



We all hold a piece to the puzzle  
Friday 05 March 2010

The Coalition, Inc.  
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E. Churchville  
(Treasurer),

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# News From The Coalition, Inc.

"Communication – Cooperation – Collaboration"

Volume 4, Number 27

## Greetings Coalition Family!

We've come to the end of this year's observance of African History, we hope you took the time to do some research on subjects you may have not been previously aware of, and shared your knowledge with others.

This month we also celebrate the life of one of the most famous black persons in the 19<sup>th</sup> century, Frederick Douglass. [Read more here](#)

Unfortunately the tone of the times has so drastically changed that we must take extra precaution to ensure the safety of our families and homes. To this end, we are now featuring information on how to best secure your person and home. See the new feature PERSONAL AND HOME SECURITY.

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

*The Path that leadeth on is lighted by one fire -- the light of daring burning in the heart. The more one dares, the more he shall obtain. -- Helena Petrova Blavatsky.*

## **FOR OUR CHILDREN**

*“It is easier to build children than it is to repair men.”...Frederick Douglass*

*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](mailto: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.](#)*

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

### **project NEXT sponsors project FIRST opening**

The mission of United Way’s Project NEXT is to make a positive and lasting impact in Greater Philadelphia by mobilizing young adults and creating meaningful opportunities for them to give, advocate and volunteer.

The group of young United Way volunteers is sponsoring project FIRST on Friday, March 5th at 5:30pm at the Piazza at Schmidts (Space #77), a gallery opening showcasing some of the best art from the budding artists of the region’s after school programs.

The group is also seeking donations to support arts programs for young people in the region. The wish list includes items such as colored pencils, pastels, water color sets, Crayola broadline and thinline markers, glue and glue sticks, construction paper, photocopier paper, tissue paper, masking tape, safety scissors, Play-Doh, crayons, and other arts and crafts materials.

For more information, click [here](#)

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### **SMITH Playgrounds sponsors A Music and Theater Program**

Children 10 and under and their caretakers are invited to join SMITH, The Junior League of Philadelphia and Temple University’s Imaginarium theater troupe for a day of Music and Theater on Saturday, March 13th from 10am to 1pm.

The Junior League will lead children in an instrument making craft activity from 10-11am, and the Imaginarium theater troupe will perform Dream Catcher at 11am.

Adapted from Native American folklore, Dream Catcher takes you on a magical adventure with characters Coyote and Fox as they try to save the Dream Weaver from the mean-spirited Dzoavits.

Directly after the show The Junior League will host a dance party for all children in attendance.

For more information, click [here](#) or call 215-765-4325.

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*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.*

## **JOIN THE COALITION, INC!**

**To join The Coalition go to:**

**[TheCoalitionInc.net](http://TheCoalitionInc.net)**

**and download a copy**

**of the Pledge of Commitment and return it to us**

**[the.pa.coalition@gmail.com](mailto:the.pa.coalition@gmail.com)**

Dear Family and Friends

We are excited to announce the 5th Annual Philadelphia Fatherhood Festival. The event will be held on Saturday, June 12, 2010 at the Pennsylvania Convention Center. The Fatherhood Festival addresses the issues that plague our families and communities. The event is a FREE, full day conference consisting of discussion groups, notable guest speakers, and educational roundtables for all fathers and father-figures. Our goal is to change the lives of men, thereby changing the lives of children and families forever. We are asking for your help.

Sincerely,

Fatherhood Festival Planning Committee

Festival Planning Meeting

Strategic Planning

Please join Us at our Festival planning meeting. We need your thoughts, ideas, and suggestions. Each day most of us are involved in meetings and sessions that have minimal impact to our community. The Father

Festival will provide you with the opportunity to give back and help strengthen our children and our families. We need you, your experience, and your vision to make the festival a success. Please come out and help us make a difference.

Our kickoff meeting was held on

Monday, February 22, 2010

at the

School District of Philadelphia Main Building,

Parent Resource Center,

440 N. Broad Street (Broad & Spring Garden).

Please mark your calendars. The subsequent meetings will be held at the same location on the following dates:

- March 8

- March 22

- April 5

- April 19

- May 3

- May 17

*One isn't necessarily born with courage, but one is born with potential. Without courage, we cannot practice any other virtue with consistency. We can't be kind, true, merciful, generous, or honest. -- Maya Angelou.*

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

- May 31

- June 7

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### **CAP 4 Kids Hint of the Week**

"Hurt people hurt people".

Very simplistic statement, but so true.

Many children who witness or are involved in interpersonal violence have parents who either have undiagnosed mental health or substance abuse issues or lack access to health care for chronic or undiagnosed health conditions.

If we are to help strengthen children and decrease the adverse childhood experiences that they are exposed to, we must help meet the health needs of the adult members of their households.

On the [www.cap4kids.org/philadelphia](http://www.cap4kids.org/philadelphia) website, under the Mental Health handout

([http://www.cap4kids.org/philadelphia/parent\\_handouts/mental\\_health.html](http://www.cap4kids.org/philadelphia/parent_handouts/mental_health.html)) you will find several resources for mental health and substance abuse programs for adults (as well as children). Also on the Health Insurance handout, you will also find resources for Adult HealthCare.

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### **Black College Tours 2010 (40+)**

<http://blackexcel.org/black-college-tours-2010.html>

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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](http://www.philly.com/inquirer/home_top_stories/20100104_Nutter_to_focus_on_increasing_college_admissions.html)), and on the [www.cap4kids.org/philadelphia](http://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](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.

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

*Give me the strength to change the things I can, the grace to accept the things I cannot, and a great big bag of money. -- Age 13*

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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](http://www.BlackBusinessNetwork.com/theone)

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## **Help For Parents With School-Age Children**

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](http://www.cap4kids.org/philadelphia) website, under the Education parent handout

[http://www.cap4kids.org/philadelphia/parent\\_handouts/education.html](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 key to change... is to let go of fear. Rosanne Cash*

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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](http://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](http://www.chestercountymoms.com),  
[www.germantownavenueparents.com](http://www.germantownavenueparents.com), [www.norristownmom.com](http://www.norristownmom.com).

## **THIS WEEK**

The Philadelphia Chapter of the National Lawyers Guild,  
Drexel Law National Lawyers Guild,  
the ACLU of PA, and Drexel Law Students for Sensible Drug Policy  
Present:

### **The Philadelphia Drug Policy Forum**

Saturday, March 6, 2010

Room 140, Earle Mack School of Law Drexel University

From 1:00 PM to 2:30 PM: Impacts of the Drug War - An in depth panel discussion on the impacts of prohibition on drugs and the resulting military and law enforcement campaigns.

Deborah Small - Executive Director and Founder of Break the Chains  
Sanho Tree - Director of Drug Policy Project at Institute for Policy Studies

Tim Datig - Law Enforcement Against Prohibition

Moderated by

Angus Love - Executive Director of Pennsylvania Institutional  
Law Project

2:45 to 3:15 PM

Forum on the Merits of Medical Marijuana

A policy discussion led by Chris Goldstein - Communications Director,  
PhillyNORML

Pennsylvania Representative Mark B. Cohen

Derek Rosenzweig - Founder, Pennsylvania for Medical Marijuana

3:15 to 4 PM

Closing remarks by Neil Franklin - Law Enforcement Against  
Prohibition

Reception to follow

For more information, please contact the Philadelphia Chapter of the  
National Lawyers Guild:

Email: [phillynlg@gmail.com](mailto:phillynlg@gmail.com)

Phone: (215) 667-8298

Penelope Waite

Chapter Administrator/Organizer

National Lawyers Guild, Philadelphia Chapter

PO Box 53972

Philadelphia, PA 19105

(215) 667-8298

[phillynlg@gmail.com](mailto:phillynlg@gmail.com)

[www.nlgphilly.org](http://www.nlgphilly.org)

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**International Women's Day Philadelphia Coalition**

hosts the annual

**March 7<sup>th</sup> Celebration Honoring Women and Girls**

Giving homage to a 100 year-old global celebration, the International  
Women's Day Philadelphia Coalition will host their annual day of  
speakers, workshops, food, fun and cultural performances to honor the  
lives and legacies of women and girls throughout the Delaware Valley.

