



Another New Year's Day has come and gone, bringing with it another chance to promise yourself that you will lose weight, get in shape, start jogging, play tennis....blah blah blah.

But, it's not easy! The bottom line is to, like Nike says,

**"Just Do It!"**

It takes 21 to 30 days for the mind to turn an action into a habit.  
Once it becomes a habit, it feels easier.

Getting into the habit of giving is just as simple. It doesn't have to be a lot. Giving just a little when you can will make you happier and give you the opportunity to do good in your community. Participate in #GivingTuesday, donate to your favorite charity, deliver food to a shelter or participate in a coat drive.

**"Just Do It!"**

Thank you for your generous donations! Phenomenal Angels of the Community has since our inception in 2012:

- Performed over **500** combined community service hours
- Served over **5,000** community members
- Nearly **90** youth have participated in our programs

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January 2017

Welcome Back!



We hope everyone had a fantastic holiday season. We sincerely hope you enjoyed your time off. For us, January started out with a bang.

New Angels joined the **PAC** and immediately jumped in to the Self-Esteem & Body Image Series workshops.

## **Not just a program, but a Sister-Hood!**

### Did you know?

In 1987, Late State Legislator John Vasconcellos developed the **California's Self-Esteem Commission**. Established as a three-year, twenty-five member task force, it was developed to promote self-esteem and personal social responsibility. The commission looked at self-esteem in various areas, from crime and violence to academic failure and responsible citizenship. The commission's final report was the best selling state document of all time, selling 60,000 copies.

To find out more about the Task Force [click here](#) or to download the final report [click here](#).

### "Now More Than Ever, We All Must Work Together"



Phenomenal Angels of the Community had a birds-eye view of the 2017 Martin Luther King Parade while perched on MLK and 11th Avenue.

One of our "Circle of Friends" and supporter [\*\*Senator Holly Mitchell\*\*](#), stopped by to pay us a visit.

## Self-Esteem & Body Image Workshops



The youth are learning all about loving themselves, respecting others and moving into 2017 with a renewed passion to be a better "Me".

The Self-Esteem and Body Image workshops are in full swings. The

Angels have covered many topics including What is Self-Esteem?, The Beauty In Me, My Personality, Dressing My Truth and much more. Stay tuned to hear more coming from the PAC!

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## Hidden Figures

Courtesy of **AT&T**, the Angels learned about three brilliant Black women at NASA. **Katherine Johnson**, **Dorothy Vaughn** and **Mary Jackson** were the brains behind the greatest operation in history, the launch of John Glenn, an astronaut, into orbit. These intelligent mathematicians served a vital role in NASA during the early years of the US space program. Taraji P. Henson, Octavia Spencer, Janelle Monáe portrayed these women in the movie, "**Hidden Figures**". Black women were known as human computers, the West Computers. They helped blaze a trail for mathematicians and engineers of all races and genders to follow.



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## 2nd Call - Second Chance at Loving Life

The Phenoms were excited to invited to attended the **2nd Call Benefit Dinner**. This is our 4th year participating in



this fantastic event  
where 2nd Call founders,  
**Skipp Townsend** and **Kenneth Smith**  
honor those that have made a difference in  
the 2nd Call Family  
**The Wolf Pack!**

**2nd Call** is a community based organization designed to save lives by reducing violence and assisting in the personal development of high risk individuals, proven offenders, ex-felons, parolees and others who society disregards. To learn more about 2nd Call, [click here](#).



## March 2017



The youth continued the Self-Esteem and Body Image workshops. This month the Angels discovered more about their personality, recognized their accomplishments and the importance of respecting authority.

The culmination of this series was the  
**Runway Fashion Show**  
on April 1, 2017 at COS Community Center

8039 S. Vermont Ave., Los Angeles CA  
Hosted by the Comedian **Melloz**.

Thank you so much to all who participated in bringing this event to fruition. Shout out to **Unity Era** and **Southern California Cease Fire** for donating apparel to the Runway Fashion Show.

To purchase apparel, please [click here](#).

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## Westmont West Athens Unity Summit

Working and giving back in the community is one of the things that Phenomenal Angels is all about. Having a table at the

## Westmont West Athens Unity Summit

was a blessing. We were able to join others for a day of community dialogue to address violence and build a more peaceful and resilient Westmont/West Athens.

The community's vision statement for the summit was:

**"Investing in our Communities through Unity  
to Create More Positive Opportunities"**



## Westmont Community Empowerment Day

Be the change you want to see! **Just Do It!**

Phenomenal Angels, **C.H.A.N.G.E.S.** and **S.E.A.** came together for the **Westmont Community Empowerment Day.**

All four corners of the 108th Street and Western Avenue in Los Angeles were cleaned by days end. Weeds were pulled up, sidewalks were swept and all trash was hauled away.

The day ended with a fabulous meal prepared by Craig "Big" Baptiste.



Donate Today

## Our Circle of Friends



- Joel McLafferty
- Sharon Collins-Head
- Otho Day
- AT&T

**Thank you for your continued support!**