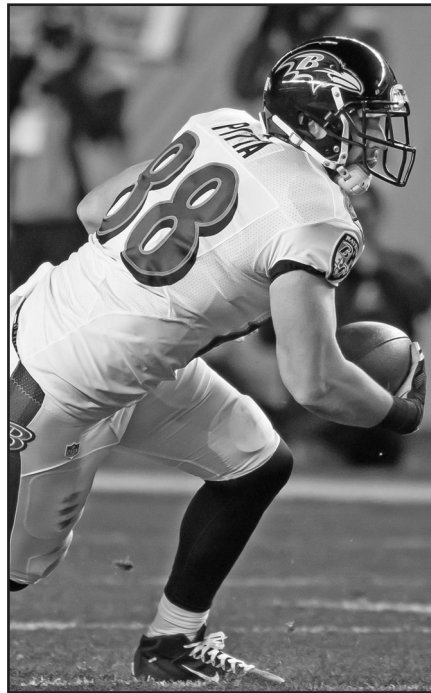
Former Baltimore Ravens tight end Dennis Pitta led the team with 86 receptions. Pitta's outstanding season came after he overcame two hip dislocations that caused him to miss the last two seasons.

Pitta suffered his third hip injury during non-contact drills in OTAs last month. The injury will likely spell the end of the road for Pitta's playing career. While it is unlikely that Pitta will play again, he takes solace in being able to make a comeback last year.

"I'll certainly feel satisfaction when I look back at that year and know all that I overcame and all that I was able to accomplish," Pitta said during a press conference last week. "As a team, we fell short of a lot of our goals, which was disappointing, but for me personally, I'll look back on that year and understand it was something special and something that I was able to personally overcome a lot of adversity."

Pitta said he felt great before last season and expected to play at a high level once again. Even before the injury, Pitta felt like he was returning to his pre-injury form.

He has always been one of quarterback Joe Flacco's favorite targets. The two have connected multiple times since



Baltimore Ravens tight end Dennis Pitta makes a catch during a game against the Pittsburgh Steelers in December of 2016.
Courtesy Photo/NFL.com

Pitta entered the NFL in 2010. Before last season, Pitta's best season came in 2012 when the Ravens became Super Bowl champions.

Flacco and Pitta connected for seven touchdowns that season, which is a

career high for the seven-year tight end. Ravens head coach John Harbaugh who has a special relationship with all of his players expressed his gratitude for the work that Pitta put in.

"It has just been an honor and a privilege to coach him— but even more so to be around him every day, to compete, to know his family and be friends," Harbaugh said at a press conference after minicamp. "He is just a great guy— a great Raven. I am very proud of everything he has done here."

Pitta admitted a comeback isn't likely but isn't ruling it out. He says he is taking things day by day rather than making long-term projections.

"I haven't put a lot of thought into what my future holds or what's going to happen. I'm just trying to focus on my rehab at this point, but I feel pretty good," Pitta explained. "Obviously, I dislocated and fractured my hip again, which is the third time. Surgery went well, and I'm feeling pretty good and hopeful that I can make a full recovery."

The NFL is a business and unfortu-

nately, the Ravens released Pitta after the injury. They saved \$2.5 million in cap space by letting him go. It was a bittersweet move for the Ravens front office.

"Dennis is one of the great Ravens, and he has done everything he can to make our team better," General Manager Newsome said Friday after the injury." Pitta returned to the facility, even after he was released. It shows the closeness that the organization has to him. While things didn't end the way Pitta wanted them to, he still has plenty of love for the Ravens.

"The organization has been tremendous, obviously, and welcomed me back and allowed me to come watch practice and hang out and be a part of things, which I think is tremendous," Pitta explained. "I can't say enough good things about all that this organization has done for me and everything they've given me and my family, and the opportunities they've provided me. So, I'm just extremely grateful and happy to be around the guys again."


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How to teach kids the value of money

Baltimore— Talking to your children about money when they're young can help them make good choices later. PNC's Jennifer Dempsey Fox shares tips about how parents can teach valuable financial lessons to kids of all ages.

