



We all hold a piece to the puzzle
Friday 22 January 2010

The Coalition, Inc.
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News From The Coalition, Inc.

"Communication – Cooperation – Collaboration"

Volume 4, Number 22

Greetings Coalition Family!

Big Ups to all who have generously contributed to the relief efforts in Haiti. There is still much to be done. Please see what is being done by our friends in Chicago (See Special Notice in "OUTSIDE PA" section.

You can also make contributions through Philadelphia 76er's center's The Samuel Dalembert Foundation www.dalembertfoundation.org or you can Text 'Yele' to 501501 to make a \$5 donation, there is no limit to how many times you can do this. You may also go to www.yele.org. No donation is too small to help so many in immediate need. October Gallery is urging attendees of their weekend activities to bring water, non-perishable food items, can goods, items for children or infants – such as diapers, baby clothes wipes and bottles.

We are looking forward to meeting with more of you this year, please email ThePaCoalition@gmail.com or call to have a member of The Coalition, Inc. at your next meeting or event.

*"The basic building block of good communications is the feeling that every human being is unique and of value."
Unknown*

FOR OUR CHILDREN

"It is easier to build children than it is to repair men."...Frederick Douglass

PUBLIC HEARINGS ON SCHOOL VIOLENCE

BE A PART OF THE SOLUTION!

- Have you experienced bullying or violence at your school because of your race, ethnicity, national origin, religion, disability, sex, gender identity, or sexual orientation?
 - How did your school respond?
- Who helps to reduce violence and conflict and create harmony at your school (teachers, staff, classmates, outside programs, community organizations)?
 - What suggestions do you have to make your school safer?

The Philadelphia Commission on Human Relations (PCHR) is holding public hearings to hear from students, parents, faculty, police, community members, and youth-service organizations about violence in Philadelphia's public schools.

The hearings will focus on violence motivated by race, ethnicity, national origin, religion, disability, sex, gender identity, and sexual orientation.

The first hearing will be held:

January 28, 2010

4pm-7pm

Guerin Recreation Center

2201 S. 16th street (16th and Jackson Streets)

Language interpretation services will be available.

Come Out and Be Heard!

Your testimony will help us to create a report with recommendations to be submitted to the School District.

FLYERS AVAILABLE: English, Chinese, Vietnamese, Khmer, and Spanish

For more information go to: www.phila.gov/humanrelations.

If this publication is being forwarded to you, and you wish to be placed on our mailing list, send an email to TheCoalitionNews@gmail.com with "subscribe" in the subject.

If you are receiving this publication without consent, send an email with "unsubscribe" in the subject to be removed from our database.

If you would like to report on a recent community event, feel free to send us a brief account of what happened in document format, and we will share it with our readers.

Send your information to: [News From The Coalition, Inc.](http://NewsFromTheCoalition.com)

All entries for submission should be received by noon, the Monday prior to publish date and in Press Release form.

You must register to testify: e-mail Naarah' Crawley at
naarah.crawley@phila.gov
or call 215-686-4674.

We are proud to announce that News From The Coalition, Inc. is featured on the internationally acclaimed site Eight Cities Map which is read in more than One hundred fifty-five countries!

*Click here:
EightCitiesMAP
Choose
"Philadelphia's Online Community
"Newsletter" from the menu.*

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and download a copy of the Pledge of Commitment and return it to us
the.pa.coalition@gmail.com

You can also submit your testimony in any language via e-mail to:
hrcommissioners@phila.gov.

If you are deaf or hard of hearing and need an ASL interpreter, or other accommodation please call TTY: 215-686-3238 or e-mail
naarah.crawley@phila.gov.

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After School Arts at Penn!

In our After School Arts at Penn (ASAP) program, Penn students from various performing arts groups teach drama, dance, voice, and musical instruments to local middle school students. The semester's lessons culminate in a talent show. The students will engage in various group and individual activities that will allow them to achieve the following performing arts objectives:

- Acting and performance techniques
- Confidence building skills
- Hands on practice with various instruments
- Musical and theatrical improvisation
- Voice diction, projection, and intonation
- Dance, movement, and choreography techniques

The program will run on
Mondays from 3:45-5:45PM
beginning February 1st
in the

Platt Student Performing Arts House
3702 Spruce Street
Philadelphia PA 19104.

All school holidays will be observed, if the Philadelphia Schools are closed for any reason like snow or emergencies, ASAP will not occur that day as well.

Students must be at least 10 years old and not older than 15 years old.
Please be prepared to come on these days to have fun and learn.

For more information, please contact Laurie McCall at 215-898-7038 or

There is nothing so annoying as to have two people talking when you're busy interrupting. Mark Twain

If you have a favorite relevant quote, why not share it with our readers. send to TheCoalitionNews@gmail.com We will credit you with the submission.

lmccall@upenn.edu

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PhillyGoes2College

With a little over 50% of our kids graduating high school on time and only 18% graduating college, we MUST all work on this issue together for the future of our city.

The Mayor's office recently created an office called "PhillyGoes2College" that will start working to improve these statistics (http://www.philly.com/inquirer/home_top_stories/20100104_Nutter_to_focus_on_increasing_college_admissions.html), and on the www.cap4kids.org/philadelphia website, under the Education Handout, you will find multiple sources for children, families and child advocates to help, from an early age, on the road to educational success (http://www.cap4kids.org/philadelphia/parent_handouts/education.html)

Here you will find listings for various school choices, timelines, resources for out-of-school youth, and college prep and college admission tools.

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Earn Free Trip to Egypt for Black Kids and Adults

The African Heritage Institute (also known as the D'zert Club) is sponsoring a 2-year African History Program that, once completed, the participants earn an all expense paid trip to Egypt. This program is for Black kids from ages 7-14 and adults over the age of 21.

See the success stories of students that completed the program and have gone to Egypt. They are amazing. Students

grades went up in school, lateness and absences decreased and there was

a remarkable increase in the students respect for their elders. One brother who attended was able to get a full 4-year scholarship to school as a result of being a part of the program.

Get all of the details at

www.BlackBusinessNetwork.com/theone

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Help For Parents With School-Age Children

From an actual newspaper contest where entrants age 4 to 15 were asked to imitate "Deep Thoughts by Jack Handey."...

I believe you should live each day as if it is your last, which is why I don't have any clean laundry because, come on, who wants to wash clothes on the last day of their life? -- Age 15

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Are you a parent, relative, or health care professional with any of the following scenarios?

