



Baltimore Reads Gazette

R O O T I N G Y O U R S E L F I N L I T E R A C Y

THE LITERACY GARDEN OPENS!

Special points of interest:

- Recipes for tomatoes and cabbage. Fun with watermelon.
- Pictures of our successes this year
- Feature stories including Josephene, Augustine and Vercel

On April 4, 2012, members of the Baltimore Reads team officially began planting at the Literacy Garden. In the fall, the team held a weeding party, where they cleaned the beds in preparation for spring planting. Plans for the Garden include "a free book giveaway; onsite story and sing a long time for children and their caregivers, local day cares, summer camps, schools and churches; a quiet place for adults to curl up or leisurely sit and read a book; resources for GED and Reading programs" (BR website). You can find out more about the Garden's hours at the Mother Henrietta Lacks Reading Room.



GARDENING 101:

THE HOW-TO GUIDE TO STARTING YOUR GARDEN

BY CARMELA RISQUET

Inside this issue:

Gardening	1-4
Creating a New Cycle	5
A Year in Pictures	6-7
A New Cycle (cont.)	8-9
Country Features	
A Mingling of Missions	10
Features: Josephene	11
A Baltimore Tradition	
Behind the Wrath	12



Do you need a fun activity to do in the summer? Why not take up gardening as a hobby? The summer not only allows for warm

weather and no school, but a great season to grow flourishing plants and flowers. Go ahead, head outside, grab your shovel, and start digging a hole to the happiest garden that's all yours – but don't forget to keep it healthy if you want it make it last!

Gardening requires a lot of patience and love for the plants that you're going to be taking care of all summer. The key to starting your garden is to start early; you want your plants to

have enough time to adapt and grow before they can fully flourish in the summertime. Many fruits and vegetables need to be grown inside in pots before they can be transplanted to the outdoor environment. This is so that they have steady temperature and sun access in their crucial seedling weeks. Healthy and fresh fruits and vegetables provide for good nutritional meals for your family. Should it be flowers, fruits, or vegetables, having a garden at home is a great source of activity, bonding, and it also brings the general health benefits that come along with fresh food.

You want to start off your garden with healthy, rich soil so that the plants you grow have an adequate home to flourish in. To

begin, you will want to use a tiller to dig up and move around the dirt in your backyard to mix up the natural nutrients and make it fresher. Here are a few ideas for how to make use of your home garden.

The summer provides us with the ability to grow a few vegetables that are referred to as "warm season vegetables"; these vegetables require long days and warm temperatures to thrive in (Allen). These "warm season" vegetables cannot tolerate frost, and need longer periods of sunlight to grow. In order to get these veggies started, the soil should be warm enough for the seeds to germinate (Allen).



MORE ON GARDENING

Some of the most popular summer veggies include tomatoes, zucchini, peppers, eggplant, cucumbers, and corn (Allen). Each vegetable comes with different care options, but they all provide the great health and nutrition that you look for in fresh veggies from your garden. Growing these vegetables in your home garden allots for so many dinner options. With fresh veggies to choose from, you are sure to be able to put together a great dish for your family at home.

Children always complain about having to eat their vegetables with dinner, why not make growing veggies themselves an activity that will make them want to try them with their meal! Eggplants are a great source of nutrients

and protein, and are the perfect vegetable to grow with your kids, then cook for them after they've blossomed.

These are just a few things that you can do with your garden. There are plenty more options out there if you do a bit of research. Having this garden will provide your summer with an everyday activity for you to do with your children, or to just relax and spend quality time alone with your plants. Showing them love and attention is also a key factor in keeping them healthy and alive. But most importantly, have fun and enjoy your garden!

Allen, P. "What to Plant in Your Summer Vegetable Garden." P. Allen Smith GardenHome. Web. 28 Feb. 2012. <<http://www.pallensmith.com/index.php?id=16497>>.

"THE MATO SALAD"

The tomato salad you're just dying to try this summer! And here's the easy to make ingredients!



- 4 cups of cherry tomatoes, each cut into halves
- 3 tablespoons of vinegar
- ¼ cup of vegetable oil
- 1 teaspoon dried basil
- 1 teaspoon of parsley
- ½ teaspoon of salt (or to taste)
- 1 teaspoon of oregano
- 1 ½ teaspoons of sugar

CABBAGE INTO SAUERKRAUT
BY FILIP ZIGIC

When you mention cabbage or sauerkraut to people in America, many say they do not like it and connect it with times when they were little and their parents telling them to eat it because it is good for them. The parents were right: it contains protein; almost all the necessary vitamins and minerals, such as vitamin A, C, and K; and less than 1% fat, which makes it a great food for people trying to lose weight. In fact, it is a major part of many cultures' diets ("Cabbage").

The cabbage has been around for 4,000 years. The Celts brought it to Europe and Asia, while the French brought it to the Americas in 1536. In Europe, it went from being a loose-leaf to the full head cabbage that we know of today. It was adopted in Europe as a major crop due to it growing well in cool climates, yielding large harvests, and storing well during winter. Being from Europe, I have had cabbage as a big part of my life, from making it into sauerkraut with family to eating it at many celebrations and gatherings (Filippone).