Whether your kids spend money like it's burning a hole in their pocket or consistently save it for a rainy day, having frank conversations about how they earn, save and spend money can be crucial for their financial success later in life.

"As a parent, money is one of the hardest topics to discuss with your kids, but it's also one of the most important," said Jennifer Dempsey Fox, a mother of two teenagers and national managing director of wealth strategy for PNC Asset Management Group.

Few schools have formal courses dedicated to money management—and it shows. American teens scored below average on global financial literacy assessments, according to a study by the Organization for Economic Cooperation and Development. If not improved, this lack of knowledge could lead to financial problems in the future.

The solution? Experts agree that as a parent, talking to kids about money is a good start.

"Teaching kids the basics of money when they're young helps them develop a good foundation. Then, when they're older, it becomes easier to have more nuanced discussions," said Fox.

These conversations become particularly important when your kids receive money for holidays, birthdays or special occasions and must make decisions on how they will spend—or save—that money.

Let Cash be King— Saving money can be an abstract concept for some children under age five. However, most children at that age are learning about taking turns and being patient. You can maximize these life lessons by explaining that patience now can help them buy something they want later.

Every time your kids receive money, encourage them to set aside some to spend, some to save and some to share with others in need. Asking them to designate their money in this way helps them think about both their short-term



Whether your kids spend money like it's burning a hole in their pocket or consistently save it for a rainy day, having frank conversations about how they earn, save and spend money can be crucial for their financial success later in life.

Photo Credit: ClipArt.com

and long-term goals.

It may help to keep their money in clear containers so your child can see it adding up (or dwindling). There also are digital tools to help your child visualize this, such as PNC's "S" is for Savings® account. Your child can "fill" three jars (saving, spending and sharing) and see images of coins and dollar bills in the jars.

Giving young children cash to use for small purchases can make a difference. When they have to hand over a dollar for a treat in the checkout line, it teaches them that money is more than just a number. Remind your child that a dollar spent on a treat now means they won't have that dollar to spend on a toy they have been planning to buy later.

Teach with Tech— Teenagers typically can handle more planning when it comes to their money, so it's not as imperative for them to pay strictly with cash. Fox recommends loading allowance or gift money on prepaid cards. "Paying with plastic means teens have

to keep track of their balance and educates them on the modern money system," she said. Since prepaid cards have a set limit, teens learn to budget their money to make it last.

When teens want to buy something, they can check the balance on their card before making a decision.

"This method has prevented a lot of conflict in our house," Fox said. "I ask my son or daughter if they have enough money to cover the expense and the answer is simple from there."

If your teen doesn't already have one, open a checking account for/with them. Keep in mind you may need to be a co-signer on the account if they are a minor. Teach them to use online banking to track and evaluate how they spend their money and emphasize the value of setting aside savings.

Let Kids Make Mistakes— As tough as it can be, allow your kids to make bad spending decisions when they're young—but always follow-up with a lesson.

Fox explains, "It's a lot easier to watch them make a bad toy decision for \$20 when they are 10 years old than a bad credit card decision for \$2,000 when they are 25. If they have to live with a relatively minor bad decision, it will teach them to make better choices with their money next time."

It's important to remember that every family has different financial needs and goals. Don't be afraid to try different ways of teaching money lessons.

Invest in the Future— Once your child is old enough to understand the idea of saving money, introduce them to investing.

"You don't want to overwhelm kids with too much information. Let them learn a topic and put it into practice, then expand on it," Fox said. "You can expand on the concept of savings by explaining that investing money is a way to help it grow. Starting small by teaching them to invest and allowing the markets to work can help you introduce investment basics without over-complicating the concept."

If your child receives money from relatives for holidays, birthdays or graduations, ask them to save a portion each time. You can open some investment accounts with no minimum deposit and gradually build the balance each time your child saves more money. Explain to your child what it means to own shares of a company and reinforce this idea each time they spend money at a company where they own shares.

The type of investment chosen should depend on your child's goals, so discuss what this money could be used for. A 12 year-old saving to buy a car at 16 might invest money differently than if they were saving for college, due to the time horizon of the investment.