Founded in a mission that 'every issue is a woman's issue', women and

*Without general elections,  
without unrestricted  
freedom of press and  
assembly, without a free  
struggle of opinion, life  
dies out in every public  
institution, becomes a mere  
semblance of life, in which  
only the bureaucracy  
remains as the active  
element. -- Rosa  
Luxemburg*

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*Action is the antidote to  
despair.-- Joan Baez*

girls of all races, sizes, classes, gender expressions and sexual identities,  
cultural, religious and ethnic backgrounds will be recognized and  
welcomed

Our day of performances, workshops and programming on

March 7<sup>th</sup> begins at

10:00AM with a rally at

City Hall

followed by a march to event location site of the

Family Planning Council (Safeguards),

located at

260 South Broad Street,

Philadelphia PA.

The International Women's Day Philadelphia Coalition was honored by  
City Council on March 6, 2008 officially establishing March 8th as  
International Women's Day in the City of Philadelphia.

“As women and girls it’s in our own best interest to make HIV  
Awareness a focused issue as a part of this gathering, since studies  
show women now account for nearly 1/3 of those infected with  
HIV/AIDS in the U.S.” said Waheedah Shabazz-El, who is HIV  
Positive and a founding member of the US Positive Women’s Network.

Program: 10:00AM to 8:00PM.

Admission is free.

Vendor tables are \$15.00 and donations are greatly appreciated.

Please direct see our website at [www.myspace.com/iwdphiladelphia](http://www.myspace.com/iwdphiladelphia) or  
call us at 267-221-6155.

This tribute will take place rain or shine and all are welcome to celebrate  
diversity in contribution and industry.

For more information please contact



**For the Lexophiliacs**

*He had a photographic memory which was never developed.*

*(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.*

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

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Waheedah Shabazz-El 267 231-2647 Email: [iamshabazz@yahoo.com](mailto:iamshabazz@yahoo.com)  
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**Disappearing Voices  
The Decline of Black Radio**

Panel Discussion Including:

From Black Waxx:

Iyanna "Nana Soul" Jones – Executive Producer,  
Disappearing Voices – The Decline of Black Radio

U-Savior Washington – Director,  
Disappearing Voices – The Decline of Black Radio

From Philadelphia:

Andalusia Knoll – Prometheus Radio Project

Berta Joubert-Ceci – Peoples Video Network

Cody Anderson -WURD Radio

7pm, Tuesday

March 9

Calvary Church  
48th & Baltimore

Black Waxx Multimedia Director U-Savior Washington delivers a dynamic, gritty, controversial, inspirational and analytical documentary film,

essential for those fighting to protect and take back non-corporate community-based radio. This documentary shows that the tactics used by the corporate media to destroy Black radio are the same tactics being used today to undermine all community radio.

Disappearing Voices—The Decline of Black Radio examines the history of broadcasting in general and Black Radio in particular.

Featuring interviews with many prominent voices in radio and politics, it investigates what made Black Radio unique and highlights the careers of some of the jocks who changed the landscape of American Radio forever.

72 min, English

Do you remember this  
guy?

*I was sleeping the other  
night, alone, thanks to the  
exterminator. - Emo Philips*

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International Action Center, Prometheus Radio Project, Peoples Video  
Network

For more Information: 215-724-1618;

[Phillyiac@peoplesmail.net](mailto:Phillyiac@peoplesmail.net)

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### **BEBASHI celebrates 25th with Awareness Day**

Blacks Educating Blacks About Sexual Health Issues is sponsoring free  
HIV testing and gift cards on

Wednesday,

March 10th from

9am to 7pm

in recognition of

National Women and Girls HIV/AIDS Awareness Day  
and the group's 25th anniversary.

The event will take place at

1217 Spring Garden Street

Philadelphia, PA

and is one of the organization's 25 events

scheduled to celebrate its 25th year of operation.

For more information, call 215-769-3561 or click [here](#)

## **EMPLOYMENT AND TRAINING OPPORTUNITIES**

### **United Way of Southeastern Pennsylvania, Coming of Age offer 3- day Learning Lab**

Coming of Age, a collaboration of United Way of Southeastern  
Pennsylvania, the Temple University's Center for Intergenerational  
Learning, WHYY and AARP of Pennsylvania, will sponsor

a 3-day learning lab on

Capturing the Energy and Expertise of People 50+ on

April 14th and 15th and

May 19th, at United Way,

1709 Benjamin Franklin Parkway in

Philadelphia, PA

*We need to teach the next generation of children from day one that they are responsible for their lives. Mankind's greatest gift, also its greatest curse, is that we have free choice. We can make our choices built from love or from fear. -- Elizabeth Kubler-Ross*

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The event is part of COA's effort to help the nonprofit community to learn more about engaging experienced volunteers to help meet greater demand at a time of shrinking resources.

Whether retired or working, people age 50+ are extraordinary resources, whose energy and expertise can help nonprofit agencies accomplish their mission.

And we have more than 1,500,000 such people here in the Delaware Valley. They are a rich, immense — and very much underutilized — volunteer talent pool!

The Learning Lab will show nonprofits how to apply best practices to meet their mission; motivate people age 50+; assess readiness to capture the talent of people age 50+; create roles fusing your mission and their interests; and creating a high-impact and doable marketing and recruitment campaign.

Almost 1,000 executive directors, program directors and volunteer managers have taken this workshop series across the nation.

The cost for the 3-day workshop is only \$180 and includes all materials and a continental breakfast and lunch each day.

For more information or to sign up, click [here](#)

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FREE Training is available in the following fields:  
Culinary Arts (16 weeks), Housekeeping (9 weeks), or  
Front Office (16 weeks)

Classes begin March 22, 2010 and are held  
Monday- Friday,  
8:30am-2:45pm.

Classes are held at the Philadelphia OIC  
(Opportunities Industrialization Center),  
1231 North Broad Street,  
4th Floor,  
Philadelphia, PA 19122.

Also, job placement assistance.

For more information, contact Sophia Scott, Recruiter/Counselor at  
215-236-7700 ext 323.

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CITY OF PHILADELPHIA  
**Certified Registered Nurse Practitioner (Women's Health)**  
Closing Date/Time: Fri. 03/26/10 11:59 PM Eastern Time

Salary: \$63,926.00 - \$82,194.00 Annually

Job Type: Full Time

Location: Philadelphia, Pennsylvania

Department: Health

Exam Number: 4C43-02-22-10

*Whenever people say "we mustn't be sentimental", you can take it they are about to do something cruel. And if they add, "we must be realistic", they mean they are going to make money out of it. - Brigid Brophy. (...explaining feminist terminology.)*

**The Raw Family  
Newsletter**

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

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### Description Benefits Supplemental Questions

This is advanced level nursing work, providing comprehensive patient care in the area of specialization. Employees in this class perform physical examinations and assessments within the parameters of licensure and program protocols. Work includes medical diagnosis and prescription of medical therapeutic or corrective measures in collaboration with and under the direction of a licensed physician, educating patients in general health care practices within the area of specialization, and securing and maintaining cooperation of patients. Formulating plans and prognoses and prescribing or recommending drugs or other forms of treatment are significant aspects of the work. Work is performed under the technical supervision of a physician.

Hiring Bonus - \$3,000

Employees are eligible for a lump sum hiring bonus of \$3,000. The bonus will be paid in two parts: \$1,500 after the employee has completed three months of satisfactory full-time probationary employment and \$1,500 after the employee has completed twelve months of satisfactory full-time employment. The employees must meet all requirements contained in civil service regulation 6.32 to receive the bonus.