"Cabbage, savory, raw." Self Nutrition Data. 25 June 2012 <<http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2375/2>>. Peggy Trowbridge Filippone. "Cabbage History" 25 June 2012 <<http://www.homecooking.about.com/od/.../a/cabbagehistory.htm>>.

SARMA

1 pound lean ground beef
1/2 pound ground pork
1/2 pound ground ham
1 cup uncooked long-grain white rice
1 pound sauerkraut
Water to cover

1 onion, finely chopped
1 egg
1 teaspoon salt
1/2 teaspoon garlic powder
1 teaspoon coarse ground black pepper



Sarma Sa Pasuljem. 2011. "Sarma Sa Pasuljem." Zenski Kafe 23 Mar. 2011: n. pag. N.p., n.d. Web. 22 Apr. 2012. <<http://www.zenskikafe.com/kuhinjica/sarma-sa-pasuljem.html>>.

Directions:

- Place cabbage in the freezer for a few days. The night before making the rolls, take it out to thaw.
- In a large bowl, combine the beef, pork, ham, rice, onion, egg, garlic powder, salt and pepper. Mix well. Form meat mixture into oblong balls, using 1/2 cup of the mixture at a time. Then, wrap a cabbage leaf around each ball.
- Spread the sauerkraut in the bottom of a large pot, then layer cabbage rolls on top, placing them seam-side down. Add enough water to cover the rolls. Bring to a boil, then reduce heat to low and simmer for about 3 hours, adding more water as necessary.



CITRULLIS IANATUS

BY JULIE GARCIA

Picture this:

Running around outside. 95 degrees. Summer. Sweating. Hot. Tired. Dehydrated. Hungry. What could anyone possibly want right now? Right this minute? Coffee? Soup? Chips? Roasted vegetables? Hot Chocolate? No. What you really want is something cold, juicy, refreshing, sweet, healthy; something that is crunchy yet melts in your mouth. What you really want is *citrullis ianatus*, otherwise known as watermelon.

When people think of what exactly is in watermelon, they just think of the name. Water. Sometimes people may go beyond water and say water and sugar. However, it has been found that watermelon is very good for women, pregnant women, men, and children; it helps hydration, can help prevent cancer, and last but not least, helps weight management. Watermelon has a very good source of Vitamin A, Vitamin B6, Vitamin C, and contains potassium. Vitamin A helps eye health and boosts the actions of white blood cells called lymphocytes that boost immunity. Vitamin B6 helps produce antibodies in the immune system which are needed to fight diseases. It also helps to "maintain normal nerve function" and generate red blood cells which help break down proteins. Vitamin C helps to boost the immune system which fights off infections and

viruses and protects the "body from harmful free radicals that can accelerate aging and conditions such as cataracts" (National Watermelon Promotion Board).

During pregnancy, women need many vitamins and nutrients to not only help the grow-

cause it assists in the body's utilization of iron," a women's body requires iron and while pregnant, a women requires even more iron "to produce all the blood needed to supply nutrition to the placenta" (National Watermelon Promotion Board).

Watermelon is a great fruit to have around the house whether you in live the north, the south, the west, or the east. There are so many reasons why you should enjoy this food. It is nutritious, refreshing, sweet, fun, and you can do so much with it. Children love it and enjoy the games and crafts that they can do with it. Even just throwing a watermelon and seeing it break onto the ground—and then eating it—is fun for everyone. Not only is watermelon the best fruit to play with but it is healthy and delicious, too!

For this and more information please visit: The National Watermelon Promotion Board at <http://www.watermelon.org>

Watermelon Games!!

- Not only a refreshing, sweet snack
- Watermelon popsicles or ice cubes blend watermelon into a juice and put in a container and freeze
- Carve a watermelon like a pumpkin! make funny faces and eat what you take out of the center!
- Cut slices of watermelon and use a cookie cutter to make crazy cutouts
- Seed Spitting
Who can spit the seed the farthest?!
- Greasy Melon
cover the watermelon with Vaseline or butter and throw it in the pool. Who can get it out of the pool the fastest?!

For more information please visit:
http://www.ehow.com/info_7909161_watermelon-games-children.html

ing baby but to help the needs of the woman during and after pregnancy. Watermelon has an excellent amount of Vitamin C which not only boosts the immune system but also "aids the maintenance of normal connective tissue and promotes wound healing" which are needed when giving birth (National Watermelon Promotion Board). Vitamin C is also required for pregnancy be-



STRAWBERRIES BY JENNY CARON

It's funny to think that one of the most popular fruits in the world actually isn't a fruit at all. If you want to get technical, the strawberry, a "false fruit," is actually a fleshy outgrowth, the vessel of the strawberry flower. The small specks that look like seeds are the actual strawberry fruits. These fruits, called achenes, are produced by flowering plants and enclose a single seed almost like an outer coating (S&P Marketing). Seeing that the strawberry is so popular, not to mention delicious, it's difficult to come across anyone who doesn't like them, except for maybe my brother, who is potentially the pickiest eater in the entire world.