No matter how you choose to invest, talk to your child about the importance of making good financial decisions now that can help them be more financially secure in the future.

Jennifer Dempsey Fox is the national managing director of wealth strategy for PNC Asset Management Group

Cancer survivors host 2nd annual 5K Warrior Walk

Event honors late co-founder Marlene King

By Ursula V. Battle

During a November 2014 interview, Marlene King, told The Baltimore Times, “I thank God every day for waking me up. It’s something you think about and are really grateful for when you don’t have that much longer to live. I am not a cancer survivor, but a cancer warrior. I will continue to fight. Either way it will be alright.”

In November 2015, King’s valiant breast cancer fight came to a courageous end when she passed away. King, who was diagnosed at 48, was passionate about the importance of breast cancer research, supporting men and women who have been diagnosed with breast cancer, and other efforts. Her wish was to have a 5K walk in Baltimore City with a focus on all cancers.

King’s wish came true through the 5K Warrior Walk Against All Cancers. The event, which is in its second year, will be held Saturday, June 24, 2017, at 3001 East Drive located in Baltimore City’s Druid Hill Park.

The event is being presented by The Journey Continues (TJC) Breast Cancer Survivorship Organization, a non-for-profit, charitable organization. King served as the inaugural president and co-founder of TJC, which she and other breast cancer survivors was founded in November 2013.

“Marlene was a beautiful woman with a beautiful spirit and a heart of gold,” said Le’Vonnia M. Gourgue, co-founder and vice president of TJC.

“She had a sparkle that could light up a room. Her heart was so big, and was filled with so much love. We really miss her, but we find peace in knowing that she is in a better place now.

“The purpose of this walk is to honor Marlene, and to focus on all cancers – not just breast cancer. We are all on this journey together, and we want to empower and encourage people. We also want to get the message out there for people to be active. Being active is vital to a person’s survival rate. Through this walk, we also want to bring the community together.”

TJC stresses the importance of early detection, and holds symposiums and other events to discuss the topic.

“Early detection is critical,” said Gourgue. “I am a two-time breast cancer survivor with no family history of breast cancer. I found out I had breast cancer after initially doing a self-breast exam. A lot of people don’t want to talk about it, but a lot of woman have found out they had breast cancer after their significant other felt something in their breast that should not have been there. We need to check ourselves, and follow through and go to see a doctor.”

Gourgue, 46, was diagnosed with breast cancer at 33.



TJC is comprised of breast cancer survivors.
Courtesy Photos



TJC President Tiffany Mathis and Vice President Le'Vonnia Gourgue during the 2016 walk.

“When I was initially diagnosed, I had one option, and that was to fight, and that’s what I did,” she said. “However, my second bout with breast cancer was more challenging. I know we are not supposed to question God, but I did. I asked, ‘Why am I going through this again?’ However, God told me I was going through it for a reason – and that reason was to be active in the community, and to empower and encourage other women.”

She added, “Yolanda Adams has a song entitled, ‘The Battle is The Lord’s’. I leaned on that song every day. Once I realized and surrendered to the fact that He was using me as a vessel, I was able to make it through. I am happy God chose me and not another one of my family members. At the end of the storm, there is a rainbow. I am that rainbow.”

TJC is comprised of Gourgue, and approximately 25 other breast cancer survivors. Other members include



Marlene King, Inaugural President and Co-Founder of The Journey Continues (TJC) Breast Cancer Survivorship Organization, passed away in 2015.

Dr. Ruth Travis, who recently retired as Senior Pastor of Ebenezer African American Methodist (A.M.E.) in south Baltimore. Gourgue also noted that TJC’s mission is to increase the survival rate of those diagnosed with breast cancer, particularly among African American women through its C.A.R.E. (Comfort, Advocacy, Resources and Education) program.

“There is a huge disparity when it comes to breast cancer among women in the black community,” she said. “Through our efforts, we want to help change that disparity. We are encouraging everyone to come out and support this event.”

The 5K Warrior Walk Against All Cancers begins at 9:00 a.m. The registration fee is \$30.