- * Not too sure how to register child for Kindergarten or Head Start.
- * Trying to decide on what type of school best fits a child's needs. Public or Charter or Magnet or Catholic?
- * Want to get a child motivate and focused on college.
- * Want to get child back in school after taking a leave, but don't know what options there are for out-of-school youth.
- * Child being bullied in school and don't know what to do.
- * Child not doing well in school and may have a learning difference.

On the www.cap4kids.org/philadelphia website, under the Education parent handout

http://www.cap4kids.org/philadelphia/parent_handouts/education.html and the Resource tab

<http://www.cap4kids.org/philadelphia/resources.html> there are resources in the community to help advocates for children find help for their child's educational needs. Please become familiar with the listed resources and continue to bridge the gap between families in need and the agencies and resources that serve them.

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The Food stamp program under the new stimulus package is now called the SNAP (Supplemental Nutrition Assistance Program).

Did you know?

Eligibility for SNAP benefits changed so many more families in food insecure households are now eligible.

On the www.cap4kids.org/philadelphia website, under the Food and Nutrition parent handout, you will find several organizations who can help families find out if they are eligible. Also, on the COMPASS website they can apply for these benefits and many others.

For more info you can also go to

<http://www.dpw.state.pa.us/ServicesPrograms/FoodStamps/>

Please continue to link families in need with the appropriate social services agencies that serve them through Cap4Kids. Thanks.

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Online resources for parents: www.chestercountymoms.com, www.germantownavenueparents.com, www.norristownmom.com.

*While all other sciences
have advanced, that of
government is at a standstill
- little better understood,
little better practiced now
than three or four thousand
years ago. John Adams*

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THIS WEEK

Healthy Philadelphia community meeting

Please join neighbors, community leaders, block captains, religious
leaders and many others for the first
Healthy Philadelphia community
meeting:

Thursday, January 28, 2010

6:30 PM

Church of the Advocate

18th and Fr. Paul Washington Ave. (Diamond St).

Healthy Philadelphia is a new non-profit organization dedicated to
working
to solve the health care problems we face. The co-chairs of Healthy
Philadelphia are Donald Schwarz, MD, Philadelphia Health
Commissioner and
John Rich, MD, Chair,
Department of Health Management and Policy,
Drexel School of Public Health.

Healthy Philadelphia wants to hear your health care stories. Please join
us to share:

The challenges you and your family have had in getting health care
What you've experienced after leaving the hospital
Whether or not you can get the specialty care and medications you need
The problems you've had managing your chronic illness

If you or someone you know would like to be scheduled to speak out
during
the meeting, please contact Mayla Henderson at
mayla.henderson@phila.gov
or 215-686-5263.

A light dinner will be served. RSVP to Mayla Henderson to confirm
your
attendance.

Together we can tackle our most urgent health care concerns.
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The secret of a leader lies in the tests he has faced over the whole course of his life and the habit of action he develops in meeting those tests. - Gail Sheehy

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Public meeting set to discuss new developments in the Avenue of the arts initiative

Tuesday, January 26, 2010 (8:30a.m.) at the African-American United Fund Conference Center

Please share this info with your network and plan to attend if you are available

The AAUF Conference Center
2231 N. Broad Street, across from the Uptown Theatre.

Aissia Richardson, President African American United
phone / fax: 215-454-2583

Website: www.aauf.org

Blog: <http://aaufpa.blogspot.com/>

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Carroll Park Community Council Board Elections

Carroll Park Community Council, Inc is looking for dedicated residents to serve on the Board for a two year term starting March 1, 2010.

Come out and Nominate your candidate for the Board

Nominations will be held on
Thursday January 28, 2010
6:30 pm to 8:30 pm
Calvin Presbyterian Church
Reverend Curtis Jones, Pastor
1401 North 60th Street
(60th & Master Streets)

If you live or work or have a business in the Carroll Park area
YOU qualify

If you want to dedicate a few hours per month to serve
YOU qualify

If you want to bring new ideas, suggestions and work to get it done
YOU qualify

Carroll Park area is from: 52nd to 63rd Streets; Girard Avenue to

Lansdowne Avenue)

Snow was falling heavily the day I decided to visit a car dealership. I was confident I'd get a great deal, figuring the salesmen would be desperate for customers on such a lousy day. Sure enough, when I entered the showroom, I was the only client. But my hope of getting a good deal quickly faded with the salesman's first words. "Boy," he said jovially, "you must want a new car real bad to come out on a day like this."

We will also have an Energy Workshop hosted by PGW, The Energy Coordinating Agency (ECA) and Carroll Park Community Council

Come out and bring your friends and neighbors!!!

You must be present to be nominated

Light Refreshments and
Free Weatherization Materials

J. Holland Brown

Ms. J. Holland Brown, Executive Director
Carroll Park Community Council, Inc
5218 Master Street
Philadelphia PA 19131
215-878-1546

EMPLOYMENT AND TRAINING OPPORTUNITIES

HEALTH MATTERS

The Truth About Honey

(BlackDoctor.org) -- Why are health fanatics so sweet on honey? Honey, a food once considered sinful, has been proven healthy (in moderation, of course). The majority of commonly-used sweeteners, like sugar and corn syrup, are referred to as "empty calories," because they supply calories but are devoid of vitamins, minerals, and other micronutrients. But honey is a sweet exception, as it has been found to contain small amounts of several micronutrients, making it a healthier alternative to those traditional sweeteners.

According to the National Honey Board, the nutrients in honey include niacin, riboflavin, pantothenic acid (vitamin B5), calcium, copper, iron, magnesium, manganese, phosphorus, potassium and zinc. And recently, the discovery that honey is rich in antioxidants (substances that protect healthy tissue by destroying cell-damaging free radicals) has secured its place in healthy pantries worldwide. Antioxidants are thought to fight cancer, heart disease, Alzheimer's, and other chronic conditions. In one

For the Lexophiliacs

*A lot of money is tainted:
'Taint yours, and 'taint
mine.*

*(We are ignoring the many
requests that this feature be
discontinued. Please stop
writing in.)*

*If you would like to
report on a recent
community event, feel
free to send us a brief
account of what
happened in document
format, and we will
share it with our
readers.*

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study at the University of California Davis, research participants consumed about 4 tablespoons of honey daily along with eating their normal diets for one month. Blood tests revealed that this consumption raised the level of antioxidants in the bloodstreams of the participants. Generally, the highest levels of antioxidants come from the darkest colored honey.