Strawberries are my favorite fruit, which is a high compliment to them because although I'm not the biggest fan of vegetables I could eat fruit every meal of the day. In addition to their wonderfully sweet taste, strawberries have numerous health benefits. They are not only packed with vitamins, fiber, and very high levels of antioxidants, but they also contain more vitamin C than oranges. Strawberries are also sodium-free, fat-free, cholesterol-free and very low-calorie. They are so low calorie, in fact, that one cup of them is only 45 calories ("Health"). Although my first thought when I am about to eat something doesn't typically concern its nutritional facts, it doesn't hurt that the strawberry is healthy and actually tastes good.

The history of the strawberry is slightly mysterious. Because the fruit has never been a staple of agriculture, it is difficult to find ancient references on it. While the specific time is uncertain, the mention of strawberries in writing can be dated back as far as to the time of the ancient Romans and Greeks. Based on ancient writings, it is believed that they grew strawberries in their gardens and served them at banquets. According to the writings of Nicholas Myrpsus, a Greek doctor, strawberries were also used in the 13th century as a treatment for medical ailments. The illnesses they treated ranged from digestive problems to skin diseases. By the 1300's, the strawberry was being grown steadily in Europe (G. M. Darrow).

Commercial strawberry production didn't begin in the United States until about 1800. Despite the popularity of strawberries in other countries, the beginnings of their production in the United States began small and progressed very slowly. It is surprising that production was so slow considering that strawberries are fairly easy to grow. They are tolerant of most soils and can survive various weather conditions, ranging from cool to warm. Because they can thrive in a variety of climates, cultivation began in Virginia and slowly made its way westward towards other regions (G. M. Darrow). Despite the fact that there are few places in the world where strawberries can't be grown, California currently produces 80% of the strawberries that are consumed in the United States.

When I was young I didn't know that the strawberries I loved so much came from such a far away land. I just assumed that all the strawberries in the world were grown on Ingaldsby Farm in Boxford, Massachusetts. Of course, the name "Ingaldsby" probably doesn't mean anything to most people. It carries no significance; it's just a place they've never heard of before. However, when I hear the word "Ingaldsby" I instantly feel at peace. All it takes is that one word and I'm back in those fields, strawberry picking on long summer days with my siblings when we were young and inseparable.

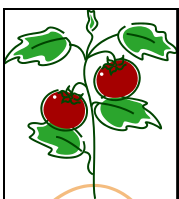
Darrow, G.M. *The Strawberry: History, Breeding, and Physiology* 29 Jan. 2012. <<http://www.nal.usda.gov/pgdic/Strawberry/book/bokthree.htm>>.
 "Health and Healing Fact Sheets, Strawberries." 4 Feb. 2012. <http://berryhealth.fst.oregonstate.edu/health_healing/fact_sheets/strawberries_facts.htm>.
 S & P Marketing <<http://www.snppmarketing.com/>>.

TOMATO BY MELISSA FLOOD

Personally, one of the most controversial questions of my life has involved the tomato—vegetable or fruit? For years in grammar school, the fight over fruit v. vegetable was always confusing for me. I was a firm believer that tomatoes should be considered vegetables. But not all of my classmates shared my view and there have been uncountable fights over the issue. T

The fruit or vegetable argument was actually settled on May 10, 1893. The topic was taken to the Supreme Court and the final decision was that the tomato should, in fact, be considered a vegetable. In the trial *Nix v. Hedden*, they argued that while it may be considered the "fruit of the vine" it is usually prepared with dinner foods like meats and salads with other vegetables. Fruits, they argued, were more of a dessert food. The reason it was even taken to court was because, at the time, under the Tariff Act of 1883, there was a tax on vegetables but not fruit. So some people claimed the tomato was a fruit and should have no tax, while others stood by the idea that it was a vegetable and therefore there was a tax (Hamilton). But since then there have been scientific reports that the tomato really should be considered a part of the fruit family. It seems as though there will never be a real answer to this discussion, so until it is decided you can decide on your own.

While tomatoes are very popular today, they were not easily accepted. First they were thought to be poisonous. This is mostly because the leaves of tomatoes are poisonous. There is a legend that during the early nineteenth century Colonel Johnson of Salem County, New Jersey, publically accepted the challenge to prove that tomatoes were safe to eat. He was said to have



stood on the courthouse steps and eaten a basket full of tomatoes in front of the disbelieving crowd. Afterward when he did not keel over in pain or show any signs of suffering or death, the people believed the fruit was safe to eat (Hamilton). Since then tomatoes have grown a large fan base. They are one of the easier plants to harvest and have become one of the most popular garden vegetables today. There is a great variety in ways to prepare the plant. Whether it is ketchup, sauces, or plain raw, the tomato is a staple of many families around the world.

Hamilton, Clark. "Tomato History, Origin of Tomatoes." 12 Feb. 2012. <<http://www.growgardentomatoes.com/tomato-history.html>>.