Xpressions Mentoring and Consulting targets young females

Retired cosmetologist launches mentoring program

By Ursula V. Battle

Stacey R. Stanley raised her daughters as a single mother with the support of family and excellent role models as being key ingredients to her academic and entrepreneurial success.

At the age of 14, Stanley gave birth to her first daughter She'Tia Washington at 14. Stanley would then have her second daughter Sanaya. Now 37, Stanley has earned undergraduate and graduate degrees, and is currently working on her doctorate. She'Tia, 22, is a 2nd Lt. Officer in the Army Reserves, recently received her B.S. degree in Sociology, and a minor in Criminal Justice from Morgan State University. Sanaya is now in the fourth grade, crafts jewelry and is looking to start her own clothing line.

However, Stanley said a key ingredient on was missing from her support system – an ingredient she says will be offered through her new mentoring program, Xpressions Mentoring and Consulting.

“Resources,” said Stanley. “That’s what was missing for me – resources. There was a lack of resources out there to encourage and motivate teens to be successful. That’s where I want to help. I founded Xpressions Mentoring and Consulting because I want to offer a program that provides guidance and resources for young girls.

“Through this program, I wanted to be able to teach these youth how to fill out job applications, give them job interviewing skills, help them prepare for college entrance, and help show them how to connect to others socially and professionally. The program is designed to be an enhancement to their lives.”

Stanley is a 1997 graduate of Milford Mill Academy. For 23 years, she has worked as a cosmetologist, and for 10 years, she operated her own hair salon. She retired from cosmetology in March of this year to start Xpressions Mentoring and Consulting.

“Xpressions Mentoring and Consulting is officially open,” said Stanley.



Stanley (second from left) with a few of the Xpressions Mentoring and Consulting participants. Courtesy Photos

“The vision of Xpressions Mentoring and Consulting is to create a healthy mental and physical path to help these young ladies to reach their goals. We are going to help them to develop their social skills, build their self-confidence, inspire them to bring about positive social change, and prepare them for independent living.”

According to Stanley, Xpressions Mentoring and Consulting will target females ages 6 to 21.

“My dream has always been to reach out and help our youth,” said Stanley. “Xpressions Mentoring and Consulting is my way of doing that. As a mental health professional, I want youth to know that help is out there. I am big on mental health, especially when it comes to children and adolescents. This program will assist our participants with finding mental, emotional, and physical

balance. I am dedicated to constructing and demonstrating a positive path for my daughters and other youth.”

Xpressions Mentoring and Consulting also offers a Saturday program, developed to teach social skills, etiquette, and personal hygiene, among other important skills associated with healthy youth development. We will also have various professionals to come in and talk with them.”

The program’s brand ‘#xpressME,’ said Stanley, “means giving detail without giving limits, or expressing your feelings without being judged,”

Stanley received her bachelor’s degree in Psychology from Morgan State University, her master’s degree in child and adolescent psychology from The Chicago School of Professional Psychology, and is currently a general psychology doctoral student at Capella



#xpressME is a brand under Xpressions Mentoring and Consulting, which means, “giving detail without giving limits” or “expressing your feelings without being judged.”

University. She is currently a student affiliate member of the American Psychological Association (APA) and National Association of Professional Women (NAPW).

Xpressions Mentoring and Consulting will hold a workshop on October 8, 2017 from noon until 7 p.m. at Morgan State University. The event will feature speakers, vendors, and more.

Xpressions Mentoring and Consulting is based out of 8600 LaSalle Road in Towson, MD. For more information about Xpressions Mentoring and Consulting, or their upcoming workshop, call (410) 908-1429 or send an email to therapyworker7@gmail.com