Bees use nectar to make all types of honey, but the color and flavor of the honey will vary greatly depending on the type of flower blossoms the nectar came from. Honey can range from a very pale golden color to dark brown, and its flavor can vary just as much. There are over 300 varieties of honey in the United States alone, including alfalfa, avocado, buckwheat, and orange blossom. Generally, the darker the honey is, the bolder its flavor will be.

After honey is collected from a beehive, there are a variety of ways it may be processed before it reaches store shelves:

- Comb honey. This is honey packaged exactly the way it comes out of the bee hive, still in the bees' wax comb, and completely unprocessed.
- Raw honey. This honey has been filtered of its wax chunks and large particles but is not pasteurized (heated above 120 degrees Fahrenheit to extend shelf life). Because honey is naturally low in bacteria, pasteurization isn't necessary. Raw honey usually contains some residual pollen and small particles of wax.
- Chunk honey. Similar to comb honey, this product consists of a few chunks of wax comb surrounded by liquid honey.
- Strained or filtered honey. This honey is similar to raw honey, but has been filtered through a finer mesh material to remove all wax. It still may include pollen.
- Ultra-filtered honey. This honey has undergone fine filtration under high pressure and heat (over 150 degrees Fahrenheit) to yield a very clear and longer lasting product.

There are also a variety of uses for honey. Obviously, it can be used as a sweetener. You can simply drizzle a little honey in your herbal teas, oatmeal, or on an English muffin. When you bake with it, you have to alter the recipe slightly by reducing the liquids by 1/4 cup for each cup of honey and reducing the cooking temperature by 25 degrees because honey is a liquid sweetener.

Besides being good for your insides, honey has a host of external uses too. Due to its extremely low moisture content, it is a natural antibacterial agent. You might also consider incorporating honey into your daily beauty regiment. The humectant (moisture-attracting) property of honey makes it useful as a hair or skin mask. However, if sitting around drenched in honey doesn't appeal to you, check out the large selection of honey-based hair and beauty products in natural food

Do you remember this
guy?

*I discovered my wife in bed
with another man, and I
was crushed. So I said, 'Get
off me, you two!'
Emo Philips*

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stores everywhere. Individuals with sensitive skin will appreciate honey's anti-irritant qualities too—it is so gentle that it is often used as an ingredient in products made for babies and anyone with sensitive skin.

Although honey is good for just about everyone, individuals who have problems with maintaining proper blood sugar levels should restrict their consumption of honey. This includes people who have hypoglycemia (low blood sugar), diabetes, and other sugar sensitivities. Another group who should abstain from honey is babies under one year of age, as they haven't yet built up a resistance to the dormant bacteria that may be present in the honey. Some strict vegetarians also choose not to use honey because it is produced by bees.

Although it contains small amount of nutrients, honey is a carbohydrate-rich food that is approximately 80 percent sugar, so practice moderation when incorporating it into your diet. You'll please your palate and your body—now that's sweet!

By Nicole Smith, BDO Staff Writer

source: http://www.blackdoctor.org/articles_print.aspx?counter=27634

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Get Fresh!

Volunteer with Philabundance Fresh for All

You recycle out the wazoo and consider yourself consigliere of the enviro-sack mafia.

Hence, a cause you can believe in: Philabundance wants to fill those ubiquitous bags with produce through its new Fresh for All program.

And you can help by volunteering.

The nonprofit hands out perishables at six sites in the Delaware Valley — where nutritious diet staples are hard to come by, especially in tough times.

With a minimum three-hour commitment, you'll keep busy. Help with admin, approve clients, or do community outreach (posting mailings, making phone calls).

Looking for something physical?

Take food to sites, divide apples, and dole out the goods. You'll be doing a major part to help people get the fruits and veggies they need.

And that's a green movement to be proud of.

To participate in Fresh for All, contact
Tunisia Garnett (215-339-0900 ext. 238 or
tgarnett@philabundance.org).

For more information, go to www.philabundance.org

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“Build for your team a feeling of oneness, of dependence on one another and of strength to be derived by unity.” - Vince Lombardi

Coalition members!
Get ‘Your’ [web link](http://advison.webevents.yahoo.com/mompowergroup/)
on The Coalition,
Inc. web site

Tips for making oatmeal appealing to kids

<http://advison.webevents.yahoo.com/mompowergroup/>

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GREEN PIECE

Weavers Way #5 plastics recycling resumes

Fellow Recyclers,

Weavers Way collection of #5 plastics, which are not included in the City’s recycling program, will be on the 3rd Saturday of each month: December 19. The program will skip January and resume in February.

The collections take place at the co-op's garage,
at 542 Carpenter Lane,
which is across the street and a bit further down the block from the Big
Blue Marble bookstore.

Please note that we need volunteers to keep this project going. (Weavers Way members can get work credit for helping us; work shifts are available on co-op's the online calendar.)

The #5 category includes yogurt cups, sour cream containers, hummus tubs, some medicine bottles, and more. Your recyclables must be clean and dry to be accepted. Check to make sure there are no other materials (paper, screws, other number plastics) on the items you bring in.

Impurities of any kind compromise the recycling process and usually lead to the discarding of an entire batch. Exclude any lids unless they are clearly marked #5. (Most lids from #5 containers are #4 plastic, but this is not always the case.)

We ask recyclers for a small donation to cover postage costs of mailing the recyclables to the Gimme 5 processing facility in New York.

Before bringing your #5s to the collection, be sure that they meet the requirements for Gimme 5:

All items must be CLEAN and DRY. If they contained food or any oily or dirty product, make sure they have been washed, not just rinsed. Items stacked when wet tend to stay wet, so allow washed items to dry fully before stacking or packing.

The #5 stamp needs to be visible on each item. Lids are separate items. Don’t assume lids are the same number plastic as the container; sometimes they are but usually they are not. Check to make sure there

*People who drink to drown
their sorrow should be told
that sorrow knows how to
swim. -- Ann Landers.*

**The Raw Family
Newsletter**

<http://www.rawfamily.com/>

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are no other materials (labels, paper, other number plastics, metal) on the items you bring in.

Brita filters are also welcome! Let them air dry for several days to make sure they are completely dry.

We'll see you soon!

