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Writing Samples

Social Media Article:

Client: ThreeCohen's Construction

(<http://kissinglionspr.tumblr.com/tagged/ThreeChohen%27s-Construction>)

Andre J. Cohen of ThreeCohen's Construction is supporting families in need through the Shields for Families organization who are recent grant recipients. Bound by a common vision of helping keep families that are working through crisis together, Mr. Cohen joined forces with Kathy Icenhower, who developed a work incentive program designed to focus on integrating Shields families into the workforce who have completed the rehabilitation program.

Once applicants complete the program requirements, Shields then recommends qualified applicants to ThreeCohens Construction, a Los Angeles based family owned construction company that manages, develops and designs for new construction, remodeling and fire restoration. Applicants are screened and placed in job training. The ultimate goal is to hire these training recipients and give them a permanent skill set for career re-entry with a positive, lasting impact.

Shield's vision of a work re-integration project was the focus of a recent visit from Assistant Secretary of Policy at the Los Angeles Department of Labor, Dr. William Spriggs. Icenhower and Cohen spoke in front of Dr. Spriggs and the Shields for Families founding team and associates about their approach to hiring those who chose to make a life change and rehabilitate themselves to have a better life with their families.

Shields for Families is in a position to further propel the community work they already offer to ensure families receive the type of support that allows them to address child protection, addiction intervention and staying together through tough times. "Having a job gives people confidence. Knowing they are needed and have to be somewhere can be huge for a person's' morale which will in turn effect their attitude at home" states Cohen. "We can't afford, as a community, to think we can just rehabilitate people and move on to the next family". "While people are dealing with real life struggles, the workplace may be entirely different when they are ready to develop skills again and join the workforce. We aim to make that transition smoother".

ThreeCohen's Construction will continue developing and implementing to empower

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their community and support Shields. For them, Construction is a labor of love.

Blog:

Client: Kwame and the Uptown Shakedown (http://www.evolver.net/user/urbanoracle/blog/bitter_end_was_sweet)

The January 20th K.U.S. Bitter End performance was more like the Friday night church of Rock/Soul gospel designed to dispel sluggishness and disconnection. Although this multi-cultural band is independent they marched to the beat of Medley's drums. If the touch of Art Vanterpool's base and Quigley's saxophone wasn't sexy enough Kwame lead singing the mission and mantra of KUS, sweating through new songs from the recent EP releases Little Lady and Setting Sun and even a sizzling Stevie Wonder cover. This band is a 'must see' live...Kwame and the Uptown Shakedown deliver contagious electricity and original music co-written by guitarist and songwriter Justin Wilcox. The performance included extended music family member Katie Collins on back up vocals - and yes, this sister had Soul.

What makes them likable beyond the peace-meets-deep-funk-and-live-Rock being clearly in their favor? KUS couldn't resist the impulse to take a position of leadership to bridge the gap between piracy and music being accessible to music lovers by offering free downloads before their official iTunes launch. As they approached the end of their free downloads week in January 2012 they became aware of New York Peace week, an extension of Dr. Martin Luther King's birthday and mission to create awareness and camaraderie, and extended their free downloads for another week.

Perpetuating peace, good music and good times seem to be virtues of this group. I would definitely see them again.

Review:

Author/friend: Anne Angelheart

(http://www.amazon.com/review/R2R3P6ZHM4MCED/ref=cm_cr_rdp_perm)

I knew there were laws and principals that govern how and why we attract, create and interact with the world all around us and the one inside...but a quick read of Twelve Universal Laws: The Truth That Will Transform Your Life left me feeling like a new matrix had just opened. Transformational Coach Anne Angelheart offered a dozen resources to reconcile the way we understand our world, namely by introducing eleven Universal Laws to add to The Law Of Attraction which got it's moment in the limelight with the release of films such as What the Bleep and The Secret. I am happy to know you don't have to be a physics major to consider and implement each law in Anne's latest book introduced to spiritually empower our lives. This Cliff's Notes of Universal Law is going to be near me for some time, as I revisit what seems simple to read, but not always easy to actually do. Well, according to The Law of Polarity as long as I can remember to 'allow' energy rather than resist it, that will enable smoother transitions to more joyful circumstances designed and created by me.

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Have the handbook near with your favorite notepad or journal but don't stop at this new age guidebook, Anne also has online classes and her own radio show. Anne, I'm going to have to go for a combo today...I'll take a number 9 with extra 'Oneness', and a number 2 and 3.

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