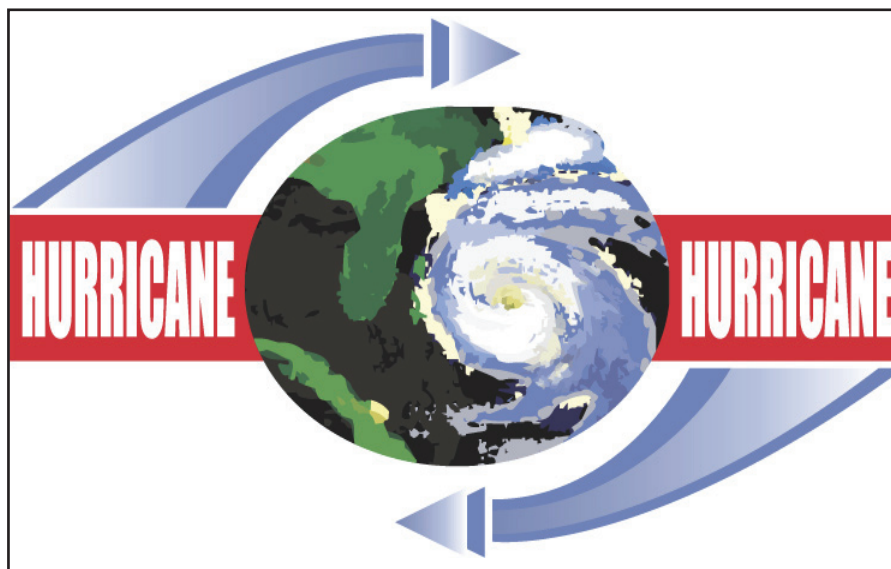
Now that hurricane season has begun, get prepared!

Baltimore— The emergency management agencies in the Baltimore region are working together through the Baltimore Urban Area Security Initiative (UASI) to promote awareness and encourage residents to prepare for the Atlantic Hurricane Season, which officially began on June 1, and ends on November 30, 2017.

The height of Hurricane Season in the Baltimore region typically is mid-August to October. Hurricanes, tropical storms and tropical depressions pose the greatest threat to life and property. They can cause strong winds, heavy rain, inland flooding and other severe weather that can lead to death, injury and damage to homes and businesses alike. A large number of fatalities and injuries connected to powerful storms can occur in the event's aftermath. Many of these take place during the cleanup process and are often preventable.

Residents in the Baltimore region can "be weather ready" by ensuring that they know how to receive a warning, have a plan, and practice safety tips.

The National Weather Service (NWS) and jurisdictions in the Baltimore region work closely together to identify and



monitor hurricane activity, develop preparedness plans and safety information and coordinate the response to these storms. Residents also can take the following actions to remain safe:

- Build an emergency supply kit that includes, at minimum, a portable, battery-powered radio, flashlight and one gallon of water per person, per day to help get them through those first critical hours when basic services are down. The first 72 hours into an emergency are critical.

It can take emergency personnel that long to restore basic services— electricity, heat, water, clearing of streets from debris, etc.

- Develop a family emergency and communications plan, as well as an evacuation plan.
- Stay tuned to trusted sources such as the NWS and local broadcasters for official weather information.
- Follow instructions and advice given by emergency officials, especially

instructions related to evacuation.

- During severe weather, stay indoors away from windows, close all interior doors, and brace external doors. If you live near the shore or coast, expect the storm tide may inundate your home.

- Monitor NWS flood warnings for your area and be prepared to seek higher ground. Flooding is often our biggest threat.

- If you live in a mobile home, plan to leave if high winds are a threat as they are unsafe in high winds.

- Fill a bathtub or other large container with water for sanitary purposes such as cleaning and flushing toilets.

- Charge devices before bad weather hits and consider keeping a charger in your car.

•“Ready? Set? Good!” is a call-to-action emergency preparedness campaign through the Baltimore UASI that encourages people to prepare for an emergency before one happens.

