

# PROJECT EMPOWER



## Education Means Power

### Planning Advisory Committee

Sara Green, Buncombe County  
Department of Health  
Johnnie Grant, The Urban News  
Keynon Lake,  
"My Daddy Taught Me That"  
Michelle Lemelle,  
Asheville City School System  
Peggy Weil, Western NC AIDS Project

### Background

Project EMPOWER is a program of Mt. Zion Community Development, Inc., a 501(c3) non-profit organization. Project EMPOWER has been in existence since 2003 and serves 6th, 7th, 8th, and 9th grade students at Asheville Middle School, William Randolph School, and Asheville High School.



## Project EMPOWER Celebrates 10 Years of Service

MESSAGE FROM BELINDA K. GRANT, EXECUTIVE DIRECTOR

For more than 10 years, Project EMPOWER (Education Means Power) has provided services to Buncombe County teens with a goal of reducing/impacting teen pregnancy and the school drop-out rate. Activities are inclusive of but not limited to the provision of a structured, scientific-based curriculum, empowerment goals, goal-setting, college tours, multi-cultural events, year-end trips to Carowinds, parent appreciation, and other events.

Thank you program participants (past and present), parents, guardians, and relatives for allowing us to be a part of your student's life. We wish you peace and blessings during this holiday season!

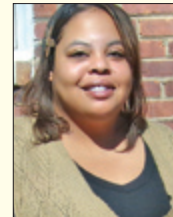


### Heartfelt Thanks & Appreciation

Mount Zion Community Development, Inc. would like to render heartfelt thanks and appreciation to Mount Zion Missionary Baptist Church, Inc. & Mount Zion Community Development, Inc.'s Board of Directors for your continued advocacy and support. From the beginning we were birthed and remain anchored in the church. Thanks for continuously being our anchor, advisor, and solid foundation. By doing so, we are better equipped to fulfill the corporation's mission in the provision of services to the greater Asheville and Buncombe County community.

Belinda Grant,  
Executive Director,  
Mount Zion  
Community  
Development, Inc.

Photo: Urban News



Caryn Bria  
Monroe

MESSAGE FROM  
CARYN BRIA  
MONROE

Thanks to all of our community partnerships for your advocacy and support in providing services to Buncombe

County teens. They are our future!

## Let's Say **NO** to Teen Pregnancy!

### Did You Know?

In the U.S., rates of HIV, sexually transmitted infections (STIs), and unintended pregnancy are disproportionately high among youth of color, particularly young African American and Latina women, when compared to other youth.

### The Solution

To help prevent negative sexual health outcomes, youth of color need accurate, comprehensive, culturally competent programs which reflect the realities of their lives.

Source: Advocates for Youth



### ADMINISTRATIVE ASSISTANT NEEDED

#### Part-Time Position with Mount Zion Community Development, Inc.

Administrative Assistant is expected to have knowledge of office software (Word, Office, Excel, Power Point, etc.); good customer service skills, and excellent communication skills in working with/relating to guests. Highly organized, ability to work independently. Strong clerical skills, good writing skills.

Minimum Training Requirement: Two years of administration training in computer and office skills, and a minimum of two years of experience as an administrative assistant.

Supervision: Accountable to the Executive Director. Salary Range: \$8,000-\$12,000 based on experience.

Closing Date: Monday, December 23, 2013. Contact Rosa B. Hearst at (828) 252-0515, Mon.-Fri., 9 a.m to 2:30 p.m.

Mount Zion Community Development

47 Eagle St., Asheville, NC 28801

(828) 350-9821

www.MtZionMissionaryAsheville.org

## Text4baby: Free Text Messaging Service

BY TONYA DANIEL

As an Outreach Partner of the National Healthy Mothers, Healthy Babies Coalition (HMHB) Text4baby initiative, the state of North Carolina, led by the NC Department of Health and Human Services, won first place nationally among large states in the 2013 Text4baby State Enrollment Contest.

Text4baby is a free cell phone text messaging service for pregnant women and new moms. Text messages are sent three times a week and provide information and resources on how to have a healthy pregnancy and care for an infant. The text messages are timed to the pregnant woman's due date or the baby's date of birth.

Research shows that 90 percent of Americans have a mobile phone and fewer have access to the Internet. Texting is a much more

prevalent means of providing information among women of childbearing age and minority populations who face higher infant mortality rates.

"Mothers have busy lives," said Dr. Robin Cummings, Deputy Secretary for Health Services and acting State Health Director. "Using text messaging to reach out is a quick and convenient way to get valuable information to them in a timely manner."

The Text4baby State Enrollment Contest grew out of the enthusiasm of over 1,000 Text4baby partners nationwide and their support of Text4baby as a valuable tool for improving maternal and child health. Rankings were based on the number of new users enrolled in Text4baby in each state during the contest period.



The winners of the contest were announced and honored by Text4baby Director Sarah Ingersoll during the Martha May Eliot Awards Ceremony at the American Public Health Association annual meeting in Boston, MA on November 4, 2013. Winning states received a certificate and a congratulatory letter from Dr. Michael Lu, Associate Administrator for Maternal and Child Health Bureau at the Health Resources and Services Administration (HRSA), U.S. Department of Health and Human Services.

North Carolina partners, including NC DHHS, North Carolina Healthy Start Foundation, local health departments, and numerous other community-based organizations won the contest by enrolling 4,882 new women from May to October. During the summer, NC



DHHS and the North Carolina Healthy Start Foundation collaborated to run Text4baby television advertisements throughout the state on cable stations in major city markets.

For more information about Text4baby, visit [www.text4baby.org](http://www.text4baby.org) or contact Tonya Daniel at [tonya.daniel@dhhs.nc.gov](mailto:tonya.daniel@dhhs.nc.gov). To enroll in the program text BABY (or BEBE for Spanish) to 511411.