Starting Salary

New employees may be appointed at any step in the pay range depending on qualifications

Minimum Requirements:

The following statement represents the minimum training and experience

*Thank Fate for foes! I  
hold mine dear  
As valued friends. He  
cannot know  
The zest of life who  
runneth here  
His earthly race without a  
foe...Ella Wheeler Wilcox*

*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  
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standards which will be used to admit or reject applicants for tests. Candidates must meet requirements within 30 days after the last date for filling applications.

## EDUCATION

Completion of a master's degree as a Certified Registered Nurse Practitioner (CNRNP) as approved by the Pennsylvania State Board of Nursing and the State Board of Medicine.

Completion of an acceptable training program in women's health, which shall have included both theory and clinical practice.

Completion of at least 45 hours of course work specific to advanced pharmacology as either part of a CRNP education program or additional courses taken from an educational program approved by the Pennsylvania State Board of Nursing and the State Board of Medicine, a minimum of sixteen hours of which must have been completed within thirty days of the examination closing date.

## LICENSES, REGISTRATIONS AND/OR CERTIFICATES

Possession of a valid, unrestricted license as a Registered Nurse and as a Certified Registered Nurse Practitioner as issued by the Pennsylvania State Board of Nursing Education and Licensure at the time of application, and possession of such licensure during tenure of employment. Eligibility for a valid, unrestricted Prescription Authority Certification or Number from the Pennsylvania State Board of Nursing and the State Board of Medicine within six months of the date of appointment and during tenure of employment

\*\*\*

## **Architectural Projects Coordinator 2 (Building / Site Design)**

Closing Date/Time: Fri. 03/19/10 11:59 PM Eastern Time

Salary: \$46,313.00 - \$59,538.00 Annually

Job Type: Full Time

Location: Philadelphia, Pennsylvania

Department: Multiple Departments

Exam Number: 3D05B-2-22-10

*If voting changed anything, they'd make it illegal.  
Emma Goldman*

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## Description Benefits

This is architectural work at the full performance level performing specific project assignments in either general building design or landscape design. An employee in this class conducts design studies, determines site requirements, and performs assigned project work in a timely, efficient, and cost effective manner. Monitoring finished work for adherence to quality standards is a significant aspect of the work. Work is performed under the direction of a higher-level architect/engineer.

### Starting Salary

New employees may be appointed at any step in the pay range depending on qualifications.

### Minimum Requirements:

The following statement represents the minimum training and experience standards which will be used to admit or reject applicants for tests. Candidates must meet requirements with 30 days after the last date for filing applications.

#### 1. EDUCATION

Completion of a bachelor's degree program at an accredited college or university, with major course work in architecture or architectural engineering for the Building/Site Design Specialty; AND

#### 2. GENERAL EXPERIENCE

One year of experience performing professional architectural work in the Building/Site Design specialty area; AND

#### 3. SPECIFIC EXPERIENCE

Two years of experience performing professional architectural work with responsibility for completing assigned projects within time and budgetary requirements in the Building/Site Design specialty area

Or any equivalent combination of acceptable education and experience



*Trust the still, small voice  
that says, "this might  
work and I'll try it."--  
Diane Mariechild.*

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determined to be acceptable by the Office of Human Resources, which  
has  
included the completion of a bachelor's degree program in an acceptable  
area and the specific experience described above as a minimum.

\*\*\*

**Sign Fabricator**

Closing Date/Time: Fri. 03/19/10 11:59 PM Eastern Time

Salary: \$36,186.00 - \$39,657.00 Annually

Job Type: Full Time

Location: Philadelphia, Pennsylvania

Department: Streets

Exam Number: 7P21-2-22-10

Description Benefits Supplemental Questions

This is sign fabrication work at the full performance level. Work  
includes  
painting from silk screens, stencils and computer-automated equipment  
in  
the fabrication of printed sign material. Employees have responsibility  
for completing assigned sign-making tasks. Work involves light physical  
effort and is performed under the direction of a trades supervisor.

Minimum Requirements:

The following statement represents the minimum training and  
experience  
standards which will be used to admit or reject applicants for tests.  
Candidates must meet the requirements within 30 days after the last date  
for filing applications.

1. EDUCATION

Equivalent to completion of the twelfth school grade; AND

2. GENERAL EXPERIENCE

Three years of experience learning the sign fabrication trade as a  
helper or apprentice, which shall have included lettering work by  
painting,  
using the silk screen process and the use of computer operated graphics  
hardware and software to produce signs.

Or any equivalent combination of education and experience determined  
to be acceptable by the Office of Human Resources that has included the

*Airman Jones was assigned to the induction center, where he advised new recruits about their government benefits, especially their GI insurance.*

*It wasn't long before Captain Smith noticed that Airman Jones was having a staggeringly high success-rate, selling insurance to nearly 100% of the recruits he advised.*

*Rather than ask about this, the Captain stood in the back of the room and listened to Jones' sales pitch.*

*Jones explained the basics of GI Insurance to the new recruits, and then said, "If you have GI Insurance and go into battle and are killed, the government has to pay \$200,000 to your beneficiaries. If you don't have GI insurance, and you go into battle and get killed, the government only has to pay a maximum of \$6000."*

*"Now," he concluded, "which group do you think they are going to send into battle first?"*

*(Thx. to Lamar Johnson)*

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

specific experience described above

Exam Information:  
EXAMINATION PARTS AND WEIGHTS  
Performance Examination 100%  
Total 100%

PROJECTED EXAM SCHEDULE

This examination will be tentatively scheduled for the week of 05/24/10. Please note that this examination date is subject to change.

An eligible list is planned for the week of 06/16/10. Please note that this date may change.

ELIGIBLE LIST

OPEN-COMPETITIVE. Only an open competitive eligible list will be established as a result of this examination. Permanent City employees will receive no promotional preference in this examination.

\*\*\*

**Service Representative (General)**

Closing Date/Time: Fri. 03/12/10 11:59 PM Eastern Time  
Salary: \$30,584.00 - \$33,242.00 Annually

Job Type: Full Time  
Location: Philadelphia, Pennsylvania  
Department: Multiple Departments  
Exam Number: 1A37-02-22-10

Description Benefits Supplemental Questions

This is skilled clerical work providing interpretive and advisory services to the public or employees. Work includes giving and eliciting information

in situations that require the employees to explain pertinent city and state regulations, ordinances, laws, and procedures. Employees ascertain that received documents are properly and completely prepared, make calculations to compute fees and other charges, initiate the processing of documents received, contact various city agencies to resolve problems encountered. Employees in this class support their service delivery responsibility by performing data entry and retrieval and records maintenance through automated systems or through manual systems of records and files of customer and employee information. Full time

Hereeeeeeeeeeeeeees...  
Kathy's Korner!

*An old couple go to the doctor. The old man goes first to have his physical. When the doctor is done with him, he sends the old man back into the waiting room and calls the wife in.*

*The doctor tells her, "Before we proceed with the examination, I would like to talk to you about your husband first."*

*The wife says, "Oh, no, it's his heart. I told him to lay off the eggs."*

*The doctor says, "Well, I asked your husband how he is feeling and he told me he felt great. He said that when he got up to go to the bathroom, he opened the door and God turned the light on for him. When he was done, he would shut the door and God would turn the light out for him."*

*The wife responded, "Darn it, he's peeing in the fridge again!"*

(Kathy Parsons is a regular contributor.)

contact with employees or the general public to provide and elicit information is especially significant. Work is performed under the supervision of an administrative or clerical supervisor.

#### Minimum Requirements:

The following statement represents the minimum training and experience standards which will be used to admit or reject applicants for tests. Candidates must meet requirements within 30 days after the last date for filing applications.

#### EDUCATION

1. Education equivalent to completion of the twelfth school grade, AND

#### EXPERIENCE

2. Two years of experience in clerical work, one year of which shall have involved as a significant job assignment giving information to or eliciting information from the public or receiving and answering complaints.

Or any equivalent combination of education and experience determined to be acceptable by the Personnel Department.