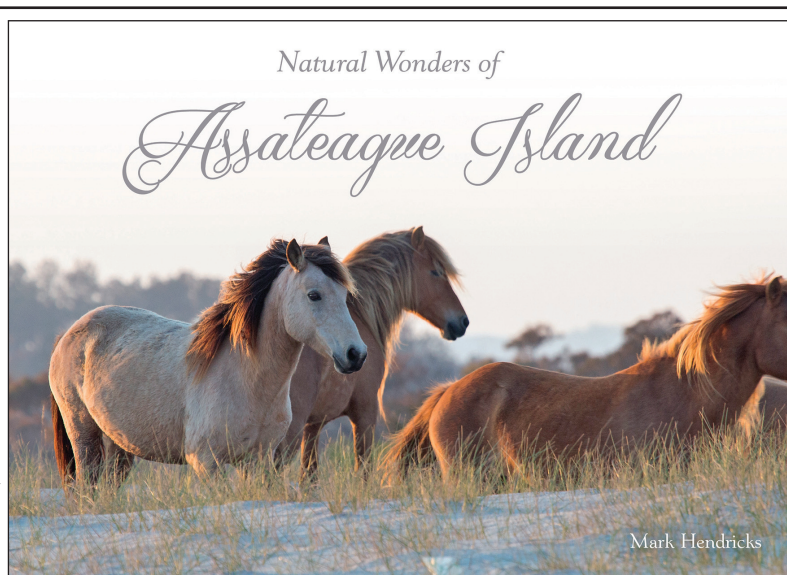
For more information, including tips and a checklist of recommended items, visit: www.readyssetgood.org.

Wildlife photographer's visual journey through the island's unique biodiversity

Atglen, PA.— Schiffer Publishing, Ltd. announces the release of “Natural Wonders of Assateague Island” by Mark Hendricks, showcasing the famed barrier island in the most complete collection to date and rare images of some of its most elusive wildlife species.

Assateague Island, primarily known for its population of wild horses and pristine beaches, is a magical place. Yet, few people have experienced all of its natural wonders. Noted wildlife photographer Mark Hendricks has spent years exploring the barrier island and shares his passion for the area's incredible biodiversity in this stunning collection of more than 190 color pictures. From the windswept beaches to inland forests and through all seasons, this personal journey is relatable to all who have visited, or wish to visit, this enchanted island off the coasts of both Maryland and Virginia.

Hendricks is an award-winning wildlife and conservation photographer as well as writer whose work focuses on the diverse habitats of the Chesapeake Bay watershed and the Maryland Coastal Bays. His images and articles have been featured in Nature Photographer, the Maryland Natural Resource, National Parks Traveler, and many others. His photographs grace the walls of both public and private collections and have been exhibited in galleries such as the famed G2 Gallery of Venice, California. For more information about Mark Hendricks, visit his website: www.markhendricksphoto.com.



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Baltimore— The Enoch Pratt Free Library is working to “Build a Better World” with Summer Challenge 2017. The summer learning initiative teaches all age groups that reading reaps great rewards.

Adults earn raffle entries for each book they read. Children and teens are challenged to complete a learning activity or a reading activity or to attend a library program each day during the summer. They can earn prizes by logging those minutes and registering at the Central Library or any of the 21 branches.

“Research has shown that students lose up to two months of reading achievement during the summer,” said Pratt Library Children’s Services Coordinator Rachel Frisch. “That’s why we want to encourage them to keep learning so they can walk into class prepared in September.”

Last year, more than 9,600 readers participate in the Pratt summer reading program with more than 5,000 winning prizes.

This year, prizes include toys, coloring books, t-shirts and more. Thirty-six day readers will also be entered into a raffle to win Orioles tickets, passes to the Maryland Science center, and more. Summer Challenge lasts until August 16, 2017.

For a complete schedule of programs and more information on Summer Challenge 2017, visit: www.prattlibrary.org.

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The Pulse of Entertainment

Ben Tankard Releases 'Full Tank 3: CanTankerous'

By Eunice Moseley

"I believe you go where you are celebrated," said 15-time Stellar award-winning keyboardist Ben Tankard about his choice of featured artists on his new album Full Tank 3: CanTANKerous.

The featured artists on Grammy award-nominated Tankard's new album, include: saxophonist Gerald Albright and Grammy Award winning Take 6; saxophonist Paul Taylor; saxophonist Cord Martin; and guitarist Phil Hughley.

Ben was a basketball star who injured his knee and was forced to turn to his first love— music.

He garnered the reputation as the father of gospel jazz. Tankard stated that the new album is based on his best-selling book The Full Tank Life: Fuel Your Dreams-Ignite Your Destiny.