Carolyn, Helen, Priscilla and Stevik
of the Weavers Way Environment Committee

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Recycling Services Inc. in Pottstown takes styrofoam on Saturday and Tuesday mornings. <http://www.recyclingservices.org/>

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For sustainable enterprise go to Green Jobs Philly

<http://www.greenjobshilly.org/news>

GRANTS, SCHOLARSHIPS & INSTRUCTION

HIV/AIDS Prevention Workshop

Workshop Summary

Culturally-Relevant Communication about HIV/AIDS is an interactive and user-friendly workshop. Ivan J. Juzang, MEE President and Founder will examine the environmental influences, attitudes and behaviors and unique communication style of urban, ethnic and other hard-to-reach audiences; review theories and techniques for developing cost-effective and culturally-relevant communication strategies; and then show session attendees how to apply these learnings to their own HIV/AIDS testing programs, prevention services and outreach efforts.

Learning Objectives

After attending the session, attendees will have the background necessary to more effectively communicate with their target audiences about sex, sexuality and HIV/AIDS. They will also have a clearer understanding of media consumption patterns and other social factors that impact sexual decision-making; and the attitudes, motivations and perceptions of minorities on healthy sexuality and HIV/AIDS

prevention, testing and treatment. Such information will help interventionists, community-based organizations and service providers develop innovative and effective messages and services targeted to minority audiences.

Workshop Description:

Topics explored during the session include:

The environmental context, peer group dynamics and social interactions that influence sexual behaviors;

How service providers can be more culturally aware, and increase the effectiveness of their outreach, media and materials; and

Strategies for attracting the hardest-to-reach audiences to HIV-prevention, testing and treatment programs.

For more information on other workshops and schedules visit their [website](#)

To inquire about a MEE Workshop at Your Organization call 215.829.4920 or Email [here](#)

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At- Risk Youth

Annie E. Casey Foundation

<http://www.aecf.org>

A private charitable organization dedicated to helping build better futures for disadvantaged children in the United States. The foundation offers community-focused grants. The site also has several publications.

Provides funding to both 501(c)(3) and local/state government.

Organizations wishing to send a proposal to the Foundation should submit a letter of no more than three pages explaining the organization and its project and how the money will be used. Send the letters to: The AEC Foundation; Attn: Office of the President; 701 Saint Paul St.;

Baltimore, MD 21202.

Phone: 410-547-6600

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AOL Time Warner Foundation

<http://aoltimewarnerfoundation.org>

The AOL Time Warner Foundation is dedicated to using the power of media, communications and information technology to serve the public interest and strengthen society. However, rather than simply providing grant monies or funding unsolicited requests, the foundation prefers to

There are two way of establishing a reputation, one to be praised by honest people and the other to be accused by rogues. It is best, however, to secure the first one, because it will always be accompanied by the latter.~ Charles Caleb Colton

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enter into sustainable strategic partnerships with organizations that have a demonstrated commitment to pioneering innovative ways of meeting four priorities: Equipping kids for the 21st century; Extending Internet benefits to all; Engaging communities in the arts; and Empowering citizens and civic participation.

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AT&T Foundation

<http://www.att.com/foundation>

The AT&T Foundation seeks to educate, enrich, engage, and empower the communities served by AT&T. The Foundation's funding areas are education, civic and community service, and arts and culture.

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Beaumont Foundation

<http://www.bmtfoundation.com/grants/>

The Beaumont Foundation of America (BFA), a non-profit philanthropic organization, is dedicated to the enriching the lives of individuals by providing technology to historically underserved schools and communities. The foundation believes technologies are essential tools for progress in the 21st century, and that given access to digital information, people will have an equal opportunity to advance socially, economically and intellectually.

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The Student Achievement Grants program provides grants of \$5,000 each to improve the academic achievement of students by engaging in critical thinking and problem solving that deepen knowledge of standards-based subject matter. The work should also improve students' habits of inquiry, self-directed learning, and critical reflection. Proposals for work resulting in low-income and minority student success with honors, advanced placement, and other challenging curricula are particularly encouraged. Grant funds may be used for resource materials, supplies, equipment, transportation, software, and scholars-in-residence.

Applicants must be practicing U.S. public school teachers in grades K-12, public school education support professionals, or faculty and staff at public higher education institutions.

Visit the NEA Foundation Web site for complete grant program information.

RFP Link: <http://fconline.foundationcenter.org/pnd/15016125/neafdn>

For additional RFPs in Education, visit:

http://foundationcenter.org/pnd/rfp/cat_education.jhtml

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NIH Summer Institute on Community-Based Participatory Research

The National Institutes of Health has announced the 2nd summer institute. We are thrilled to see that the organizers have responded to Community-Campus Partnerships for Health's (CCPH) comments on last year's summer institute.

When the 1st NIH institute on CBPR was announced, CCPH expressed concern about its exclusive focus on academic researchers.

In CBPR, the community is involved at the very start of the research, so it was incongruent that the institute did not include the community partners or acknowledge the possibility of a community partner as a principal investigator or co-PI.

This summer's institute has been designed for community-academic partner teams (see below for details).

CCPH has successfully implemented community-academic partner team-based model of CBPR training:

http://depts.washington.edu/ccph/pdf_files/2005CBPRInstituteApp3-25.pdf

and

http://depts.washington.edu/ccph/pdf_files/2005%20Summer%20Institute%20Agenda.pdf

The training curriculum, "Developing and Sustaining CBPR Partnerships" is available online at www.cbprcurriculum.info.

If you're interested in bringing a CBPR training workshop or institute to your location, contact CCPH senior consultant Rachel Vaughn at sliccph@mcw.edu for more information.

----- Coalition members! Activate 'Your' [web link](#) on The Coalition, Inc. web site -----

Banta Company Foundation

The Banta Company Foundation provides funding for at-risk youth and delinquency prevention initiatives. The funds can be used for equipment, general/operating expenses, seed money, program development, as well as other areas. For more information please contact: Banta Company Foundation; 225 Main Street; PO Box 8003; Menasha, WI 54952-8003.

----- Coalition members! Activate 'Your' [web link](#) on The Coalition, Inc. web site -----

Best Buy Children's Foundation

My husband had been stationed in Europe and away from home for what seemed like years when I went for my annual gynecological checkup. My doctor asked the usual questions, including what I was using for birth control. I gave the only possible response I could: "The Atlantic Ocean."

Submit your own humor, and let our readers know how funny you can be. We obviously need the help. ;) (Family appropriate)

<http://communications.bestbuy.com/communityrelations/>

The mission of the Best Buy Children's Foundation is to improve the lives of youth aged 5 - 18 in communities where Best Buy maintains a business presence. The Foundation awards grants to nonprofit organizations with innovative approaches to developing life skills in young people through education, mentoring, and leadership development. Funds can be used for: program development; direct project support; specific curriculum development; and scholarship aid for participants in life skills or mentoring programs. The Foundation typically awards grants ranging from \$2000 - \$10,000 to nonprofits.