Additional Requirement for Promotional Candidates presently employed by the City of Philadelphia with permanent Civil Service status in any class in any department and a Performance Rating of Satisfactory or higher.

\*\*\*

#### **Public Administration Analyst (Public Health)**

Closing Date/Time: Fri. 03/19/10 11:59 PM Eastern Time

Salary: \$46,125.00 Annually

Job Type: Full Time

Location: Philadelphia, Pennsylvania

Department: Health

Exam Number: 2L05-02-22-10

#### Description Benefits Supplemental Questions

This is public administration work performing a wide variety of analytical assignments related to managing and administering City of Philadelphia municipal programs and operations. Employees in this class learn various

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management and administrative strategies and develop analytical skills with the objective of advancement to higher-level administrative or management positions. Assignments vary in nature and increase in difficulty as the employee gains work experience. Employees are assigned to work in one of a number of city departments or agencies depending upon previous education and experience. Work is performed under the direction of an administrative superior.

#### Minimum Requirements:

The following statement represents the minimum training and experience standards which will be used to admit or reject applicants for tests. Candidates must meet requirements within 30 days after the last date for filing applications.

#### EDUCATION

Completion of all requirements for a master's degree in an area listed below which has included completion of an internship program in a health administration setting and/or experience in health administration after completion of the master's degree program.

Government Administration

Hospital Administration

Political Science, with major concentration in public administration.

Public Administration

Public Health

NOTE: CANDIDATES MUST HAVE OBTAINED THEIR MASTER'S DEGREE WITHIN THE LAST FIVE YEARS.

#### TRANSCRIPT REQUIREMENTS

\*\*\*

#### Medical Specialist (Infectious Disease)

Closing Date/Time: Fri. 03/12/10 11:59 PM Eastern Time

Salary: \$94,859.00 - \$121,961.00 Annually

Job Type: Full Time

Location: Philadelphia, Pennsylvania

Department: Health

Exam Number: 4D03-02-22-10ID

Description Benefits Supplemental Questions

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This is supervisory medical work in the area of specialization.

Employees

in this class provide technical guidance to public health clinic personnel engaged in examining and treating patients. An employee in the Medical Epidemiology specialty develops, implements and evaluates the City's public health epidemiological activities. The responsibility for directing the activities of a number of medical personnel and for securing and maintaining the cooperation of patients and their families is of significance to the work.

NOTE

New employees may be appointed at any step in the range depending on qualifications.

Minimum Requirements:

The following statement represents the minimum training and experience standards which will be used to admit or reject applicants for tests. Candidates must meet requirements within 30 days after the last filing date for filing applications.

1. EDUCATION

Graduation from an accredited school of medicine or osteopathy, with a degree of Doctor of Medicine or Osteopathy and completion of an internship in an approved hospital; AND

Completion of all formal training requirements and certification by the appropriate American Medical Specialty board; AND

2. GENERAL EXPERIENCE:

Two years of experience in the field of specialization.

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**Position Opportunity Announcement**

Position Title:

Economic Development Specialist

Summary of Qualifications:

Under general supervision, assists the Chief of Staff in the development of programs and means to increase the Office of the Chairman's income base by encouraging new economic projects to be created and



*When Christ said: "I was hungry and you fed me," he didn't mean only the hunger for bread and for food; he also meant the hunger to be loved. Jesus himself experienced this loneliness. He came amongst his own and his own received him not, and it hurt him then and it has kept on hurting him. The same hunger, the same loneliness, the same having no one to be accepted by and to be loved and wanted by. Every human being in that case resembles Christ in his loneliness; and that is the hardest part, that's real hunger.  
-- Mother Teresa.*

developed.

Provides economic development specifically; plans, organizes, and implements programs necessary to solicit, consolidate, and induce resource acquisition and development for and within the Chairman's office.

Works with all applicable departments to provide the expertise in economic development and redevelopment; attends conferences, and other trainings to enhance growth and to stay abreast of what's occurring in the field of economic development.

The candidate considered for this position must have the ability to network and raise the awareness of the Office of Chairman Omali Yeshitela. Also must be able to build relationships and develop and explore new and imaginative ways to bring economic development into this office.

The candidate does not have to live in the city where the position is located, but must participate in meetings via internet and phone conferences on a bi-weekly basis and reports directly to the Chief of Staff.

Issued: February 10, 2010

\*\*\*This will be a commission-based position\*\*\*

To Apply:

If you would like work in an office where innovation is encouraged, please contact Ona Zene' Yeshitela at [chiefofstaff@apspuhuru.org](mailto:chiefofstaff@apspuhuru.org) or call 727-821-6621 to be considered for this position.

Please submit a resume.

## **HEALTH MATTERS**

### 5 Sleep Myths Busted

*It accounts for a third of your life and a big chunk of your health and longevity. So why aren't you sleeping enough?*

By Jim Gorman, Men's Health

What a night. The woman of your dreams appeared. Your pulse raced. Heavy breathing ensued. You do remember it, right? Oh, wait, you were



*The smallest minority on earth is the individual. Those who deny individual rights, cannot claim to be defenders of minorities. -- Ayn Rand.*

asleep. And that's not all you missed. Under cover of night, sleep floods your veins with age-defying human growth hormone. Sleep raises an army of T cells and sends them into battle against colds and infection. Sleep resets the appetite controls that tell you to not hit the turn signal when you pass a McDonald's. And, of course, sleep helps you above the neck as well as below the belt.

"It stabilizes your waking brain, makes you more alert, and allows you to process information faster," says David Dinges, Ph.D., who studies shut-eye at the University of Pennsylvania. "It helps you remember things and consolidate those memories." You won't get that from a Red Bull. So then why are we engaged in a society-wide experiment in sleep deprivation? Average nightly sleep time during the workweek in the United States is down nearly 20 minutes in the last decade, to six hours and 40 minutes. And men ages 30 to 44 are the worst offenders: Thirty percent of them say they log less than six hours of sleep at night, according to a survey from the Centers for Disease Control and Prevention.

[The price you pay for this sleep deficit is more than just lost productivity](#)—your health can suffer too. So wake up! It's time to shed some light on this dark territory.

### **Successful, driven guys should be good to go on five hours a night: MYTH**

True, Napoleon slept four to five hours a night, and Thomas Edison got by on four. But world domination and the lightbulb might have been mere warm-ups had these guys slept more. Sleep scientists estimate that only 10 percent of adults are hardwired to need appreciably less (or more) sleep than the recommended seven to eight hours. And by cheating on sleep, you're limping through life with the cranial equivalent of a torn calf muscle. Scarier still, [people who are sleep-deprived often don't even know](#) they've turned into zombies. After dividing 48 volunteers into four sleep regimens—eight, six, four and zero hours a night (a.k.a. torture)—University of Pennsylvania researchers found that the six-hours-a-night group fared as poorly on measures of alertness and memory after two weeks as the no-sleep crew did after 24 hours. But participants in the six-hour group didn't feel very sleepy even when they were performing at their worst. Accumulating a sleep deficit also leads to "microsleeps" while you're awake. "Your brain becomes unstable and will go 'off-line' for half a second," Dinges says. The more sleep-deprived you are, the more frequent and longer the lapses.

**Snooze strategy:** If you didn't sleep seven to eight hours every night this past week, go to bed this weekend at your regular weekday time, but

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don't set your alarm clock. Did you rise on Saturday and Sunday at the same time you would have on, say, a Tuesday? Then you may be one of those few people who can sleep less yet remain healthy. The rest of us mere mortals can begin to repay our sleep debt by dozing 10 hours a night on weekends and then sticking to seven to eight hours during the week. Your brain will use this strategy whenever you accumulate a sleep debt, says Ruth Benca, M.D., Ph.D., medical director of the Wisconsin Sleep Center. Otherwise, you want to stay consistent with your sleeping.

