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## Capital One Bank's 'One Week' Initiative Commits 3,000 Volunteer Hours to New York and New Jersey Communities

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SOURCE Capital One Bank

### Financial Literacy and Educational Achievement are Key Topics to be Addressed by Capital One Bank Volunteers

NEW YORK, May 12, 2011 /PRNewswire/ -- During the week of May 15-21, Capital One Bank associates will band together as part of the company's national associate volunteer initiative, 'One Week,' to help meet the needs of local communities where associates live and work. Across New York and New Jersey, approximately 900 Capital One Bank associates will spend 3,000 hours partnering with area non-profits to serve their communities through a variety of projects, including:

#### Cypress Hills Community School, Brooklyn:

A team of 15 Capital One Bank associates will teach financial education lessons in English to four classes of middle school students and in Spanish to one class of middle school students at Cypress Hills Community School in Brooklyn. The lessons are part of Operation Hope's Banking on our Future program. Topics covered include budgeting, savings, and other banking basics.

**WHEN: May 16, 2011, 8:00 a.m. -12:00 p.m.**

**WHERE:** Cypress Hills Community School – P.S. 89, 265 Warwick Street, Brooklyn, NY 11208

#### Esperanza Preparatory Academy, Harlem:

Capital One Bank volunteers will work with middle school students from Esperanza Preparatory Academy in Harlem to teach the students lessons developed by Per Scholas about cyber-bullying and what teens can do to prevent this growing problem. Volunteers will also conduct a separate financial literacy workshop with the students.

**WHEN: May 18, 2011, 11:00 a.m. -3:15 p.m.**

**WHERE:** Esperanza Preparatory Academy, 240 E. 109th Street, New York, NY 10029

#### North Star Academy, Vailsburg Elementary Campus, Newark, NJ:

Second and third grade students will learn the basic concepts of business and economics and how educational achievement is relevant to the workplace. In Junior Achievement's elementary school curriculum, the sequential activities build on studies from each preceding grade and prepare students for secondary school and lifelong learning.

**WHEN: May 17, 2011, 8:30 a.m. -1:30 p.m.**

**WHERE:** North Star Academy, Vailsburg Elementary Campus, 24 Hazelwood Avenue, Newark, NJ 07106

- Assisting with two events at St. Francis College, including a literacy night with children from Goodwill Beacon 265 and Walk In Love Christian Academy, as well as a social night with residents from the Bishop Hucles Nursing Home;
- Running carnival games and painting faces at the P.S. 7 Community Carnival in Cypress Hills;

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- Providing financial literacy training for fourth and fifth graders at P.S. 79 in the Bronx, in partnership with the BELL Foundation;
- Working with Sustainable South Bronx to offer small business workshops for aspiring entrepreneurs;
- Assisting with river clean up by removing trash and debris with the Rockaway Waterfront Alliance;
- Bringing financial education to life for middle school students through Capital One/Junior Achievement Finance Park on Long Island;
- Hosting a career planning workshop for middle school students participating in a mentorship program with Harlem Educational Activities Fund;
- Sorting, repackaging and distributing food with The Food Bank for New York City's Bronx Food Distribution Warehouse, the Food Bank for Westchester and Island Harvest in Hauppauge;
- Painting and landscaping at the Safe Horizon child advocacy center in Brooklyn;
- Developing a sustainable community garden in Harlem with the Police Athletic League;
- Coaching middle school students in mock college interviews at Global Tech School in Harlem, in partnership with Citizen Schools NY

**Other projects in the New York metro area include:**

Across the U.S., Capital One associates will participate in more than 500 volunteer projects in their local communities during 'One Week.'

For additional details about events outside of the New York/New Jersey area or to confirm media attendance at one of these events, please contact Steve Schooff at (212) 216-8984.

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