----- Coalition members! Activate 'Your' [web link](#) on The Coalition, Inc. web site -----

Healthy Community Outreach Program

will be granted to nonprofit organizations to support grassroots efforts which increase awareness on critical health initiatives through health walks, health fairs and health education outreach.

Grants up to \$25,000 will be considered.

Please provide all levels of event sponsorships on your application. Nonprofit organizations with evidence of IRS 501(c)(3) designation or de facto tax-exempt status may apply for a grant, with the following exceptions: advertising; capital campaigns; grants or scholarships to individuals; multiyear requests; political causes and events; or religious organizations in support of their sacramental or theological functions.

http://www.aetna.com/foundation/grants_reg/guidelines.html>Awards

Ongoing Deadline

----- Coalition members! Activate 'Your' [web link](#) on The Coalition, Inc. web site -----

Ben and Jerry's Foundation

Ben and Jerry's Foundation has no specific program areas. The Foundation seeks projects that lead to societal change or address the root causes of problems. The Foundation awards grants ranging in amount from \$1,000 to \$15,000. Applicants must submit a letter of interest at any time during the year.

<http://www.benjerry.com/foundation/index.html>

----- Coalition members! Activate 'Your' [web link](#) on The Coalition, Inc. web site -----

AFRICAN AMERICAN STUDENTS ARE NOT APPLYING FOR SCHOLARSHIPS

Even if you do not have a college-aged child at home, please share this with someone who does, pass this scholarship information on to anyone and everyone that comes to mind. Though there are a number of companies and organizations that have donated moneys for scholarship use to African Americans, a great deal of the money is being returned

Hereeeeeeeeeeeeeees...
Kathy's Korner!

A mother and her daughter were at the gynecologist's office. The mother asked the doctor to examine her daughter. "She has been having some strange symptoms and I'm worried about her," the mother said.

The doctor examined the daughter carefully and then announced, "Madam, I believe your daughter is pregnant."

The mother gasped, "That's nonsense! Why, my little girl has nothing whatsoever to do with men." She turned to the girl. "You don't, do you, dear?"

"No, mumsy," said the girl. "Why, you know that I have never so much as kissed a man!" The doctor looked from mother to daughter, and back again. Then, silently he stood up and walked to the window, staring out.

He continued staring until the mother felt compelled to ask, "Doctor, is there something wrong out there?"

"No, Madam," said the doctor. "It's just that the last time anything like this happened, a star appeared in the East and I was looking to see if another one was going to show up."

(Kathy Parsons is a Philadelphia Event Planner and is a regular contributor.)

because of a lack of interest.

No one is going to knock on our doors and ask if we can use a scholarship.

Take the initiative to get your children involved. There is no need for money to be returned to donating companies because we fail to apply for it.

Please pass this information on to family members, nieces, nephews, and friends with children etc. We must get the word out that money is available. If you are a college student or getting ready to become one, you probably already know how useful additional money can be. Our youth really could use these scholarships. Thanks!!

For a list of scholarships please visit our group 'The Coalition, Inc.'
<http://groups.google.com/group/coalition-the>
----- Coalition members! Activate 'Your' [web link](#) on The Coalition, Inc. web site -----

SpotLight On Our Efforts

Website Offers Revolutionary Green Alternatives for Communities/Nations

Greetings. I hope that you and your business/ organizations are all doing well. As we enter into a new year, I expect that many of us have already envisioned what we would like to accomplish in this new year. As long as we have positive intentions for not just ourselves but also fellow inhabitants on this planet as well as the mother Earth herself, may the Creator of the Universe bless our visions and goals to become a material manifestation.

I would like to invite everyone to visit
<http://africanindependence.org/Projects.aspx>

I am one of the co-founders of this organization. While the initiative of this organization focuses on improving the lives of the African Diaspora and building up eco-friendly, peaceful, self sustaining and prosperous communities in their ancestral lands, we extend a welcome hand for all to check a part of our vision out by visiting our site. Our site was put in video format for simplicity and visuals to keep the interests of our visitors. When you first click on the provided website

*"I know I'm paranoid, but
am I paranoid enough?" --
Tom Clancy.*

*If you would like to
report on a recent
community event, feel
free to send us a brief
account of what
happened in document
format, and we will
share it with our
readers.*

*Send your information
to: [News From The
Coalition, Inc.](#)*

*All entries for
submission should be
received by noon, the
Monday prior to
publish date and in
Press Release form.*

address, you will notice that we begin with our goals on dealing with electricity. There are actually two clips explaining the same technology, we recommend the second clip for a more detailed explanation on how this technology works. The following two clips deals with how we plan on providing clean water to the citizens and then water recycling. The fifth video demonstrates how sewer systems are unnecessary. There are many issues that we tackle on our site. We are currently in talks with university and reverse engineers to have these technologies made at a lower cost and with high quality specifications.

Any feedback or suggestions is welcome and any donations would be highly appreciated.

There is a lot of useful information and we encourage all to take advantage of of it and to view it for themselves, we're confident that you will be excited as we are once you see the potential in such technology.

ARTS FOR AWARENESS

Poetry Set

Where: "OCTOBER GALLERY" – 701 Market Street Bldg., on the 3rd Floor. "Ross Dept. Store" on the Market St. Level, and it's the Littman Building, enter thru 8th Street Side. Come to the center, and enter thru glass doors of Mellon Independence Center. This is Cheyney University's Center City Campus.

When: "FRIDAY" – January 15th, 2010 – Starting @ 7:30pm

What: "PANORAMIC POETRY" - POETS doing their thing – LYRICAL SPIRITS getting down.

"ADMISSION FREE" – FOR PERFORMING POETS!!!

