

*Fulfillment of a longtime dream*

*By Sherry F. Pruitt, Education Editor, The Sun, Jonesboro, Arkansas*

**Arkansas Adult Learning Resource Center**  
525 West Capitol Avenue  
Little Rock, AR 72201  
Phone: 800-832-6242  
501-907-2490  
FAX: 501-907-2492  
http://www.aalrc.org

**Adult Learning Network**

*The Adult Learning Network is a quarterly publication of the AALRC.*

The Arkansas Adult Learning Resource Center provides equal access to all programs and activities.

It has taken several years, but Jonesboro resident Ruthie Reynolds finally has a General Educational Development certificate, the fulfillment of a longtime dream.



The 59-year-old Clarendon native quit high school as a sophomore and devoted time to her sick mother, she said.

But education always was in the back of her mind, and one day in 2005 she saw a flyer advertising the GED challenge, a chance to earn a GED for free in a weekend at the Valley View Adult Education Center.

It took her longer than a weekend. She wanted to give up, and she especially had trouble with mathematics. Counselor and GED test administrator Nickie Macon and instructor Fran Osment both encouraged her to continue to pursue her dream. “She’s soft and quiet,” Macon said. “You would never know how determined she is by her demeanor. She wanted to do this. She’s very hard-working. She learned to love science.”

Reynolds said she relocated to Jonesboro from Clarendon in 1984. She and her husband have three children and 14 grandchildren. She described the road to the GED as an “uphill battle.” “I got discouraged, but there were so many people pushing me, I stayed on it,” she said.

She said she took the GED challenge and became determined to succeed. She worked her way through language arts, math, science and social studies before earning the GED — even after being discouraged and intimidated when she failed a practice test early on, she said.

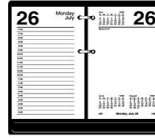
Osment said that along the way, Reynolds — or “Granny,” as her grandchildren call her — gained the self-confidence she needed for the challenge. So now, instead of “looking longingly at the people who get their caps and gowns,” she will be one of the GED graduates to participate in commencement exercises in May. “I’ve got to get it,” she said she told herself. “There are so many things you can achieve. I have my focus on Arkansas State University. That’s my next goal. My kids are excelling. I want to be an example for them.” Reynolds has opened a resale specialty shop, C and R, at 252 South Culberhouse Road, Suite 8, in Jonesboro. The business is so new she hasn’t set the hours of operation yet.

And she’s already made her mark in a movie. She appeared as an extra in “A Soldier’s Story,” which was partially filmed in Clarendon. Reynolds believes there is no limit to what she can accomplish now.

*Calendar*  
*All events are at the AALRC unless otherwise noted.*



Professional Development/Events:



**October**

- October 4 – Community Action Poverty Simulation 127426
- October 5 – LD 101 152044
- October 17-19 – Literacy Tasks Analysis 152046 Fayetteville
- October 18-19 – LD Comprehensive (Session 2)
- October 21 – Distance Learning

**November**

- November 2 – LD 101 152056
- November 4 – Kuder - Career Development
- November 9 – Google Docs 152048
- November 10 – Access 152050
- November 15-16 – LD Comprehensive (Session 3)

**December**

- December 6-7 – LD Comprehensive (Session 4)
- December 7 – SMART Board 152051
- December 8 – Photo & Graphics Editing 152140
- December 9 – Using Social Media Networks 152052
- December 12-13 – Literacy Tasks Analysis (continued - Little Rock)

**Meetings:**

- Oct 10 -11 – Fall Administrators’ Meeting 151696 Embassy Suites
- Oct. 12 – GED Examiners’ Meeting 152045 Embassy Suites
- Oct. 27-28 – AACAE North Little Rock
- Nov. 3 – New Directors’ Follow-Up
- Dec. 2 – WAGE



TRAVEL Reimbursement

*Local programs funded with state or federal adult education funds must adhere to Arkansas Department of Finance and Administration guidelines when requesting travel reimbursement.*

*Governor  
Mike Beebe*

*State Board of  
Career  
Education*

*Director,  
William L. “Bill”  
Walker, Jr.*

*Division of  
Rehabilitation  
Services  
Robert Trevino*

*Adult Education  
Division  
James H.  
Smith, Jr.*

*Division of Career  
& Technical  
Education  
Roderic  
Duckworth  
(interim)*

*Communications  
Deborah  
Germany*

*Human Resources  
& Development  
Pam Harris*

*Finance  
Charles Brown*

Mark Your Calendars for **October 27-28, 2011**

**2011 Annual Conference**

**Arkansas  
Association  
for  
Continuing  
and Adult  
Education  
&  
Arkansas  
Literacy  
Councils**



**Wyndham Riverfront Little Rock, 2 Riverfront Place,  
North Little Rock Arkansas 72114**

**OCTOBER IS HEALTH LITERACY MONTH**

**What is health literacy?**

- Health literacy is the degree to which individuals are able to obtain, process, and understand basic health information and services needed to make appropriate health decisions.<sup>1</sup>