CREATING A NEW CYCLE



RAISING READERS BY MELISSA FLOOD

Think back to your childhood. Think of the people who you loved and admired the most. Everyone has someone in their life that they look up to. Their likes and interests start from mimicking the likes and interests of their childhood role models. When a child is raised in a world that holds education and reading to a high esteem, that child will acknowledge that and in turn learn to see reading as a normal every-day pastime.

My father was always big on family time. Both my parents loved spending time with my younger brother and me. They both worked full time and every second they had off from work and responsibilities they wanted to spend as a family. Near the end of the second grade I discovered the Harry Potter books. I wanted so badly to read them but they were just a little above my reading abilities at the time. I wanted my Dad to read them to me but he only saw me in the morning off to school and left to work the night shift once I got home. So even though he was working on less than three hours of sleep a night he started to wake me up about a half hour early so we could try to get through a chapter a morning. I didn't even understand what he was really sacrificing just to read to me for thirty minutes every day but these are among some of the best memories I have in my life. It changed my life, opened me up to a world of reading. I knew the importance sleep held for my Dad; he barely got any of it for my entire childhood from working all the time. But he was giving up time just to read to me; my interest in reading was more important to him than his own well-being. I don't doubt for a second that this was a major reason why I love to read now. After we got through the first four books we eventually stopped and I continued to read the rest of the series on my own. I read every day and I spent summers reading as many books as I could. My grades in school started to get significantly better, and before I knew it I was in all honors and lining up to take AP tests. Applying to college was never stressful for me; I had gone through school enjoying reading, which certainly made homework easier. My grades never suffered, and I never felt overwhelmed. My entire life would have been different, had my father not stressed such an importance on making reading fun. He did the same for my younger brother and he is smarter than any eleven year old I have ever encountered. The importance of intergenerational reading is unbelievable.

"Children are made readers on the laps of their parents" - Emily Buchwald

BREAKING THE CYCLE BY JENNY CARON

One example of an attempt to break the cycle of intergenerational literacy is the Book Bank, a program created in 1992 in which Baltimore Reads collects, houses, and distributes thousands of both new and used children's books for free. Not only does the program provide children with free reading material, but it also includes adults by involving them in the process by donating books or buying books at a low cost to give to the Book Bank. In addition to donating books, adults also bring children to the school libraries where the books are housed and help them select books to read. Due to the success that the Book Bank has experienced over the years, it can be seen that any effort to introduce education and opportunity into a child's life can go a long way. This spring marks the 20th anniversary of the Book Bank, a commendable achievement for Baltimore Reads. The valiant efforts of those who attempt to introduce literacy into children's lives come to fruition on Baltimore's annual Books for Kids Day book drive, which takes place every year on the first Saturday in May. On this day the donated books are sorted and distributed free of charge all throughout of Baltimore City and County. The greatest thing about the Book Bank is that there are no limitations on whom the books are available to. The books are taken to school libraries, which are then visited not only by teachers and families, but also shelters, children's centers, churches, Head Start Programs, and other community establishments. Over the past years, the Book Bank has provided over 1.3 million books to teachers in Baltimore and disadvantaged families, an achievement of which they should be very proud ("About the Book Bank").

By making books available to children who wouldn't ordinarily be able to afford them, Baltimore Reads is reaching out a hand and trying to break the cycle of intergenerational literacy. As we all know, the influences that our families have over us are very strong. In most cases, if parents are illiterate, their children will be illiterate as well. Baltimore Reads is attempting to break that cycle through the Book Bank. Bringing awareness to the problem of literacy is just going to help the cause. The Book Bank has been successful in distributing books, and thus giving children hope for the future, for the past twenty years. It is important for everyone to know that they have a bright future ahead of them, which is exactly what Baltimore Reads is doing.



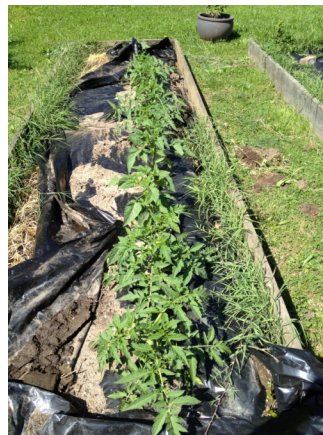
A YEAR IN PICTURES



WORKING TOGETHER TO ACHIEVE OUR GOAL



WATCH OUR GARDEN GROW...



WHY BALTIMORE READS? BY LAUREN ARNOLD

Vercel was only a teenager in high school when she became pregnant and had to drop out of high school to take care of her family. Today, she is in her 60's and starting what she never finished: she's getting her GED at Baltimore Reads. Vercel had wanted to go back to school and get her degree, but she was uncomfortable with the idea of taking classes with people so much younger than she. One day while she was at the library, she saw poster for Baltimore Reads and decided right then that she was going to march herself down to see what it was all about. From that moment on, her life would change.

GED stands for General Equivalency Diploma and is an alternative form of a diploma for people who didn't finish high school. According to whatisged.com, the GED program "has addressed the dilemma of high dropout levels, entry-level work and the concern for continuing education at most institutions." In most cases, people who drop out of high school choose this option instead of going back to school. In order to receive this diploma, peo-

ple have to register for a GED program and pass a GED examination made up of five different tests.