Please don't forget parking is very difficult in Center City. Allow time to park legally and arrive at the October Gallery on time. The reading is \$10.00 for audience members, discounted to \$7.00 if you call or e-mail to reserve a spot ahead of time. PanoramicPoetry@OctoberGallery.com

October Gallery

701 Market Street Bldg. 3rd Floor

Philadelphia, PA 19106

215.629.3939 Room #319

www.OctoberGallery.com

<http://www.myspace.com/panoramicpoetry>

*A family had twin boys
whose only resemblance to
each other was their
looks. If one felt it was too
hot, the other thought it
was too cold.
If one said the TV was too
loud, the other claimed the
volume needed
to be turned up. Opposite in
every way, one was an
eternal optimist,
the other a doom and
gloom pessimist.*

*Just to see what would
happen, on the twins'
birthday, their father
loaded the pessimist's room
with every imaginable toy
and game. The
optimist's room, he loaded
with horse manure.*

*That night the father
passed by the pessimist's
room and found him
sitting amid his new gifts
crying bitterly.*

*"Why are you crying?" the
father asked.*

*"Because my friends will be
jealous, I'll have to read the
all these
instructions before I can do
anything with this stuff. I'll
constantly
need batteries, and my toys
will eventually get broken."
answered the
pessimistic twin.*

*Passing the optimistic
twin's room, the father
found him dancing for
joy in the pile of manure.
"What are you so happy
about?" he asked.*

*To which his optimistic
twin replied, "There's got
to be a pony in
here somewhere!"*

*(Submitted by Selena
Allen)*

Panoramic Poetry on Facebook as well....

<http://www.myspace.com/Crucialpoet>

Go to PanoramicPoetry@OctoberGallery.com to SIGN-UP, if you are a
Poet wanting to perform.

----- Coalition members! Activate 'Your' [web link](#) on The Coalition, Inc. web site -----

Jus' Words at Dowlings Place

1310 No. Broad St. Phila

Every Thurs. 9pm to 1am

- Poets
- Rappers
- Singers
- Spoken Word Artists

COMING UP

Northwest Greens Monthly Meeting

Thursday February 4, 2010

7:00 pm - 8:30 pm

Weavers Way Meeting Room

555 Carpenter Lane (near Greene Street) in West Mount Airy

Philadelphia, PA 19119

215-843-4256

* * * Outside PA * * *

SPECIAL NOTICE!

Skip A Meal For Haiti

Most Americans eat at least three meals a day. Some eat more often. Millions of people in Haiti have not had a meal in one week and a good meal in recent memory. Will you skip a meal for the people of Haiti and send the money to a relief agency?

Will you not eat one meal, on one day so that they can eat for a week?

The cost of lunch at almost any affordable restaurant in America is between \$5.00 and \$14.00. Some restaurants have menus that serve

Two-Cow Philosophy

Political Philosophies Explained in Simple "Two-Cow" Terms

Socialism:

You have two cows. You keep one and give one to your neighbor.

Communism:

You have two cows. The government takes them both and provides you with milk.

Fascism:

You have two cows. The government takes them and sells you the milk.

Bureaucracy:

You have two cows. The government takes them both, shoots one, milks the other, pays you for the milk, and then pours it down the drain.

Capitalism:

You have two cows. You sell one and buy a bull.

Corporate:

You have two cows. You sell one, force the other to produce the milk of four cows and then act surprised when it drops dead.

Democracy:

You have two cows. The government taxes you to the point that you must sell them both in order to support a man in a foreign country who has only one cow which was a gift from your government.

(Submitted by Rayna Seth)

four and five course dinners that can cost as much as \$100.00 per person, not including beverages. For as little as two dollars a day, you can help provide food, drinking water and some sanitation supplies for a Haitian child or adult. A \$14.00 contribution can help feed and hydrate a Haitian child for a week. We can all afford to make a difference!

The Black Star Project is asking you to miss at least one meal this week for the people of Haiti and to send the money that you would have spent on your breakfast, lunch or dinner to a relief fund that is on the ground working in Haiti.

Many people say they want to go to Haiti to help those affected by the earthquake. The cost of a round trip flight from New York City to Port-au-Prince, Haiti is more than \$2,000.00. Decent hotel lodging, which is virtually impossible to find in Haiti, might cost another \$2,000.00 for one week. And your mouth would become another mouth to feed of more than 2 million people who need food and water day.

Instead of going to Haiti, will you miss a lunch for Haiti and send the money you would have spent on that lunch to one of the on-the-ground relief agencies listed below:

The Black Star Project (773.285.9600) recommends that you send your contributions to:

Yele Haiti (Wyclef Jean's Relief Effort) at www.yele.org or text YELE to 501501 to donate \$5.00 on your phone bill

UNICEF at www.unicefusa.org or call 800.367.5437

Doctors Without Borders at www.doctorswithoutborders.org or call 888.392.0392

American Red Cross at www.redcross.org or call 800.REDCROSS (800.733.2767) or 800.257.7575 (Español)

Partners in Health at www.pih.org or call 617.432.5256

----- Coalition members! Activate 'Your' [web link](#) on The Coalition, Inc. web site -----

As Salaamu Alaikum,

Remember Surah Al Maun 107. Providing the daily necessities. We know that unemployment is high, people are losing their homes, health insurance (if they had it to begin with) and put on top of that marital problems, etc. We need your help today! We are getting more phone calls from people in need.

We have women who are being abandoned by husbands who have children. Older women who for various reasons are alone (children

If you would like to report on a recent community event, feel free to send us a brief account of what happened in document format, and we will share it with our readers.

Send your information to: [News From The Coalition, Inc.](#)

All entries for submission should be received by noon, the Monday prior to publish date and in Press Release form.

grown) no husband. We need your help. We are asking for your help to raise \$1,650 by Sunday to help keep some people off the streets. Our deadline is Monday 5 pm to pay for their shelter, insh'Allah.

Send your donations by Paypal to haleem1@aol.com

or mail to:

Baitul Salaam Network, Inc.

PO Box 115470,

Atlanta, GA 30310.

Send this note to all you know.

ma salaam

Hadayai Majeed

Peace Women Across the Globe

Baitul Salaam Network, Inc.

Entrepreneur/Community Organizer

www.blogtalkradio.com

www.baitulsalaam.net

www.1000peacewomen.org

----- Coalition members! Activate 'Your' [web link](#) on The Coalition, Inc. web site -----

African Holistic Health Chapter of NY Newsletter

January & February Upcoming Event

Greetings Holistic Health Community,

Below is the balance of Holistic Health Events for January & February.

We are planning an upcoming class with Brother Hank Rising Sun on assisting healers in protecting themselves when doing healing work on others. Your healing work/gift should not tax you or leave you left depleted. There are tools you need as a practitioner where you are left energized at the end of a consultation, massage, reflexology, public speaking, writing or whatever you healing system---Keep you posted when all is confirmed.

