

FOR IMMEDIATE RELEASE
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**The Highlands School opens Community Outreach Center for Literacy
*Kicks off second annual Speaker's Series with Terps Head Coach, Ralph
Friedgen***

BEL AIR, Md. –The Highlands School celebrated the grand opening of its Community Outreach Center for Literacy with a ribbon-cutting ceremony on May 20, just months after opening its doors to students at the new, state-of-the-art facility located in Bel Air, Md.

"We are thrilled to offer the Community Outreach Center for Literacy as part of The Highlands School's services and we gratefully recognize the generous grant from the Comcast Foundation which helped make the Center possible," commented Highlands School Executive Director Patricia A. Bonney. "Our goal is to make the services we provide available to as many people as possible. Our Community Outreach Center for Literacy enables us to reach beyond the walls of our school to help children and adults who might not otherwise receive the specialized instruction they need."

Paula Moraine, director of the school's Community Outreach Center for Literacy, highlighted plans to open a Tutoring Center at the school as part of the Outreach Center's services beginning this fall. She also explained that in addition to current research, resources and a lending library, the Outreach Center will make conferences, workshops, and lectures available to parents, educators and the wider public.

Immediately following the Center's grand opening, University of Maryland's Greg Powell ('07), a former special teams football player, spoke with students of The Highlands School and reflected on his own learning challenges. He recounted how, since childhood, he couldn't remember things or focus on any one thing. Powell candidly shared how his frustration almost caused him to stop trying, but

the support of his family and an official diagnosis of and treatment for Attention Deficit Hyperactivity Disorder, or ADHD, changed all that. Powell tirelessly worked his way to a spot on Maryland's football team and learned from Terps head coach Ralph Friedgen that the way to live life is to face the challenge, give it more than 100 percent and always be willing to give as well as receive help from others.

"Coach Friedgen didn't treat me as someone who couldn't do the job. Instead he expected me to do my best and give the team more than 100 percent," Powell commented with affection and admiration as he welcomed Friedgen to the podium.

Friedgen kicked off The Highlands School's second annual Speakers' Series, focusing on how an individual's strengths and weaknesses fit into the whole and how the whole makes a team. "As head coach, I've worked hard to take the focus off of the single player and find a way to integrate the talents each player has into the whole team," he explained. "Greg is one of the hardest working players on my team. His attitude and perseverance are two of his most outstanding qualities – both of which have contributed to his ability to overcome his learning difference."

Friedgen went on to say that for people who struggle with ADHD or other learning differences, the challenges can be great and the impact to an individual's self-esteem can be profound. Friedgen concluded his remarks just as if he was going over the playbook with his team right before the big game. Friedgen coached, "Confidence leads to the ability to commit. Personal commitment leads to a drive to succeed and it's that drive to succeed and willingness to challenge ourselves that leads us to become our personal best."

About The Highlands School

The Highlands School, Inc. (www.highlandsschool.net) is an independent, non-profit school serving children, grades K-8 with language processing deficits, Dyslexia, Attention Deficit Hyperactivity Disorder (ADHD) and other learning differences.