**What is the problem?**

- Low health literacy adds about \$230 billion a year to the cost of healthcare in the U.S.<sup>2</sup>
- Low health literacy can harm physical and mental health, and reduce quality of life.<sup>3</sup>
- Health literacy is a stronger predictor of health status than age, income, employment status, education level, or racial and ethnic group.<sup>4</sup>
- Only about 12% of U.S. adults have the health literacy skills needed to navigate our complex health care system successfully.<sup>5</sup>



**What can YOU do?**

- Volunteer to tutor at your local literacy council, using health content.  
[www.arkansasliteracy.org/our-services/local-programs/](http://www.arkansasliteracy.org/our-services/local-programs/)
- Display an “Ask Me Three” poster and ask these questions at your next visit to a doctor. ([www.npsf.org/askme3/](http://www.npsf.org/askme3/))
- Invite the Cooperative Extension Service to present “Be Med Wise” to your group.
- Visit [www.healthliteracymonth.org](http://www.healthliteracymonth.org) for resources to plan a display or an event.
- Contact the Arkansas Health Literacy Partnership at [ARhealthliteracy@gmail.com](mailto:ARhealthliteracy@gmail.com)

**The Arkansas Health Literacy Partnership recommends:**

- <http://www.nlm.nih.gov/medlineplus/>
- <http://health.nih.gov/>
- <http://www.healthcare.gov/>
- <http://www.healthfinder.gov/>
- <http://www.cdc.gov/>
- <http://www.womenshealth.gov/>

1 Health Literacy: A Prescription to End Confusion. Institute of Medicine, 2004  
2 Vernon J. Trujillo A, Rosenbaum S, and DeBuono B. Low Health Literacy: Implications National Health Policy.  
3 Nancy D. Berkman Annual of Internal Medicine, July 19, 2011  
4 Health Literacy: Report of the Council on Scientific Affairs. JAMA 1999; 281:552-557  
5 2003 National Assessment of Adult Literacy

**UALR Adult Education Classes Now Open for Enrollment**



Do you love teaching adults? Are you thinking about taking that next step to further your education? If so, the Adult Education Program at the University of Arkansas at Little Rock is the perfect place for you. In addition to preparing for Arkansas Teacher Licensure, you can also earn your Master of Adult Education degree. Currently there are more than 75 students in the program who work in GED, adult basic education, literacy, medical, military, community, religious, human resources, corrections, or non-profit settings. The program offers opportunities for you to network with your peers and to explore various aspects of the field of adult education. The program also works with your schedule. You can take courses in eight- or sixteen-week formats. Most courses are online or web-enhanced, which gives you the flexibility you need and the opportunity to have some face-to-face interaction with your instructors and peers. There is still time for you to apply to the program if you plan to start in January 2012. The classes do fill quickly, so it is in your best interest to apply as soon as possible and enroll at the first opportunity. More information can be found at: <http://ualr.edu/med/AED/>

## *News from the Disabilities Project Manager*

### Post-Secondary Guide for Students with Learning Disabilities



Groves Academy, an independent educational organization serving students who have learning disabilities or attention disorders, has published a guide for students with learning disabilities to compare colleges across the nation that have programs specifically designed for post-secondary students with learning disabilities. While all colleges and universities are required by law to provide accommodations to qualified individuals through the institution's disability support services, the schools in the Grove guide have programs and procedures designed specifically to support students with learning disabilities.

If you have a student who is planning to attend college after completing their adult education or literacy goals, this would be a great resource to share with them. The guide includes information about how to access every school's disability support services, how to talk to college representatives, and a worksheet for comparing colleges.

For a .pdf copy of the guide, contact Patti White at [prwhite@madisoncounty.net](mailto:prwhite@madisoncounty.net) or call her at 800.569.3539.

A good companion to the guide is the AALRC's online Referral Directory for Disability-Related Post-Secondary Scholarships at <http://aalrc.org/resources/ld/directory/scholarships.aspx>.