For all those who have joined the African Holistic Health Chapter, your membership cards will be in the mail this week and I hope you enjoy the materials you will receive. For those who have not joined, click link

below:

<http://africanholistic.weebly.com/join-the-chapter.html>

On success:

*If at first you don't succeed,
destroy all evidence that you
tried.*

*If at first you don't succeed,
failure may be your style.*

*If at first you don't succeed,
give up, no use being a
stubborn fool.*

*If at first you don't succeed,
look in the trash for the
instructions.*

*If at first you don't succeed,
quit; don't be a nut about
success.*

*If at first you don't succeed,
redefine success.*

*If at first you don't succeed,
skydiving is not for you.*

*If at first you don't succeed,
try a shorter bungee.*

In addition to Life Spring Rejuvenation Center Open House 10/23rd (below), Brother Heru Unikh & Sistah Shakti are having an Open House of their new holistic center this Sunday, Oct 24th 2p to 6pm. The Open will take place at: WholeSoul Community Center @ 248 Tompkins Street, Brooklyn, NY (Bushwick) The name of their new center is "Living Lotus Wellness Center." Heru Unikh is a recent graduate of Dr. Llaila Afrika Holistic Health Certification Training. These practitioners need support of both events (both are free but donations are welcomed). They are all well trained and ready to offering their services to the community.

JANUARY UPCOMING EVENTS

Sista Deanna Nalonnie Hope-Felix and Brother Ra-min felix will host Life Spring Rejuvenation Center Open House on Saturday, Jan 23, 2010 at 12p to 4pm-FREE. At this open house you will learn of their Holistic Services and have an opportunity to volunteer to try some of the services. The event will be followed by a Holistic Health Movie nite. For those needing support toward a vegetarian diet, this will be a great event for you attend. We will be screening, "Food Matters." Click link

below to view trailer:

<http://www.youtube.com/watch?v=r4DOQ6Xhqss>

Click link below for further details on this awesome event:

<http://africanholistic.weebly.com/life-spring-open-house.html>

You will have an opportunity to set your appointment for services or purchase products to support your wellness.

You may rsvp at

<http://www.facebook.com/#!/event.php?eid=175672597978&ref=ts> of if you are not a member of facebook, contact Sista Shai at (347-427-8668).

FEBRUARY EVENTS

Dr. Akua Gray will be teaching Reiki I to Reiki III Certification at Life Spring Rejuvenation Center in the Bronx. For further details, remittance of payment and downloadable flyer, click link below. There will be a 1 hour lunch break. We may order out or your may bring your own lunch.

<http://africanholistic.weebly.com/reiki-certifications.html>

JOIN THE COALITION, INC!

To join The Coalition
go to:

TheCoalitionInc.net
and download a copy
of the Pledge of
Commitment and
return it to us
the.pa.coalition@gmail.com

Yirser Ra Hotep will be teaching a 2-Day Breath & Meditation Workshop on 2/13 and 2/14/10 at 10a to 3p at Life Spring Rejuvenation Center \$400. There will be a one hour lunch break. This is the pre-requisite course to the 3-Month Khamitik Yoga Teacher Training. Click link below for further details, payment remittance and downloadable flyer:

<http://africanholistic.weebly.com/breath--meditation-workshop.html>

For information on the 3-Month Khamitik Yoga Teacher Training, click link below:

<http://africanholistic.weebly.com/khamitik-yoga-certification.html>

Brother Ra-Min Heru (Gregory Felix) will be teaching Introduction of Iridology on 2/20/10 at 12p-4p \$100 at Life Spring Rejuvenation Center. This is an introductory course for those contemplating taking the Iridology Certification with Dr. Paul Goss in September. There will be a 1/2 hour lunch break or you may bring your own food. Click link below for further details, payment remittance and downloadable flyer:

<http://africanholistic.weebly.com/introduction-to-iridology.html>

We encourage your to bring at least 2 to 5 friend to all these events. The sooner we take our health into our own hands, the better!

Much Love & Respect,

Sista Shai (Shy-ee)

Contact Information

Sista Shai (Shy-ee)

African Holistic Health Chapter of NY

347-427-8668

www.africanholistic.weebly.com

Email Marketing by

African Holistic Health Chapter of NY | 132-20 116th Avenue | South
Ozone Park | NY | 11420

----- Coalition members! Activate 'Your' [web link](#) on The Coalition, Inc. web site -----

LIFE-SKILLS TRAINING CERTIFICATION SEMINAR
(Richmond, VA)

Two-Day Life-Skills Training Certification Seminar
(Over 400 Master Trainers Certified Since 2008)

Thursday January 28th 2010

&

Friday January 29th 2010

You know how it is when you're reading a book and falling asleep, you're reading, reading... And all of a sudden you notice your eyes are closed? I'm like that all the time. Stephen Wright

Faith Institute offers its exclusive Two-Day Train-the-Trainer Seminar.

Participants will be certified by Faith Institute to train volunteers, teachers, youth trainers, group leaders and others to facilitate both our "Rites of Passage for Males" Workshop and our "YES YOU CAN!" workshop for at-risk youth and young adults.

Faith Institutes Life-Skills instructor training is perfect for:

Juvenile Justice systems staff;

Health Educators;

Teachers and school administrators;

Foster and adoptive care providers;

Independent Living Counselors;

School Counselors;

Parent Liaisons;

Social workers and therapists;

Teachers and school administrators;

Faith-based organizations;

Human resources professionals;

Social service personnel;

Case Managers;

Anyone interested in helping at-risk youth.

Our training workshops are designed to train-the-trainers to teach young men and women life skills, self-sufficiency and self-esteem enhancement skills and to help you or your organization to start, operate and fund your own professional youth training program (see details below).

The seminar cost for both workshops is \$ 179 per attendee.

Each workshop includes a manual and workbook (a \$24 to \$35 retail value).

A 10% Discount will be allowed for reservations by 1/18/2010 or for three or more paid attendees registered by 1/18/2010.

If you would like to report on a recent community event, feel free to send us a brief account of what happened in document format, and we will share it with our readers.

Send your information to: [News From The Coalition, Inc.](mailto:NewsFromTheCoalition, Inc.)

All entries for submission should be received by noon, the Monday prior to publish date and in Press Release form.