### **Frequently needing to pee in the middle of the night might indicate a health problem: TRUTH**

That first stumble to the bathroom in the dark can be chalked up to the beer you drank watching the Knicks game

The second one can spell trouble. "If you habitually take two or more bathroom trips a night, you probably have obstructive sleep apnea," says Alex Chediak, M.D., medical director of the Miami Sleep Disorders Center. With sleep apnea, the soft tissue at the back of your throat blocks your upper airway during sleep, stopping your breathing for anywhere from 10 seconds to a minute or even longer. This can occur hundreds of times in a night, depriving you of restorative deep sleep and starving your vital organs of oxygen. No wonder sleep apnea has been linked to heart disease, hypertension, and mood disorders.

But why does it wake you up to pee? Because those mini-suffocations result in lower circulating oxygen levels, your heart pumps harder, raising your blood pressure. As excess fluid builds up in your veins, a feedback loop triggers the release of a pressure-relieving diuretic, making you need to pee. An enlarged prostate and high blood sugar can also prompt middle-of-the-night bowl breaks. But with those conditions, says Dr. Chediak, you'll pee a lot day and night.

**Snooze strategy:** Raising the pillow end of your bed by a few inches can help prevent that tissue from blocking your throat. Snoring could also be waking you in the middle of the night, and one major cause is nasal obstruction. Wash out mucus and irritants by mixing 1/4 teaspoon of table salt in 2 cups of warm water and flushing your nose twice a day using a medical or bulb syringe. Japanese researchers found that people with nasal obstruction were twice as likely to experience daytime fatigue as people with clear passageways. For video instruction on the technique, visit [mayoclinic.com](http://mayoclinic.com) and search "nasal irrigation." If the peeing persists around the clock, schedule a prostate exam and have your blood-sugar level checked by your doctor after an overnight fast.

*A defendant was asked if he wanted a bench trial or a jury trial. "Jury trial," the defendant replied. "Do you understand the difference?" asked the judge. "Sure," replied the defendant. "That's where twelve ignorant people decide my fate instead of one."*

### **The post-lunch bonk can't be avoided: MYTH**

Many Europeans scarf down a carb-loaded lunch and then shut down from 1 to 4 in the afternoon. But with unemployment soaring, let's assume a three-hour nap won't play well at the office. If you find yourself entering what amounts to a food coma after lunch, you're probably eating too many carbohydrates in the morning. And what you're not getting enough of is making it worse. "A postlunch crash is a telltale sign of poor nighttime sleep, as is dozing in meetings, theater performances, or similar environments," says Dr. Benca. Not sure if you're experiencing a modest dip or a true crash? Take a minute or two to fill out the [Epworth Sleepiness Scale](#). This online questionnaire is the same one sleep docs use on their new patients.

**Snooze strategy:** Along with improving your nightly sleep pattern, eat three small meals spaced two hours apart in the morning. Try a protein shake at 7 a.m., two eggs and a small cup of oatmeal at 9, and an apple and a handful of almonds at 11. You'll consume fewer carbohydrates, and you won't be as likely to overeat at lunchtime. In fact, a salad with grilled chicken and avocado on top should be enough to keep your mind focused and your head off the desk all afternoon, says Keith Berkowitz, M. D., medical director of the Center for Balanced Health in New York City.

### **Waking up at 4 a. m. every day just means I'm an early riser: MYTH**

More likely, you—along with 60 million other Americans—have insomnia, an inability to fall or stay asleep. "Insomniacs wake at the slightest disturbance and feel unrefreshed in the morning," says Dr. Benca. Insufficient sleep exposes the sufferer to a litany of performance and health problems. In a study published in the *Journal of Psychosomatic Research*, researchers found insomniacs were more than twice as likely as normal sleepers to call in sick for long periods.

**Snooze strategy:** Let's assume that you've already cut back on caffeine. What you want to do is make your sleep more efficient, says W. Christopher Winter, M.D., medical director of the sleep medicine center at Martha Jefferson Hospital in Charlottesville, Va. Dr. Winter likens poor sleep to a bookcase missing a few volumes, representing gaps in your sleep. By going to bed an hour or so later, those gaps won't be as long as or frequent. Soon enough, you should be waking up after the roosters, not before them.

### **A tiring workout before bed will help me sleep more soundly:**

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## MYTH

Regular exercise is one of the best sleep-promoting remedies, but working out late at night risks leaving you wide-eyed in bed. "It's easiest to fall asleep when your core body temperature goes relatively quickly from very warm to very cold," says Dr. Chediak. "After exercise, that cooling process takes four to six hours." It's better to take a hot bath or sauna session close to bedtime. "Anything that raises core body temperature will help get you started on sleep," says Dr. Chediak. He says the cooldown period into the sleep zone following a bath takes just two hours—half that of an exercise session.

**Snooze strategy:** Work out—but do it first thing in the morning for all-day energy and a quick drift into deep, restful sleep. Studies show that exercise improves sleep as effectively as a class of sleeping pills that includes Restoril and Halcion.

### Alcohol can help me sleep at night: MYTH

Only if you equate a good night's sleep with passing out drunk on your girlfriend's sofa. Alcohol messes with the normal sleep cycle, especially the back end of the cycle. "Four hours into sleep, alcohol wears off and leaves you in an excitable state," says Dr. Chediak. You'll sleep lighter, wake more easily, and be hung over when you do wake. After three nights of intoxicated slumber, even the initial knockout punch begins to wane. Dr. Chediak warns of another drawback to using a six-pack as a sleep aid. "Being a muscle relaxant as well as sedative, alcohol can even create sleep apnea symptoms in snorers who don't otherwise have the condition," he says. Unfortunately, liquor is a go-to therapy for many sheep counters, used as often as over-the-counter sleeping pills and more often than prescription sleep meds.

**Snooze strategy:** Be consistent with your overall schedule and you won't need booze. "Your internal clock is a structure in your brain called the suprachiasmatic nucleus," says Dr. Winter. "To set this clock, eat your breakfast, lunch, and dinner at exactly the same time every day for a week."

Provided by *Men's Health*

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**Experts say 40 percent of cancers could be prevented**  
Kate Kelland

LONDON (Reuters) - Forty percent of the 12 million people diagnosed

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with cancer worldwide each year could avert the killer disease by protecting themselves against infections and changing their lifestyles, experts said...

Read the full story

<http://www.reuters.com/article/idUSTRE6113PX20100202?feedType=nl&feedName=ushealth600>

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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](mailto:tgarnett@philabundance.org)).

For more information, go to [www.philabundance.org](http://www.philabundance.org)

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Tips for making oatmeal appealing to kids

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

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## GREEN PIECE

**Don't throw your old TVs away!**

All electronics can be dropped off for recycling at either Domino Lane & Umbria St.

or



State Rd. & Ashburner St. in Philadelphia  
at the  
Streets Department Sanitation Convenience Centers,  
Monday through Saturday  
8:00 am to 6:00 pm.

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*After being with her all evening, the man couldn't take another minute with his blind date. Earlier, he had secretly arranged to have a friend call him to the phone so he would have an excuse to leave if something like this happened.*

*When he returned to the table, he lowered his eyes, put on a grim expression and said, "I have some bad news. My grandfather just died."*

*"Thank heavens," his date replied. "If yours hadn't, mine would have had to!"*

## 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:  
March 20.

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



*I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble.- Helen Keller*

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.greenjobsphilly.org/news>

## **PERSONAL AND HOME SECURITY**

### **'Distracted Driving' gets more attention**

As evidence piles up that using a cell phone while driving carries significant and often fatal risks, aggressive efforts are under way to end talking and texting behind the wheel.

By Anna Vander Broek

That's not a ring tone. It's a siren.

In some places, cruising down the highway while texting on your cell phone now can hold the same consequences as downing a martini before jumping behind the wheel. In other areas, simply having a phone to your ear can merit a stop.

- How risky is your ride?

The federal government is ramping up an educational campaign against "distracted driving," reinforced by an array of new state laws against texting or talking on a cell phone while driving. Some penalize the behavior; others even criminalize it.