When Vercel was asked how she balances her school work at Baltimore Reads and also taking care of her family she says, "Now setting a schedule is easy." Vercel now takes care of her grandchildren who are in high school: "While they do their homework, I do mine." She said her family was the biggest motivation for her and they literally "pushed me out of the door."

Vercel gives these tips for anyone who wants to get their hands on a GED, "Really want it. Go seek it because it won't come to you." She advises people not to quit because it's worth it and to not be intimidated like she was for so long. For some people, it's hard to find the motivation to return to school and get a GED. Many reasons factor into this fear such as embarrassment, a poor support system, or a troubled life.

Once Vercel reaches her goal in getting her GED she is determined not to stop there. From there, she wants to go to college so she can open up her own daycare in hopes

of teaching children everything they need to know before they head off to elementary school. Her passion to be around kids and teach them is what keeps her motivated, and it's the people at Baltimore Reads who have helped her get to where she is now.

Augustine attributes a lot of his success to Baltimore

*"Really want it. Go seek it because it won't come to you."
Vercel*

Reads but also to the work he puts in outside of the classroom. Aside from a busy work schedule, Augustine still seems to find time to go to class, do his work, and then some. He says that in order for him to be successful he goes to other advanced people and asks for help, goes to the library to read, and does practice tests on the internet. Due to an encouraging family and co-workers, he has become extremely motivated to get his GED.

His tips for getting a GED are not to do it online. "Getting direct help in the

classroom" is what he says helped him the most. While most schools only have one teacher in the classroom to teach, Baltimore Reads has two. He says this helps so that if anyone has a question about the material they can ask it, and it won't slow down the rest of the class. He also encourages people who plan on getting their GED from Baltimore Reads or any other literacy program to learn ahead. He says this helps him so he doesn't fall behind, and he knows exactly what the teachers are talking about in advance. His biggest piece of advice to people out there is to stay in school and not give up.

It doesn't matter what age you are. Baltimore Reads' goal is to help people get that little piece of paper that means so much. Getting that diploma or GED is what Baltimore Reads hopes to see from their students and watch them walk across that stage to graduate. That's exactly what Josephene hopes to do in the near future. Her motivation came from watching a 90-year-old woman walk across the stage and get her college diploma. "If she can do it, then so can I."

FEATURED COUNTRIES: JAMAICA AND LIBERIA

JAMAICA: THE FRUIT OF A NATION

BY DAVID KITCHIN

The fruit ackee has soared to the heights of Jamaican cuisine supremacy. Ackee did not originate in Jamaica; it was brought over from West Africa in slave ships ("Ackee"). Although Ackee is grown all over the globe, only in Jamaica is the fruit cultivated for consumption. The Ackee fruit is a national treasure in this irie land; its uniqueness adds depth to Jamaican culture and pride. The majestic throne that Ackee sits on and its importance to Jamaican identity show that a fruit can do much more than fill your stomach.

Growing up one learns how to prepare Ackee for cooking; when the fruit

changes from green to yellow it is ripe and ready to be eaten. Inside lie three black seeds with a green residue; the seeds and residue need to be properly cut out before cooked. Ackee is prepared as a dish just as any other meal is prepared around the world. It is prepared with saltfish (cod), sliced vegetables, and lots of peppers and spices; the dish is called "Ackee and Salt fish." Nutritionally, Ackee is a great source for fat, carbohydrates, protein and some essential vitamins ("Ackee Nutrition"). One of the most important ingredients for Ackee is a very hot Jamaican pepper called scotch bonnet pepper; the scotch bonnet is about as hot as a habanero pepper and adds to

the Ackee. It is hard to describe the taste of Ackee to someone who hasn't eaten it before,—yes it is a fruit, but I would not advise someone to eat it raw; uncooked Ackee would not leave a pleasant taste in anyone's mouth. When Ackee is served as a dish it looks as if it is a vegetable; it is usually served with boiled green bananas, boiled yams, and boiled dumplings. The combination is not only healthy but is one of the most delicious Jamaican meals.

A real JA breakfast revolves around the majestic tastes of the Ackee and its



exquisite ingredients. Any Jamaican can reminisce about when they were served Ackee and Salt fish every Sunday morn-

"Ackee is a string, connecting every Jamaican kitchen and will always be a national pastime to eat."

ing—although this dish can be served on any day, it has a tendency of popping up on a yardie's Sunday morning breakfast table. Ackee and Salt fish is a common breakfast all around the island; a special time to eat Ackee and Salt fish would be on Independence Day. On Independence Day it is customary to eat our

national dish for breakfast and savor every bite.

Ackee has all the components of Jamaica wrapped up tightly: it ensembles our creativity, daring culture, and love for food; it even has the three colors from our national flag, yellow, black, and green (it's green when it's not ripe). Each color of the flag has a distinctive meaning: green is for our lush vegetation, yellow for our beautiful weather that allows for growth, and black to represent our slave ancestry. J-can culture cannot be defined properly without Ackee; this simple but amazing fruit has its name mentioned beside the great national heroes of Jamaica; it has even earned itself a place on the coat of arms and is re-



nowned as the national fruit of Jam Down, with Ackee and Saltfish holding the title of national dish.