Also a pastor at The Destiny Center in Tennessee, Ben stars in his own reality show "The Tankards" on the Bravo Network. Full Tank 3 is released on his own

label Ben-Jamin' Universal Music/Central. Tankard believes people should live a "full-tank" life.

"This is year four. Next season we're dropping the 'thicker than water' part because there are so many versions," he said about his family reality show. "We are just going to call it 'The Tankards' in season four."

In 1990, Tankard signed a third grade school teacher with vocal talents whom we know today as Yolanda Adams to his label. He was just 25 years old. He produced her first four projects. He credits Yolanda for bringing his own talents to the spotlight and was the first artist noted for releasing a full instrumental album combining gospel and jazz.

Other artists he has collaborated with or produced projects for, include: Take 6, Fred Hammond, Kelly Price, John p. Kee, Shirley Murdock and Gerald Albright. He taught himself how to play the piano and how to produce. He is also a pilot who flies himself to most of his concerts.



Fifteen-time Stellar award-winning and Grammy nominated keyboardist Ben Tankard released his third album "Tank Full 3: CanTankerous" Courtesy Photo

The Ben Tankard Tour is now underway. For more information about the Full Tank 3 album release and to find out if the Ben Tankard Tour is coming to a location close to you, visit: www.BenTankard.org.

Eunice Moseley is a Public Relations Strategist and Business Management Consultant at Freelance Associates. For more entertainment news, visit: www.ThePulseofEntertainment.com.

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Local 355



'EXPRESSIONS' Dance Company, The Vision of a Dancer'

By Ricquel Marsh

In Fall 1991, Rhonda L. May was hired by the Community Outreach Foundation to conduct a dance workshop for teenagers. The dance program was held at Maryland Hall for the Creative Arts for a two-hour class every Saturday for eight weeks. One of Ms. Rhonda's missions has always been to share the arts with her students. In light of this mission, even in the eight weeks' dance program she managed to take the students on a trip to The Kennedy Center to see The Dance Theatre of Harlem performance. The parents attended a demonstration performance at the conclusion of the dance program and parents were so pleased they wanted to continue the dance program.

After realizing there was an interest, a meeting was held with the then "teens only" members and Ms. Rhonda let the teenagers vote on a name for the dance program, and "EXPRESSIONS" Dance Company ("E" DC) was established. Ms. Rhonda rented one dance room from Maryland Hall and classes were held on Saturdays. Initially, classes were for teenagers only and Ms. Rhonda was the sole instructor, as well as the administrator. In June 1992, "E" DC started with 13 girls.

Shortly thereafter, "E" DC started to grow and classes were offered to children ages 6 through teens. The first show, "A Very Special Christmas" was performed in December 1993. Following that show, the dance company moved to Mt. Zion U.M. Church, where classes were offered to children as young as four years of age. Mt. Zion was "E" DC's dance home until June 1997. "E" DC was getting bigger and as a result, moved back to Maryland Hall and began offering tap dance as well. This time, Ms. Rhonda rented three dance studios from Maryland Hall. The enrollment as well as the teaching staff grew.

In September of 1998, "E" DC moved to its current home, 108 Old Solomons Island Road, Suite L7, Annapolis, Maryland. The enrollment was bigger than ever and offered classes for 2 ½ year-



On Saturday, June 24, 2017 and Sunday, June 25, Anne Arundel Community College's, Robert E. Kauffman Theatre, "E" DC presents "It's Showtime! Lights. Camera. Action." Join "EXPRESSIONS" Dance Company as they reflect on 25 years of dance in the Annapolis community; the vision of Rhonda May Winfrey. Tickets are available in advance at the studio or at the door. Courtesy Photo

olds through Adults. There were approximately 140 students that year.

In 1998, "E" DC also became the home for approximately 25 Boys & Girls Club children who were a part of an after-school dance program. This partnership lasted for several years and was the inspiration for "E" DC's EM-POWERMENT, Through the Arts Scholarship Program.

"E" DC has remained committed to exposing its young people and the young at heart to the art of dance, etiquette and the importance of community service by sponsoring trips, performing throughout the community and collecting food, clothes and toys for the less fortunate. "E" DC has sponsored trips to The Kennedy Center in Washington, DC, Radio City Music Hall, Madison Square Garden and many Broadway theaters for Broadway productions in New York City.