The measures come as insurers have begun seeking ways to avoid shouldering massive liability for inattentive customers. And the families of those killed or injured have begun organizing highly visible, sometimes wrenching campaigns to battle the perception that cell phone

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use is a harmless part of a drivers' daily routine.

It's not a small problem: Nearly 6,000 people died in crashes involving distracted driving in 2008, according to the National Highway Traffic Safety Administration. That's 16% of all traffic fatalities for that year. In addition, 500,000 were injured in 2008 in accidents involving some form of driver distraction, the U.S. Department of Transportation reports.

Cell phone use affects a driver's reactions as much as having a blood-alcohol level of 0.08%, the legal threshold for driving while intoxicated, a University of Utah study has indicated.

Despite the potential dangers, more than two-thirds of people in a 2009 AAA survey admitted talking on a cell phone while driving. Local jurisdictions in many states have introduced laws clamping down on distracted drivers. In all but six states, local jurisdictions can pass additional restrictions.

- Nineteen states and the District of Columbia have banned texting while driving outright or have enacted limited texting bans.
  - Novice drivers are banned from texting in nine states.
- Six states and the District of Columbia have banned handheld cell phones for all drivers.
  - The use of all cell phones, handheld or otherwise, by novice drivers is restricted in 21 states and the District of Columbia.
  - The use of all cell phones while driving a school bus with passengers is prohibited in 17 states and the District of Columbia.

On Tuesday, a federal law went into effect prohibiting commercial bus and truck drivers from texting while driving. The measure carries penalties of up to \$2,750.

The consequences of breaking cell phone driving laws vary by state. In five states, drivers can be pulled over for using a cell phone illegally without first committing another offense, such as speeding. Texting while driving is a primary offense in 17 states.

In Missouri, for example, sending messages while driving is a primary offense for drivers under 21. Offenders can be fined up to \$200 and get two points against their licenses.

There have been cases with more extreme consequences. A Seattle man was recently sentenced to five years in prison for vehicular homicide because he was texting while driving when he hit and killed a bicyclist. According to The Seattle Times, the prosecutor used phone records to prove the accident occurred while the driver was sending a text.

[Read More](#)

## **GRANTS, SCHOLARSHIPS & INSTRUCTION**

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### **Fellowship Available to Cover 65th UN General Assembly in New York for Journalists from Developing Nations**

Fellowship available to cover 65th UN General Assembly in New York

Region: Worldwide

Journalists from developing nations between the ages of 25 and 35 are encouraged to apply to a fellowship program that will send recipients to New York for approximately two months to cover the United Nations General Assembly.

Deadline: April 9.

Applicants to the fellowship, called the Dag Hammarskjöld Scholarship Fund for Journalists 2010, must be currently employed by a legitimate media organization. Fellowships will pay travel and accommodations in New York for approximately two months as well as a per diem allowance.

Applications will not be accepted from Egypt, Pakistan, Phillipines and Ghana, as those were the winning nations of 2009.

For more information, visit the Web site here. For specific questions, e-mail: [info@unjournalismfellowship.org](mailto:info@unjournalismfellowship.org)

RT @mediamentor: RT @Media\_Freedom:  
Fellowship available to cover 65th UN  
General Assembly in New York  
<http://ow.ly/1ds9c>

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### **200 Free Scholarships For Minorities (NEW UPDATED 2010 LISTINGS)**

<http://www.blackexcel.org/200-Scholarships.html>

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## HIV/AIDS Prevention Workshop

*Prejudices, it is well known, are most difficult to eradicate from the heart whose soil has never been loosened or fertilized by education; they grow there, firm as weeds among stones.-- Charlotte Brontë, Jane Eyre.*

### 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 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,

*The same energy of character which renders a man a daring villain would have rendered him useful in society, had that society been well organized.-- Mary Shelly Wollstonecraft.*

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

and



*The judge warned the witness, "Do you understand that you have sworn to tell the truth?" "I do."  
"Do you understand what will happen if you are not truthful?" "Sure," said the witness. "My side will win."*

[http://depts.washington.edu/ccph/pdf\\_files/2005%20Summer%20Institute%20Agenda.pdf](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](http://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](mailto:sliccph@mcw.edu) for more information.

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### **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.

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### **Best Buy Children's Foundation**

<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.

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### **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](http://www.aetna.com/foundation/grants_reg/guidelines.html)>Awards

Ongoing Deadline

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### **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>

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### **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 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>

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### **SpotLight On Our Efforts**

#### **Village of the Arts and Humanities**

The Village of Arts and Humanities, located at  
2544 Germantown Avenue

*The most violent element in society is ignorance. - Emma Goldman*

Philadelphia, PA 19133,

seeks to build community through its innovative education, social, construction and arts programs. In all of its projects and activities, the Village seeks to do justice to the humanity of people who live in inner-city North Philadelphia and in similar urban situations.

The need for a new urban landscape in 1986, spawned The Village Arts and Humanities (the Village) of North Philadelphia. Emerging as an outgrowth from a place Arthur Hall named Ile Ife Black Humanitarian Center—Ile Ife is drawn from Yoruba (Nigeria) cosmology and means the birthplace of humanity and also the “House of Love”—the Village was incarnated from a small neighborhood park project headed by Lily Yeh, the Village founder and two African American men in recovery from substance abuse. Since its inception, the Village has transformed a 260 square block area of North Philadelphia, one block at a time through a neighborhood revitalization program that has evolved into a major provider of arts-inspired programs including education, land transformation, construction, and economic development.

Fast forward 20 years, and you can’t miss the impact of the Village within the community, starting with the larger than life murals, and colorful tile mosaics that punctuate housing projects, parks, even sidewalks as a visual testament to the work being done to improve the lives of North Philadelphia residents.

Today, we are a multi-faceted, professionally staffed, arts organization, governed by a community-based board of directors. We have won numerous local and international awards and citations for innovation and achievement, and earned high marks within the community for serving thousands of low-income, primarily underserved African American dwellers. However, North Philadelphia could well be anywhere around the globe where people suffer due to cultural differences or economic inequities; and that is why our program resonates so strongly worldwide.

We foster a new multiculturalism that embraces the gifts and the challenges expressed by all cultures and people. Our programs seek to tap into the common threads of all communities that have been labeled at risk, underprivileged, impoverished, undereducated, and stressed to create anomalies in the same undeniable way that the blues, gospel, jazz and even hip hop have done, with cross cultural success. We know that the Arts transcend race, culture, religion, education, socioeconomic background, gender, sexual orientation, age, or ableism.

Our work is described as provocative, muscular and risky. We are not limited by convention but instead boldly redefine art to incorporate environmental justice, greening and beautification, as well as community organizing.

Solid is the foundation from which we were originated. Lily Yeh

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endeavored under difficult situations and limited resources to make work that has forever shifted perceptions in the lives of oppressed people living in urban settings. We value our staff, board of directors and volunteers and recognize their ability to affect change.

If you are interested in learning more about the Village's arts and environmental programs, special events, performances, volunteer opportunities, and other ways to help, please contact our Volunteer/Outreach coordinator at 215.225.7830 or

[volunteers@villagearts.org](mailto:volunteers@villagearts.org)

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### **Children's Scholarship Fund of Philadelphia**

With a simple mission of providing four-year, K-8<sup>th</sup> grade scholarships to low-income families in Philadelphia and a small but passionate staff, CSFP currently serves 3,000 children enrolled at approximately 200 private, and parochial schools. The demand for access to safe, high quality primary schools is tremendous. Each year CSFP must turn away more than 7,000 children desperate for better educational opportunities.

Through other scholarship programs exist, CSFP uniquely focuses on K-8<sup>th</sup> grade, where the foundation of a child's educational success is set. These four year scholarships are awarded by random lottery and are available for up to three children in a family. CSFP families have become active partners in the educational process contributing a minimum of \$500 per family towards tuition. CSFP students' average attendance rate is more than 96%. And thanks to the vested interest of parents and the commitment of the CSFP support system, CSFP alumni are graduating high school on time, at rates of 95% compared to Philadelphia's public school rate of 49%.