Ackee is a string, connecting every Jamaican kitchen and will always be a national pastime to eat.

"Ackee." Jamaica Travel and Culture.com 22 June 2012 <<http://www.jamaicatravelandculture.com/food/>>.

"Ackee Nutrition." 21 June 2012 <<http://www.livestrong.com/article/301189-ackee-nutrition-information/>>.

AMERICA'S COUSIN BY KEVIN DALEY



Rolling coastal plains, low mountains, large swamps, and thick jungles on Africa's west coast cover many nations. Located in Western Africa, Liberia is quite foreign to many Americans. Recently, I interviewed a man from Liberia named Augustine. But as I began to ask Augustine questions, the answers I received were domestic, and the similarities between our nations jumped off my notes.

Historically, the U.S. was a nation grounded in agriculture. Today, Liberia mirrors the rich farming history of America's past. According to Augustine, Liberia produces many crops,

most notably rubber. With close ties to the African nation, the U.S. opportunistically buys rubber, cocoa, and coffee from the nation formed by freed slaves.

A nation formed by slaves seems paradoxical. However, freed slaves from the U.S. began immigrating to Liberia in 1822. The immigrants, in search of a better life, looked to

"I can go to school, so nothing can stop me."
Augustine

replicate our system of government. They set up a democratic government nearly identical to our three-branch system. Augustine quickly acknowledged the election of presidents, as this is a rarity on the troubled continent of Africa.

Analogous to the majority of Africa and the U.S., Liberia experienced civil wars. As I learned from Augustine, the period was a time of utter turmoil. In 1989, rebel forces led by Charles Taylor wanted to overthrow the current regime. Taylor was successful and began running a government full of corruption. In the second civil war, Taylor was overthrown with aid of former President Ronald Reagan.

In times of trouble, such as a civil war, people often turn toward religion. Augustine informed me that most of Liberia practices Christianity. Also, he talked strongly of his devout faith, and dedication to the church. In comparison, Christianity is also the largest contingent of religion in the U.S. Not only do we share a similar religion and official language, but also, Augustine gladly announced that the Liberian flag was modeled after the Ameri-

can flag.

Hard work and hopefulness rang in my head as I spoke with Augustine, as his nation looks to move forward from a trouble continent. He reflected the views of his homeland who have recently had 5 billion dollars of debt erased by the IMF, due to a milestone reached in GDP ("The World"). Augustine has lofty, but realistic goals as he works towards his GED and college. I have high hopes for both Augustine and Liberia.

"We didn't have calculators, we used our minds."
Augustine

"The World Factbook—Liberia." CIA. Web. 22 Mar. 2012 <<https://www.cia.gov/library/publications/the-worldfactbook/geos/li.html>>.



Loyola University and Baltimore Reads seem to have the same mission—*cura personalis*, which means care for the whole person. Both environments of education strongly express the mission. Loyola University and Baltimore Reads want to create a well-rounded person both now and in the future, too. The two institutions of learning exemplify how they focus on *cura personalis*—by attending to the mind, spirit, and body of the person—in many ways.

The Mind

How does *cura personalis* focus on the mind of a person? Well, Loyola University students follow a core curriculum: they declare a specialized major, but they also have their core classes to focus on. For example, a business major student has to take classes such as finance, but they will also have to take classes outside of their business field, classes like Western Civilization, Theology, or Spanish. You may think these classes aren't necessary, but, in fact, they can all be linked together. For example, when you graduate and have a job in the business world, you may have to deal with a large company from Spain and speak on the phone with a person who only speaks Spanish. Chances are, you will know how to communicate with the Spanish-speaking person because, as a student, you took Spanish and you know some of the language. So, it's very helpful that Loyola has a core curriculum because one day a graduate will find that a piece of information or skill from a core class will help them in the "real world." Baltimore Reads focuses on "real world" learning as well.

A great quote from Balti-

MINGLING OF MISSIONS

BY MOLLY ELLSWORTH

more Reads is "Parents who can't read raise children who don't read." The powerful quote holds true because kids won't want to learn or have the necessary tools to learn if their parents never had the experience to do so. The literacy program, founded in 1988, aims to improve the reading/writing skills of their students so they can go out into the real world and succeed ("What is Baltimore Reads"). Their various classes can suit the needs of many of their diverse students. Some include The Kurte Schmoke Reading Program, which helps people with a reading level lower than fifth grade, or ESOL (English as a Second Language Program), for those students who need and want to learn English

"We should leave a legacy and not only memories because memories will fade, but legacies will keep living on." - Rachel Dolcine

("Adult Literacy"). With all of these skills Baltimore Reads students may take their GED and get a better job than before.

The Spirit

The second aspect of *cura personalis* involves the spirit of a person. Loyola University focuses on their students' leadership and service. Programs such as Campus Ministry, ALANA (African, Latino, Asian, and Native American), and the Center for Community Service and Justice help students find community service opportunities ("About CCSJ"). The school feels community service is important to the development of a student; students are educated to

make a change in the world ("Loyola Admission").