### Free Learning Disabilities Training Online

There are a couple of free online professional development opportunities for teachers who prefer to learn online – at their own pace, place, and schedule. Here are links to these training websites:

- *Learning to Achieve*, the updated version of the National Institutes for Literacy's (NIFL) *Bridges to Practice*, Learning to Achieve is a research-based training that focuses on serving adult students with learning disabilities. Online availability is provided by the Literacy Information and Communication System (LINCS), and includes four training modules:
  - *Learning Disabilities and Accommodations*
  - *Learning Disabilities and English Language Learners*
  - *Learning Disabilities and Neuroscience*
  - *Professional's Guide to Educating Adults with Learning Disabilities*

All modules are available at <http://mp.cls.utk.edu/>.

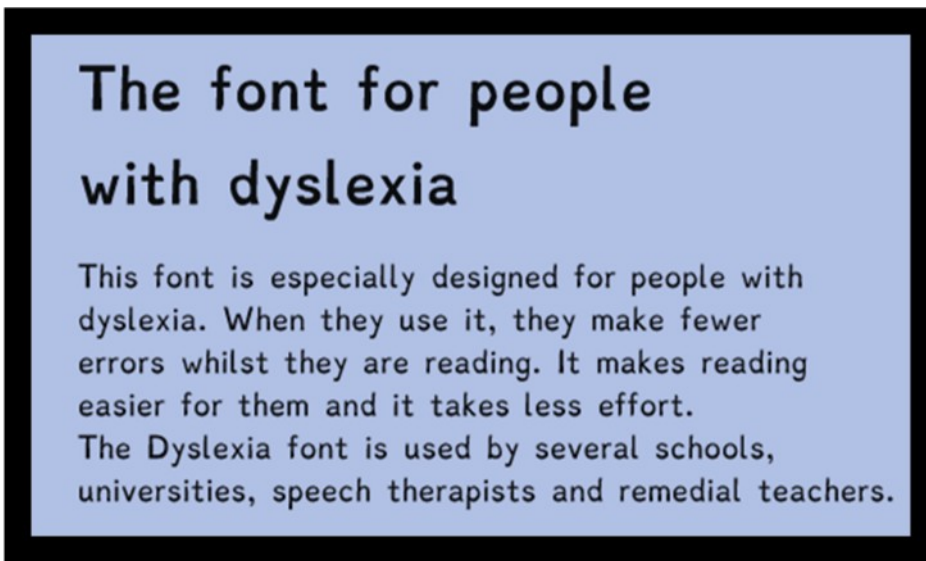
- Bridges to Practice, the NIFL training, was adapted by Florida Tech Net for online presentation and has two training modules that include information about the definition of learning disabilities, characteristics of adults with learning disabilities, legal issues related to adults with learning disabilities, research, instructional strategies and accommodations, as well as a number of additional resources. The first-year module is suitable for teachers at the beginning level; the second-year module is more advanced. Both modules are available at <http://www.floridatechnet.org/bridges/>.

## *News from the Disabilities Project Manager*

Also, the Learning Disabilities Association of America recently launched a weekly newsletter, *The LD Source*, that is free and full of current news regarding both children and adults with learning disabilities. While this is not a training opportunity, it is very helpful for keeping up-to-date with learning disabilities information. To subscribe, go to <http://multibriefs.com/optin.php?lda>. *The LD Source* is also available on the MultiBriefs app, available for the Apple iPhone and iPod Touch in the App Store. Simply search "MultiBriefs" and [download the app free of charge](#). After it's downloaded, you may add the LDA feed. News is streamed into your iPhone or iPod Touch each week. Android phone users may also access the app by [going to the Android Marketplace](#) and searching "MultiBriefs" to access the Android version of the app.

### **New Font for People with Dyslexia Available Soon**

Stay tuned to <http://www.studiostudio.nl/project-dyslexie/> for news about the availability of a new font, designed for people with dyslexia. The creation of the font by Christian Boer of Dutch design group Studio Studio is described in a short video at <http://www.tecca.com/news/2011/07/05/dyslexia-font-dyslexie/>.



The font works by exaggerating the differences between letters that are commonly confused by readers who struggle with dyslexia, making the alphabet more readable. Many letters in the alphabet are quite visually similar: v/w, c/e, and i/j, for example. The font makes subtle tweaks, like widening the opening of a "C", making the first letter of each sentence bold to better signal the start of a new sentence, and tilting some letters to avoid confusion with similar letters. Small but important changes that could make a world of difference for people with dyslexia.

While there has only been one research study to date regarding the use of the Dyslexie font with people with dyslexia, the results were good and did show that readers with dyslexia made fewer errors when using the Dyslexie font.