No payment will be accepted at the door.
Registration Deadline 1/25/2010

To register or for more information:

click on: Faithschl@aol.com

or Call 1(877) 464-2066

MASTERCARD / VISA ACCEPTED by phone only

Meeting location & overnight accommodations:

Hilton Garden Inn Richmond Downtown

501 East Broad Street

Richmond, Virginia USA, 23219

1-804-344-4300

Downtown Center City - Free Parking

Guest Accommodations:

The Hilton Garden Inn Downtown Richmond, Virginia is in historic downtown Richmond, which has historical tourist attractions, the Medical College of Virginia, shops and restaurants.

Special Rates \$129 per night single/doubles/triple/quad

Reserve by: 1/10/10 for Special Rate - \$ 159 per night after 1/10/10

Reservations:

Tel: +1-804-344-4300 Fax: +1-804-344-4375

"The Rites of Passage for Males" Life-Skills Certification Workshop
(Training Manual & Workbook included - a \$23.95 value)

Thursday, January 28, 2010 - 9:00 AM - 3:30 PM

"The Rites of Passage for Males" Life-Skills Certification Workshop for Youth Trainers is a one-day, six hour intensive workshop that will certify you or your staff members, youth trainers and instructors as Master Trainers of "The Rites of Passage for Males" life-skills training program for at-risk youth and adult males.

At the completion of this training, you and your staff will be qualified to create, set-up and operate your own successful life-skills training program for at-risk boys and young men at schools, churches or anywhere in your community (over 250 life-skill trainers have been certified since 2008).

The workshop trainer for "The Rites of Passage for Males" is D. Harold Greene, the Executive Director of Faith Institute of Entrepreneurship, Inc, and the author of the nationally published "The Rites of Passage for Males Manual" (Hamilton Books, 2008). He has over twenty combined years of continuing education faculty membership at three Maryland junior colleges. He is an entrepreneurship, career and life skill training consultant.

The workshop curriculum includes:

How to Teach Basic Life Skills; Self-Esteem Enhancement Skills; Finding my Career & Life Purpose; and Dress for Business Success.

Mastercard / Visa Accepted

To register click on: Faithschl@aol.com

<http://www.harmonyinc.com/workshops.html>

"YES YOU CAN!"

Self-esteem for Women Certification Workshop
(Training Manual & Workbook included - a \$23.95 value)
Friday, January 29, 2010 - 9:00 AM - 3:00 PM

The YES YOU CAN! Self-Esteem for Women Certification Workshop is a one-day, six-hour intensive workshop that will certify you, your staff, youth trainers and instructors as Master Trainers.

Using the "YES YOU CAN!" Self-esteem Manual for Women and training curriculum as a guide, you will learn how to teach self-esteem, self-love, pride and self-confidence to youth and adult women of all walks of life.

The "YES YOU CAN!" workshop trainer is Oletha Sloan, author of "YES YOU CAN!" Self-esteem Manual for Women (Faith Publishing, 2008). She is Executive Director of Vogue Modeling Workshops, the modeling instructor at The Maryland National Capitol Parks & Planning

Commission's Prince George's County Maryland Sports & Learning Complex, Andrews Air Force Base Youth Center, Camp LeJeune Marine Base Youth Center and many more location from Maryland to North Carolina.

JOIN THE COALITION, INC!

To join The Coalition go to:

TheCoalitionInc.net

and download a copy of the Pledge of Commitment and return it to us the.pa.coalition@gmail.com

The workshop curriculum includes: How to Teach Self-esteem Enhancement Skills, Personal Pride and Self Confidence to women; How to Teach Them to Project a Confident Professional Image; and to Teach Them How to Learn to Believe in Yourself.

Mastercard / Visa Accepted

To register click on: Faithschl@aol.com
<http://www.harmonyinc.com/workshops.html>

----- Coalition members! Activate 'Your' [web link](#) on The Coalition, Inc. web site -----

COMPUTERS AND TECHNOLOGY

Group offers low-cost web access to nonprofits

Mobile Citizen, a provider of mobile broadband for education and nonprofits, will offer a Technology Assistance Grant program beginning in January to provide non-profit organizations with affordable access to the Internet.

Available only in Portland, Oregon, Las Vegas, and Philadelphia, the grant includes reduced-price service from Mobile Citizen, with unlimited usage for only \$10/month or \$120/year per account. It bundles Mobile Citizen's wireless broadband, powered by WiMAX, a fourth generation (4G) technology from Clearwire Corporation with a variety of benefits available only to grantees, including:

- 12 months of service from Mobile Citizen extended to 15 months at no additional charge. With this, nonprofits receive three free months of service per account.
- Dedicated Mobile Citizen Customer Care customized for non-profit organizations.
- A free one-year membership to NTEN, a nonprofit technology network, ongoing information and news as well as access to a support community.
- A choice of additional benefits including an educational webinar series.

For more information, email [Kecia Carroll](#).

A HAND UP!

IT'S HERE!!

Our group A HAND UP! Is now open, please go to:

[A HAND UP!](#)

In response to the needs of many grassroots organizations for the basic tools to implement and sustain their ideas and projects, The Coalition, Inc. members have come together to establish a network to facilitate the distribution/re-distribution of unwanted, unneeded, surplus and even repairable items for recycling.

To join: [A Hand Up!](#)

----- Coalition members! Activate '[Your](#)' [web link](#) on The Coalition, Inc. web site -----

If you would like to report on a recent community event, feel free to send us a brief account of what happened in document format, and we will share it with our readers.

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return it to us
the.pa.coalition@gmail.com

WORD-OF- THE-WEEK

acclimate \uh-
KLY-mit; AK-luh-
mayt\, To accustom
or become
accustomed to a
new climate,
environment, or
situation.

Remember to support The Coalition, Inc.'s on-air personalities...

Straight Up WORD with Dr. John Elliott Churchville, Senior Pastor of The Liberation Fellowship Church of Jesus. Future verse by verse exploration of Holy Scriptures "...for liberation of the oppressed and social justice for the poor." will be available on their new website <http://lfcjnow.com/>

Civil Alert World with Brother Sabir Bey Saturdays 5:30pm to 6:30pm on WNJC 1360 AM. Also listen in on WKDU 91.7 AM Friday, 12am to 3am

Sister Phile Chionesu, organizer of the Million Woman March, "**Nu Day Resurrection and Liberation**" Show LIVE each Saturday evening 10:30 PM--12:00 midnight EST.

"NU Day" is heard in Philly and, worldwide, through the internet at: www.blogtalkradio.com/empresschi Or you can tune in via podcast at 646-652-2232

Call in and give your thoughts, comments, opinions at 1-646-652-2232 or send an instant message to mwmsistahood@aol.com to chat on line.