Baltimore Reads students are set to make a change also through Baltimore Reads' many programs. Along with all of the classes provided, Baltimore Reads also has a Literacy Garden and a Book Bank. The Garden will create a peaceful atmosphere while the Book Bank serves whole families. Baltimore Reads also focuses on teaching the American ways to their students. Ruth Fox, who founded the ESL program, notes that we "[n]ot only teach students the English language, we teach them the American life" ("Teach the Language"). Baltimore Reads finds the students' goals important to focus on, whether it's a short-term goal or a long-term goal.

In order to help students obtain their objectives they have transition activities. The program makes the students create a list of goals they wish to accomplish. The staff at Baltimore Reads do things such as prepare the students for job interviews; they may give the students advice on what to wear and how to present themselves. The program follows each student after a year and checks on their well-being (Dolcine).

The Body

Loyola focuses on the third aspect, the body of a person, a lot. The Fitness and Aquatic Center allows for the students to remain healthy and to exercise; exercising can release a lot of stress which is common when students have such a strong work load. Activities such as yoga can help lower the stress level of a student. Loyola also focuses on the body by the number of athletic teams that they have. They have a varsity level, a club level, and an intramural level (not as serious). By being on



a team, the athletes learn how to deal with success and failure ("Loyola Admission").

Baltimore Reads also strives for exercise and the health of their students. For example, Baltimore Reads has been in the process of creating their Literacy Garden in Park Heights. Since a "food desert" exists in Park Heights, the Garden will provide healthy food that a person from the area can't usually buy at a store nearby. Not only can people eat healthier, but they can also exercise in the Garden by gardening, planting, and weeding. The Garden will provide an area for children to run around and for others to simply sit down, relax, and read a book. In addition, Baltimore Reads is trying to establish a connection with the local YMCA to offer some memberships so their students could have the chance to exercise more ("Literacy Garden").

Going into our project I felt like we wouldn't have anything in common with Baltimore Reads. But after finding out all of the students from both sides just want the same thing and have the same objective in life—wanting to learn and to be successful—I felt a lot more connected to them.

"We cater to the whole student experience, mind, body, and spirit."
- Baltimore Reads

Dare to Believe: "What is Baltimore Reads?"; "Teach the Language." Baltimorereads.org; "Adult Literacy Classes"; "Literacy Garden"; "Transition Services."
Rachel Dolcine.
http://www.youtube.com/watch?v=J_4UEs7q7Ag; "Loyola Admission." <http://www.loyola.edu/ccsj/about/>.
<http://www.loyola.edu/about.aspx>.

B - M O R E S A T I S F I E D

A few months ago I officially became a Baltimorean. Being a newcomer to this amazing city, I had very much to learn about the city and the amazing food it has to offer.

Within my first few weeks, I heard people refer to this city as the "crab capital" an innumerable about of times, and soon, I discovered how important crabs really were to this so-called "crab city." B-more's location on Maryland's East Coast on the Chesapeake Bay makes this Charm City home to some of the best crabs cakes you can find.

If you stroll on down to the Inner Harbor in the heart of the city, or down to Fells Point, you will find the streets loaded with fresh seafood restaurants which, of course, all serve Baltimore's famous crab cakes. Although you can never find two restaurants whose cakes taste exactly the same, no matter what restaurant you choose to eat at, I know you will not be disappointed!

If you're someone like me who can never choose the perfect place to eat, I

recommend giving Phillips Seafood (in the Inner Harbor) a shot. In 2006, their special cakes were voted 'Best Overall' by critics in *The Wall Street Journal*.

But what is it that makes these cakes so much different than any other ones in B-more? Maybe it's their use of their "special" crab meat or quite possibly it's the cheese they substitute for mayonnaise (which most restaurants use) which makes this cake number one.

Another great thing that makes Phillips unique is their use of a chipotle remoulade (dressing) that comes with certain cake dishes. You also have your choice if you would like your crab cake served on a bun, like a sandwich, or simply to eat with a fork. Either way you choose, I guarantee it will be delicious.

One other major discovery I soon found out after living in this city was *Old Bay Seasoning*. This Maryland specialty mixes a variety of herbs and spices to create its unique flavor. Everywhere I went I saw people dust-



ing this delicious creation on anything and everything from crab cakes to chicken to French fries and everything in between.

Since it was created in Maryland and Maryland (specifically B-more) is known so well for their crabs, almost everything that uses this delicious seasoning is referred to with "crab" preceding it.

Whether you were born in B-more, have lived here a very long time, or, like me, have just moved to the city, you would be at a great loss if you pass up this crab cake delicacy. I can guarantee after you indulge in your very own crab cake, you definitely will *B-more satisfied!*

By Kara Schiffer

J O S E P H E N E D A V I S : A N I N S P I R A T I O N

Dear Readers,

I would like to introduce you to one of Baltimore Reads' many students, Josephene Davis. Josephene was born on February 13, 1951, in Columbia, South Carolina. She moved to the wonderful city of Baltimore when she was eleven years old with her mother and father. When she was seventeen years old, she dropped out of high school because she was having problems with bullies. Instead of continuing her high school career in order to get her diploma, she took classes at the local Red Cross to become a nurse's assistant. Josephene used her training to help the elderly in nursing homes and work with patients in hospitals all over Baltimore. She absolutely loved her job because, she explains, "I have met the most interesting people while doing my job." During her 36-year-long career, she gave birth to a beautiful baby boy, who currently lives in Baltimore as well.