<http://www.csfphiladelphia.org/>

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The mission of

### **The Children's Advocacy Project (CAP)**

is to help bridge the gap between the many quality social service agencies in the Philadelphia area and the families that need their help the most. To bridge this gap, we aim to empower and to inform those that care for the children of Philadelphia through this web site. The CAP will assist families, health care professionals, and social service providers by

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furnishing the tools necessary to connect families in need to the appropriate social service agencies that serve them.

To continue our series of Cap4Kids Hints of the Week and the root causes of violence in our city, let's consider Lead Poisoning. Lead poisoning directly affects our children's developing brain and several studies (see attached PDF from Minneapolis Dept. of Health) show a direct correlation between Lead exposure, anti-social behavior and violence.

On the [www.cap4kids.org/philadelphia](http://www.cap4kids.org/philadelphia) website, under the Safety Handout ([http://www.cap4kids.org/philadelphia/parent\\_handouts/safety.html](http://www.cap4kids.org/philadelphia/parent_handouts/safety.html)), there are links to the Childhood Lead Prevention Program of Philadelphia, as well as Free Home Safety inspections to pick up lead in the environment BEFORE the toxic effects affects our children.

Daniel R. Taylor, D.O., FAAP

<http://www.cap4kids.org/philadelphia/>

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### **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 our 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 prosper 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



*Two old-time political aides are walking through a shabby, overgrown cemetery, writing down names from the headstones. One of the men works very fast, stopping only by upright stones where he can read the names clearly. The other works deliberately, gone from one stone to the next, kneeling down and clearing away the grass and wiping away the grime in order to see the name clearly. "Why are you spending so much time doing that?" the first man asked. "I'll tell you," the second man said. "This is a free country with a Constitution and everything. Each one of the people has as much right as the next to cast his vote."*

the interests of our visitors. When you first click on the provided website 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.

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### **From The Ramparts Junious Ricardo Stanton Why History Is Important**

... We have to look at our situation politically and socially. So when his projected as irrelevant, as unprofitable, as a system of dates and events, as of rarified causes and effects, it is projected that way, I think because it h maintain the political and social status quo and because it serves a politico function. People who are historical who have little knowledge of history and who are more gullible, more easily manipulated and people who can be more adapted to the capitalist machine than people who are historically knowledgeable. History can become a basis for self-criticism, a basis for self-understanding and importantly the basis for understanding the motives and the psychology of our people. Amos N. Wilson The Falsification of the Afrikan Consciousness Eurocentric Psychiatry and the Politics of White Supremacy page 18

Here it is another February and African people, the people with the long greatest legacy of accomplishment and success on the planet once again ourselves scrambling to cram a smidgen of our history and achievements into the shortest month in the calendar year. Has it ever dawned on us to incorporate our history into our lives on a daily basis? To make matters worse, too many of us are disinterested in history altogether; even more tragic; too many of our people do not desire to learn about African genius and greatness. Too many are too comfortable perceiving themselves as coons, jiggaboos, niggas, thugs and hoochie men



*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.*

In the West, history like most things European is taught as something remote far past detached from present reality or worse it has been reduced to a conglomeration of fabrications, myths, disinformation and outright lies. We have been conditioned by our society to denigrate the study of the past and eschew discerning how it explains the present and sets the tone for the future.

Malcolm X a.k.a El Hj Malik El Shabazz a.a.k.a. Omawali said, History is our collective memory, and without a memory, man is demoted to the lower animals. In reckoning Africans in America have lost our minds, literally and figuratively we are in bad shape. We are worse off than animals because we have lost our memory.

When one loses one's memory he or she has in fact lost much of their mind and psychological orientation, their sense of self and who they are. This is the situation most Africans find ourselves in today early in 2010. We suffer from amnesia. When one has amnesia he or she has lost their past, their sense of self, they don't know who they are but also they don't know who the people around them are. This is why it is so easy for so many of us to call each other outside our windows to degrade and disrespect one another. Amnesia not only causes us not to know who we are now, it destroys our link to the past, our connection to our relatives, experiences and accomplishments.

The Dictionary of Psychology defines amnesia as: loss of memory, either partial or total due to any reason, the inability to recall, functional amnesia because of the conflicts of psychological trauma, the individual seeks escape through forgetting. (Emphasis mine.) The latter definition when you stop to reflect on the traumas we have experienced during our sojourn under Arab and European attacks, violence, subjugation, is one way we attempt to minimize the pain, suffering and shame by trying to forget what has been done to us. In case studies of abused children and spouses, often the victims attempt to block out memories of their abuse from their conscious minds. When they go into therapy they are encouraged by their therapists under controlled circumstances to recall the events of their past, to process the pain through them with an eye towards healing their pain.

People talk about Post Traumatic Slavery Disorder as if the trauma of oppression ended following the US Civil War (an oxymoron if ever there was one, what do you know that were fought civilly?). Our high illness rates, our addiction to drugs, poverty (just like the poverty of our Haitian brethren) and much of our mental pathology are the direct and indirect results of ongoing, deliberate and systematic policies and practices. One clear example of this is the recent steering of the uneducated and unqualified Blacks into Sub-prime mortgage loans when they had the credit to qualify (there's that word history again) the income and collateral to qualify for prime loans! Imagine the distress and angst these people are experiencing now as their homes and their lives are turned upside down. Another example is the vast disparity between the per capital spending for white and black public schools.

These are real and they are happening today.

When you visit a physician he, she or his or her nurse takes a family, clinical and disease history. They ask you about your parents, their illnesses, your medical history.

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and the type of medications if any you are on. They need you to share your  
(history) so they can assist in your healing. Knowing our history as a people  
assist us in healing the psychological ravages of Eurocentric global white supremacy.

Knowing our people created great civilizations, great cultures and legacies  
accomplishment thousands of years before Europeans produced anything  
significance is important. It means we too can do great things. This is not do  
get into a tit for tat, one-upmanship contest with Europeans. For what, more  
history they teach in school is a lie anyway. Our quest for the truth is designed  
educate ourselves to the fact we are capable and creative, that we come from  
stock. The fact of the matter is, most of the accomplishments Europeans take  
for like the Nile Valley Civilizations, Sumer (Chaldea Babylon) , early China  
India were actually created by black people thousands of years before they  
Europeans appeared on the world stage.

Unfortunately many of the great civilizations created by Africans lie buried  
the sands of time or suppressed in history books awaiting their discovery.

still see some of it in Kemet (Egypt). I encourage you to visit Africa at least  
during your life time. But healing ourselves is our responsibility. It would be  
for us to think our adversary really wants us healed, self-actualized and empowered.

They already view us as a major threat to their global hegemony and people  
survival; in our current benighted state. If we were to become truly enlightened  
empowered they would have major conniptions. But this is not about our  
and their mental state. This is about us! By seeking and embracing our history  
discover ourselves and facilitate our own healing.

## **ARTS FOR AWARENESS**

### **Jus' Words at Dowlings Place**

1310 No. Broad St. Phila

Every Thurs. 9pm to 1am

- Poets
- Rappers
- Singers
- Spoken Word Artists

## **COMING UP**

**The PA Advisory Board for Stop Hunger Now, Clear Channel  
Communications, State Representative Tony Payton, Jr., The Sam  
Dalembert Foundation** and a broad coalition of partners are rallying  
hundreds of Philadelphia area residents to package meals for the citizens

*If you have a great ambition, take as big a step as possible in the direction of fulfilling it. The step may only be a tiny one, but trust that it may be the largest one possible for now. -- Mildred McAfee.*

of Haiti.

With your help **we will package 200,000+ meals in one day**. Stop Hunger Now will ship all meals directly to partner agencies in Haiti at the conclusion of the event.