### *AAALRC Advisory Committee*

*Janie Carter,  
Chair,  
Crossett*

*Emily Barrier,  
Little Rock*

*Carrie Boden,  
Little Rock*

*Richard  
Hampton,  
Texarkana*

*Becky Linsky,  
Hot Springs*

*Tara Rice,  
North Little  
Rock*

*Gary  
Udoy,  
Vice-Chair,  
Fort Smith*

*Ruth Ann  
Williams,  
Conway*

## *News from the Disabilities Project Manager*

### **“We All Can Read” Software Update**

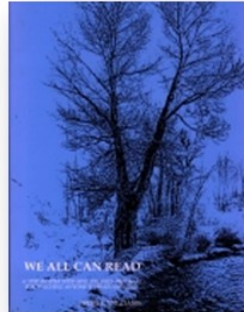
Two years ago, I wrote an article for the AALRC newsletter called, “Software for Teaching Reading Skills to Adults” (available at <http://aalrc.org/news/newsletters/2009V2/index.htm>). I recently heard from the author of that software, Jim Williams, and he gave me some updated pricing information. Amazingly, the software is even less expensive now than it was two years ago!

The software is based on the proven Orton-Gillingham method for teaching reading for students with learning disabilities, which has been used effectively since the 1930’s and uses visual, auditory, and kinesthetic techniques. This method also works well with adult students who have low reading levels in literacy, adult basic education, and ESL programs.

The company now offers an online license for both teachers and students of either \$99.99 for an entire year of access to the online program or a monthly subscription rate of \$9.99. There are no contracts, and individuals can cancel at any time. They currently have adult students all over the world who subscribe. The program attempts to automate the learning process so adults can master English phonics by working independently through the lessons. The teacher is free to work with other students while simultaneously monitoring and mentoring those students working on the online lessons. Students may also work in the privacy of their home when it best suits their schedule. Also, the program now integrates audio and video elements within each online lesson rather than as separate components.

The online reading/phonics program for adults includes the following elements:

- 644 lessons that combine audio, video and text - all lessons are printable.
- All 141 lessons from the Supplemental Fluency Reader - all lessons are printable.
- 156 page *Teacher’s Guide*
- Over 400 consumable worksheets
- Forty+ hours of video content
- More than 115 hours of audio content
- 165 quizzes embedded within the 644 online lessons



Again, this method of teaching reading is based on years of research on students with learning disabilities. **The Orton-Gillingham principles of instruction as identified by the International Dyslexia Association (formerly the Orton Dyslexia Society) are listed and defined at <http://weallcanread.com/Orton-Gillingham%20Principles.html>. The “We All Can Read” program organically integrates all of those principles in its curriculum.**

If your program is interested in trying this software, I suggest you first read my previous article (see link above) and visit the developer’s website at [www.weallcanread.com](http://www.weallcanread.com). You can also email Mr. Williams at [jw@weallcanread.com](mailto:jw@weallcanread.com) with any questions you may have.

## *AALRC Staff*

*Director*  
*Marsha Taylor*

---

*Administrative*  
*Assistant*  
*Wanda Johnson*

*Professional*  
*Development*  
*Coordinator*  
*Nancy Loftis*

*Media*  
*Coordinator*  
*Klaus Neu*

*Secretary*  
*Toccara Baker*

*Information*  
*Technology*  
*Specialist*  
*Rob Pollan*

*Disabilities*  
*Project*  
*Manager*  
*Patti White*

Tech



Talk

**Note:** To link to any web address (URL) in this newsletter, go to the AALRC's home page at <http://aalrc.org>, look up this newsletter, and then just click on the appropriate link.

### Free Antivirus Software

Your computer needs updated antivirus protection, and we have found a good free antivirus program – Comodo. Comodo is completely free, even for educational and office use. To find Comodo, go to the [www.download.com](http://www.download.com) and type in Comodo in the search box at the top right, and then press enter.

Before you install any new antivirus program, make sure you uninstall any old antivirus programs. To uninstall your old antivirus programs, click on START – CONTROL PANEL – select PROGRAMS or Add/Remove Programs (XP), then look for any old antivirus programs in the list and uninstall them. Make sure you reboot after uninstalling. Antivirus programs to look for in the uninstall list are Norton, Symantec, McAfee, Bitdefender, Microsoft Security Essentials, and any other antivirus program that you find in the list.

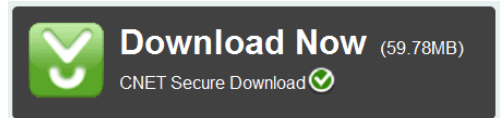
Which version of Comodo do I need?

If you have Windows Vista or Windows 7 32-bit versions, download Comodo Internet Security.  
If you have Windows Vista or Windows 7 64-bit versions, download Comodo Internet Security 64-bit.  
If you have Windows XP, download Comodo Antivirus.