While fighting her battle with cancer, she started looking for GED programs and was drawn to Baltimore Reads because of

its great reviews and a suggestion from her sister. Josephene joined in January 2010 with the goal of taking the test in August of this year; however, she may have to extend it because of the delay her treatments have had on her studies.

When speaking to Josephene

"Her determination and enthusiasm to learn has showed me how I need to set goals to motivate myself to achieve what I am capable of."

about Baltimore Reads her face suddenly illuminates like a light switch being turned on. She absolutely loves that she has been given a second chance to earn her GED even at the age she is right now. Josephene is determined to

achieve her goal of passing the GED test in August; her determination and "the patience and experience of the teachers at Baltimore Reads keep her going" (Shelton 5).

Talking with Josephene was such a joy and taught me a lot about Baltimore Reads, her experiences and myself. I loved getting to know her on a personal level by digging deep into her past and sharing personal stories from her life. Her determination and enthusiasm to learn has showed me how I need to set goals to motivate myself to achieve what I am capable of. I hope to be able to keep in touch with Josephene so that she can update me with her progress and one day let me know when she earns her GED and achieves her goal!

By Alivia Elovich

"Once you learn to read,
you will be forever free."
— Frederick Douglass

"Without a struggle, there
can be no progress."
— Frederick Douglass

BEHIND THE WRATH BY TIAIRA WALKER

What do you know about the anti-slavery hero Frederick Douglass? Did you know that he comes from Baltimore? Prior to me moving to here, I didn't. I feel obligated to educate myself and others on the impact he left on our society and the impact Baltimore left on him.

Frederick Douglass was a man who prevailed over all evils by finding the light in a bad situation. He took his experience in Baltimore and valued it for the better. Life in this city, as well as in others around the country, would not be what it is today without this culturally inspiring man, Frederick Douglass. Baltimore isn't the "city that reads" for nothing, right!



Frederick Douglass was a slave in the neighborhood known as Fell's Point where he became literate and developed intellectually. He came to Baltimore to be a house servant from the Eastern Shore to join the Auld Family, who took leading roles in his life of literacy. When Mr. Auld found out that his wife was teaching "Freddy" to read, things changed drastically. Mr. Auld stressed that learning would spoil the best slave in the world, as far as being happy as a slave was concerned. Sophia took her husband's logic to the next level and discouraged any hint of learning. Douglass used this newfound revelation and

figured out that "if knowledge made a person an unfit slave, then knowledge is what he wished to pursue"

(Douglass 87). After Mrs. Auld was ridiculed by her husband for her efforts to teach him, he secretly taught himself how to read and challenged himself intellectually by tricking the boys at the docks. He would bet that they couldn't "read a sign on the side of the—boat" or tell him "what letter comes after p" (Greff 3). This was just the beginning of his methods to learn to read.

Self-improvement is a common goal that many wish to achieve; Frederick Douglass was amongst these people. As a slave, he could only dream of learning to read and write. Slaves were never given the opportunity of receiving a quality education. In fact, teaching a slave to read was against the law. Douglass, however, knew an education was the path to freedom. He believed it opened so many new doors to various ways of thinking that could alter any man's destiny. It is evident throughout his narrative, *My Bondage and My Freedom*, that if an education threatened the institution of slavery, imagine what else it could do. This belief alone drove Douglass' desire to become literate.

What does this have to do with me or you? A whole lot! As inhabitants of Baltimore, we must continue Douglass' legacy, fortunate to have discovered and worked toward literacy on his own. An education can free us! It can allow someone who has been unfortunate in the past to change—their whole life. We just have to look for help, and also be there to help. Learning from the life of Frederick Douglass can assist us in the struggle toward literacy—toward freedom. While caring for the community and cherishing the people as he did, along with letting our struggles drive us, we can achieve the goal of community improvement through self-improvement!

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STAFF CREDITS



MAIN OFFICE

31 S. Calvert Street
4th Floor
Baltimore, MD 21202

(410) 752-3595 - office
(410) 752-9409 - fax

info@baltimorereads.org

BALTIMORE READS STUDENT STAFF

Michael B.
Josephene D.
Antoinette G.
Quintina L.
LaVette R.
Vercel S.
Darrell S.
Derrick S.
Augustine T.
Eunice W.

COORDINATORS / EDITORS

Michael Dabney
Rachel Dolcine
Dr. Andrea Leary

LOYOLA STUDENT STAFF

Lauren Arnold
Jennifer Caron
Kevin Daley
Molly Ellsworth
Alivia Elovich
Melissa Flood
Julianna Garcia
David Kitchin
Carmela Risquet
Kara Schiffer
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