"EXPRESSIONS" Dance Company participated in a cultural dance exchange in Nassau, Bahamas during the summer

of 2002. "E" DC has also offered numerous etiquette classes at the Blair Mansion Inn in Silver Spring, Maryland, Princess Tea Parties, "Kids Night Out" sleepovers, Harvest parties and even some fun trips to amusement parks.

In the summer of 2010, "E" DC held its first Overnight Dance & Etiquette Camp for girls ages 7 – 16. Overnight Dance Camp was created to not only provide dance instruction, but to help young girls learn responsibility and to help them develop socially, physical and emotionally.

In addition to countless productions, the students of "E" DC have performed at various community events, such as the NAACP Freedom Fund Banquet, the Washington Mystics Season Opener Street Fair, Black Lives Matter concerts, many local senior centers, local church fundraisers and much more.

Over the years, "E" DC has collected food for various shelters and provided clothes and toys for organizations such as, The Salvation Army and The Na-

tional Children's Center.

For 25 years, "E" DC has been a part of the Annapolis community and beyond under the direction of now, Rhonda May Winfrey. Many changes have taken place and a lot of children and adults have come and gone, but one thing remains the same... "EXPRESSIONS" Dance Company's dedication to the youth of the community and the continued mission to build discipline, character and self-esteem through the dance experience.

On Saturday, June 24, 2017 and Sunday, June 25, Anne Arundel Community College's, Robert E. Kauffman Theatre, "E" DC presents "It's Showtime! Lights. Camera. Action." Join "EXPRESSIONS" Dance Company as they reflect on 25 years of dance in the Annapolis community; the vision of Rhonda May Winfrey. Tickets are available in advance at the studio or at the door.

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Peace Corps, University of Maryland Baltimore announce New Paul D. Coverdell Fellows Program

Washington, D.C.— Peace Corps and the University of Maryland, Baltimore announced the launch of a new Paul D. Coverdell Fellows program housed in the School of Nursing.

The program offers scholarships to returned Peace Corps volunteers pursuing a Master of Science Clinical Nurse Leader program or the Bachelor of Science in Nursing Program. All program Fellows will complete internships in underserved American communities while they pursue their studies, allowing them to bring home and expand upon the skills they learned as volunteers.

Returned Peace Corps volunteers selected as Coverdell Fellows for the School of Nursing program will receive \$2,500 off of tuition per semester or \$10,000 over the course of a two-year program.

Through their internships, Coverdell Fellows apply what they learn in the classroom to a professional setting. They gain valuable, hands-on experience that makes them more competitive in today's job market while furthering the Peace Corps mission. By sharing their global perspective with the communities they serve, Fellows help fulfill Peace Corps' Third Goal commitment to strengthen Americans' understanding of the world



and its people.

Fellows will complete their internship at the Community Engagement Center, University of Maryland Baltimore where they will work directly with low-income and underserved community members in West Baltimore or at the Julie Community Center, a multi-purpose community

center in Baltimore City, serving low-income families.

The Paul D. Coverdell Fellows Program began in 1985 at Teachers College, Columbia University and now includes more than 100 university partners across the country, from the District of Columbia to Hawaii. The program is reserved for students who have successfully completed Peace Corps service abroad.

Since the inception of the program, more

than 5,000 returned volunteers have participated and made a difference across the country. For more information, visit www.peacecorps.gov/fellows.

To learn more about the Coverdell Fellows Program at the University of Maryland, Baltimore, contact:

Lori Edwards
Assistant Professor
(410) 706-1929

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We seek volunteers to help Positive Strides to provide mental, physical and/or financial support to athletes who have suffered such sports-related and career ending injuries. The goal is to provide a vast array of services that will help point injured athletes in the right direction and steer them to look at the positives in life before facing depression and addictions. For more information and to volunteer, contact Ryan J. Brant at rbrant@positive-strides.org or 443-214-5991.

Website: <http://www.positive-strides.org>.

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