

I'M TAKING THE EMPOWERMENT CHALLENGE in 2011!

1. Faith

(Live our Faith)

- Make a commitment to your faith. Attend services regularly. **Support local ministries with your time, gifts, and resources.** Participate in Adopt-A-Block - Neighborhood events and activities.

2. Education

(Prepare our Children)

- Reinforce the importance and value of education. Participate in parent/teacher conferences, volunteer, mentor, tutor, and/or adopt-a-class. **To become a mentor, please contact Omaha Cares 402-502-2018 or Midlands Mentoring Partnership – www.MMPOmaha.org**

3. Health

(Protect our Health)

- Establish a relationship with health providers** and get annual medical, dental and behavioral health check-up or screening. **Follow the Empowerment Health Covenant. Get a physical. More fruit. More Vegetables. More Water. Fitness Program (based on doctors recommendations)**
For more go to Livewellomaha.org, Livewellnebraska.com, or empoweromaha.com.


4. Healthy Families

(Strengthen our Families)

- Increase the quantity & quality of time spent with families. **Eat a meal with family at least 3x per week and host a “NO TV Night” at least one time per month.** Support extended family.

5. Economics

(Build our Wealth)

- Work - Job/Career. Budget. Tithe 10%. Save 10%.** Manage your Finances. Invest. Own.
 Support black-owned businesses, North Omaha businesses, and businesses that support community efforts and employ African-Americans and North Omaha residents. **Look for the  !**

6. Crime Prevention

(Love our Neighbor)

- Partner with your church, police, neighborhood and/or organization to help prevent & reduce crime. **Encourage neighbors and others to step up and step forward to report crime. Contact Crime Stoppers... or go to Omaha 360 on empoweromaha.com for contact information.**

7. Civil Rights and Justice

(Stand for Justice)

- Become aware of how the judicial system works. **Visit a youth courtroom or support a youth currently in or returning from detention/jail. Support restoration efforts.** Support the NAACP, Family Housing Advisory Services and Urban League of Nebraska to fight discrimination.

8. Housing/Neighborhoods

(Own our Homes)

- Join your neighborhood association or neighborhood watch group** and actively participate.
 Work towards owning your own home. Budget. Take home ownership classes.

9. Voting/Politics

(Raise our Vote)

- Register to vote! Vote, encourage others to vote, and take someone with you to the polls.**

10. Environment

(Clean our Neighborhoods)

- Keep your Neighborhood Clean & Green!** Participate in neighborhood clean-ups. Live GREEN!

11. Technology

(Cross the Divide)

- Assure that your family has access to computers and the internet. **Identify at least one neighborhood place for families in your neighborhood to access computers and the internet.**

12. Communications/Media

(Own our Communications)

- Limit TV & video game playing to less than 10 hrs per week, encourage media to show positive stories about North Omaha.** Support positive African-American media outlets.

13. Cultural Arts/History

(Embrace our True Culture)

- Support and attend** activities, events, organizations and venues focused on African-American and cultural arts, history, and entertainment. **Ex: JBTheater, Malcolm X, Juneteenth, Love's, Great Plains, etc.**

I'm living the Empowerment Covenant! I pledge to DO MY PART and Take the Empowerment Challenge!

Print Name: _____

Date: _____ E-mail: _____

Signature: _____

Phone: _____ Zip-Code: _____