How do I know if I have a 32-bit or 64-bit version of Vista or Windows 7?

Click START – right-click COMPUTER – select PROPERTIES – in the system section you will see your system type.

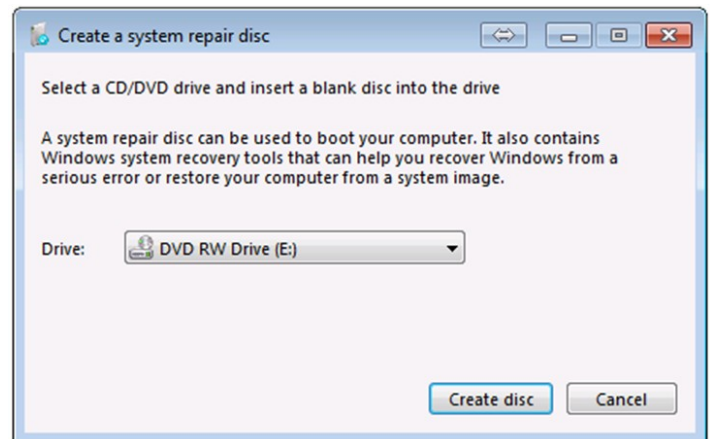
When you find your version of Comodo, look for this download button (MB will vary depending on version) and ignore the other download buttons.



### Create a System Recovery Disc

A system recovery disc helps you in situations where Windows cannot start successfully. Your Windows 7 installation disc also serves as a recovery disc. When Windows 7 comes pre-installed on computers, you will need to create a system recovery disc. Many computers these days do not come with an installation disc, so I highly recommend that you take the time to create the disc before you run into problems.

Click Start, enter and run recdisc.exe. Insert a blank CD/DVD in your burner, and click Create Disc.



### Backup

Don't forget to backup your important documents. USB memory sticks and USB hard drives are cheap and easy. Also check out Dropbox or iDrive for free online backup. Dropbox is easy to use and syncs your files to your backup automatically - 2 GB of free storage. iDrive works well too, with 5 GB of free storage.

## *Increasing Public Awareness*

Since 2008, Arkansas Adult Education has worked in partnership with Advantage Communications to increase public awareness and utilization of Arkansas Adult Education programs and services across the state. For the past two fiscal years, the campaign has implemented various communications strategies to increase public awareness and support. This year, however, the campaign will take a strategic turn and focus its energy at educating key influencers and decision-makers about the social and economic impact of adult education on each county in the state.



Through this partnership, local centers will be provided a communications kit complete with print advertisements templates, billboard artwork designs, PowerPoint templates, and poster templates. These materials can be accessed and personalized by each center. Local centers will also receive a 9'x 3' vinyl banner (indoor and outdoor appropriate) to support displays and signage. Local centers will also be able to request handheld fans from AALRC for distribution at community events. Anticipated completion date for all materials is November 1, 2011.

This year's partnership will also include the development of an adult education social media experience for all centers to use. Centers with current Facebook or Twitter sites will be linked to this site. Program features include the website enhancements, the production of an Arkansas Adult Education overview video for use in public education events, and an expanded Arkansas Adult Education Day at the Capitol.

Stay linked to your team at AALRC for a status of these resources and events!

## *ALC Announces New Office/Finance Manager*



Arkansas Literacy Councils has recently hired a new office/finance manager upon the departure of Amy Henderson to a position in Denver, CO. The new office/finance manager, Renetta Cheatham, grew up in Hempstead County and holds degrees in Business Administration from the University of Arkansas at Little Rock and UACC at Hope.

Renetta's background is in non-profits and government, and she comes to ALC from a national non-profit's Arkansas headquarters. She is eager to make a measurable impact on ALC's mission, and considers herself to be a devoted advocate for children, youth, and families. Renetta believes that extending literacy to all people is a goal we can accomplish together as a society, and looks forward to her work at ALC in order to help meet that goal. Renetta will work with ALC program director Belinda Sanders and executive director Jennifer Oglesby Holman to provide structure and support to the 41 non-profit county-level literacy councils throughout the state, which provide instructional tutoring to adults in 61 counties who want to read, write, or speak English better.

## *AALRC Library Update*



To provide adult learners an alternative format of the standard print, the Arkansas Adult Learning Resource Center (AALRC) started a membership with the Recording for the Blind & Dyslexic (RFB&D) many years ago. Because there are many users of this service outside of the scope of this name, RFB&D changed the name to Learning Ally. There are over 55 GED books available in audio format – if your student has difficulties with standard print, please contact Klaus Neu, AALRC's Media Coordinator, for further information at [klaus@aalrc.org](mailto:klaus@aalrc.org).

