

Neighborhood Network Project

By: Nicole White and Carolyne Brown

During the months of April and May, the Neighborhood Network Project has retained old students and has also acquired some new ones.

Carl Woolfolk and Jonathan Woolfolk have been attending the basic computer skills classes since the beginning of April. In the past few weeks, Carl has set up an e-mail account and is learning how to make the most of it.



Jonathan has been practicing his typing skills along with Carl and both have been advancing very well. Keep up the excellent work guys!

The month of May also brought some decorative changes to the Center. Marshall Students proposed a plan to paint a mural on the back entrance wall. Many of the children from the Homework Help Program participated in this artistic adventure and had tons of fun in the process.

Beginning with this article, the Neighborhood Network Center will bring you some quick and tasty ideas for your spring and summer meals. Stroke and heart disease are major health risks for everyone, especially for African Americans. Your first and best line of defense is eating healthy and safe foods.

HOPPIN' JOHN - SERVES 4

(1 CUP) (Prep 15 min)

½ cup uncooked instant brown or white rice

1 teaspoon canola or corn oil

3 ounces low-fat smoked turkey sausage ring quartered lengthwise and cut into ¼ inch pieces

½ medium red or green bell pepper, finely chopped

1 medium jalapeno pepper seeded and finely chopped (wear gloves)

1 15- ounce can of salt-free black-eyed peas, rinsed/ drained

½ cup water

¼ teaspoon low sodium salt

Prepare the rice using package directions, no salt & butter.

In a medium skillet, heat the oil over medium-high heat. Cook sausage for 3 minutes until browned. Stir in remaining ingredients. Cook 2 minutes until thickened. Cover and cool for 5 minutes. Stir in rice.

Come into the Center and get more recipe ideas from StrokeAssociation.org.



New classes are being offered at the NN Center. Among these classes is a program called My Decisions. This program helps prepare individuals for the "real" world i.e. budgeting funds, living accommodations, etc.

We are also offering digital photography as a class during the months of May and June.

You may have noticed a new mural on the exterior of the building by the basketball courts. This was a community beautification project taken on by several Marshall University students.



For any information on dates and times please call the Neighborhood Network Center at (304) 399-1046 or come on by the J.W. Scott Center on 8th Ave!