Join us for a dynamic day of packaging, music, food, prizes and **special VIP guests! Please be sure to register for one or more shifts**, then join our [Facebook](#) Group and follow us on Twitter [@philyfeedshaiti](#) for breaking details and be the first to hear about special guests and prizes.

Saturday, March 27, 2010

from

9:00 AM - 6:00 PM (ET)

Sherman Mills

(Ridge Avenue & Scotts Lane)

Alexandra Hall

3502 Scotts Lane

Philadelphia 19129

*\*Children 5 and older, accompanied by a parent/guardian or adult chaperone are welcome!*

*\*\*Groups leaders may register their entire group, please enter details for each volunteer.*

### **Philly Feeds Haiti Partners and Sponsors**

- *The Mercer Advisory Group*
- *Cardenas-Grant Communications*
- *Clear Channel Communications*
- *Office of PA State Representative Tony Payton, Jr.*
  - *Come Kleen Productions*
- *Sherman Properties and Sherman Mills*
  - *Keystone Outdoor*
  - *Sam Dalembert Foundation*
  - *Signature RED, LLC*

*It is hard to fight an enemy who has outposts in your head.-- Sally Kempton.*

• *MCTS Media Group "Change Radio Block"*

*This effort is organized by Stop Hunger Now, an international relief agency based in Raleigh, NC ([www.stophungernow.org](http://www.stophungernow.org)), and the Stop Hunger Now PA Advisory Board, a cross section of area leaders from business, political, non profit, faith and media sectors.*

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**FUNTIMES MAGAZINE AND SAVE AFRICA CONCERTS  
FOUNDATION PARTNERS FOR A WOMEN'S HISTORY  
EVENT**

FunTimes Magazine is partnering Save Africa Concerts Foundation to present Women's History Month event will take place on  
March 12th  
at the  
Redeemed Christian Church of God,  
5801 Walnut Street  
from  
5pm to 8pm.

This program will focus on HIV/AIDS awareness. A film on women's health will be shown. HIV testing will be offered. Refreshments will be served. The program is also a part of the African and Caribbean Complete Census Count Committees' Weekend Kick Off Celebration to create awareness about Census 2010. African Family Health and AFRICOM are our community partners.

FunTimes Magazine was first published in 1992 in Monrovia, Liberia during the civil war. The premier US edition was published in October 2008. The magazine addresses issues that are important to Africans and Caribbeans like health. FunTimes has participated in community events such as youth soccer tournaments (in Liberia) and a lecture series (USA).

At the end of 2008, there were an estimated 22.4 million people living with HIV in sub-Saharan Africa and 310,000 in North Africa and the Middle East. In the US HIV is often called the "Silent Epidemic" among African and Caribbean Immigrants. This is why FunTimes decided to partner with Save African Concert Foundation (SAC).

Save Africa Concerts (SAC) Foundation, founded in 2000, is an international nonprofit organization based in New York City. Its mission is to reduce the impact of poverty, HIV/AIDS and other health

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issues affecting the sub-Saharan region of Africa through comprehensive prevention programming, utilizing behavior change education as well as entertainment as a form of mobilization.

**Contacts:** Eric Nzeribe (215) 954-6300 or (610) 809-1656

Email: [info@funtimesmagazine.us](mailto:info@funtimesmagazine.us)

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## **FUNTIMES MAGAZINE WILL HOLD MISS BLACK AMERICA CONTESTANT SEARCH**

**Philadelphia, PA** – February 13, 2010: FunTimes Magazine is partnering with Miss Black America to hold a information search at its offices at 1226 Stiles Street on April 3, 2010. The event will take place from 3pm to 4:30pm. Miss Black America is looking for contestant's ages 9 to 29. The purpose of this special contestant search is to encourage African and Caribbean women to participate in the Miss Black America Pageant. Interested participants will receive a \$50 voucher to waive registration fee.

FunTimes seeks to bridge cultures and bring communities together. Its target audience is African and Caribbean Immigrants and the African Diaspora. The magazine is distributed to major cities in the US, Europe and in Africa.

FunTimes Magazine was first published in 1992 in Monrovia, Liberia during the civil war. The premier US edition was published in October 2008. The magazine addresses issues that are important to Africans and Caribbeans like health. FunTimes has participated in community events such as youth soccer tournaments (in Liberia) and a lecture series (USA).

The Miss Black America Pageant is recruiting contestants to compete in a Beauty, Talent, and Intellect Pageant. The MBA Pageant's motto is: "Sow the Seeds of Positivity & Reap the Flowers of Success. The MBA Pageant is more than a contest of beauty. It is a lifetime enrichment and motivational program. It instills positive practices for all participants.

**Contact:** Eric Nzeribe (215) 954-6300 or (610) 809-1656

Email: [info@funtimesmagazine.us](mailto:info@funtimesmagazine.us)

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*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.*

## **Calling all Fathers, Sons, Uncles, Nephews, Neighbors & Friends!**

Mark your Calendar!

### **Annual Wellness Breakfast for Men Only**

Supported by Universal Companies and Health Partners

DATE: Sunday, March 14, 2010

TIME: 9:00 AM - 1:00 PM

LOCATION:

Universal Institute Charter School  
1415 Catharine Street  
Philadelphia, PA 19146

In its thirteenth year, the Annual Wellness Breakfast for Men is a gathering where males of all ages are encouraged to enjoy a complimentary healthy breakfast and gain valuable wellness resources along with free health screenings. This gathering is free to males of all ages!

This year's speakers include:

Dr. Frederick D. Burton  
Founder & Medical Director of the  
Burton Wellness Injury Center

Dr. Daniel A. Monti  
Executive Director of the Myrna-Brind Center of Integrative  
Medicine at Thomas Jefferson University & Hospital

Mr. Glenn Ellis, Sr.  
Health Educator,  
Strategies for Well-being, LLC.

Don't miss out on an opportunity to take charge of your health!

to register online or call (215) 732-1372 for additional information.

Large  
groups (civic, religious, or neighborhood) are all welcome!  
About The Wellness of You, Inc.

*A drunk was walking down the sidewalk with a limp. A man coming in the opposite direction notice that he only had one shoe on. The man said to the drunk, "hey buddy, what's the matter, lose a shoe"? The drunk replied, "Nah, found*

Founded by Faatimah Gamble, The Wellness of You is a 501(c)(3) nonprofit health resource organization with a mission of introducing healthy lifestyle practices to medically underserved communities. Since 1996 over 25,000 individuals have benefited from the programs, workshops and events produced by The Wellness of You. In addition to the Annual Tree of Life Awards Luncheon and the Annual Wellness Breakfast for Men Only, The Wellness of You produces Character Building/Self Esteem Training programs for adolescents as well as an Annual Children's Wellness Health Fair for over 800 students and their families. The Wellness of You maintains a goal of "Building People from the Inside Out" through mind, body and spirit integration; so individuals can lead their best quality of life. For more information including how to make a contribution online, visit [www.wellnessofyou.org](http://www.wellnessofyou.org)

#### About the Event's Supporters:

Universal Companies is in the business of helping people. Its mission is to create educational, cultural and entrepreneurial opportunities that will stimulate the development of wealth within historically disenfranchised communities. To accomplish this, Universal Companies focuses on the identification and removal of systemic barriers to wealth creation within urban settings.

Health Partners is the Philadelphia area's third largest health plan overall, serving more than 154,000 adults and children. Health Partners is also the region's largest independent Medicaid plan and the Philadelphia

area's only health plan that is owned by a partnership of local hospitals. This

not-for-profit partnership includes some of the nation's most prestigious hospitals and hospital systems: Albert Einstein Medical Center; Aria Health; Hahnemann University Hospital (Tenet Health System); Hospital of the University of Pennsylvania; St. Christopher's Hospital for Children (Tenet Health System); Temple University Hospital; and Temple University Hospital-Episcopal Campus.

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**Help for Haiti: Beyond media Coverage**  
to be held on

*A cannibal chief invited over another cannibal chief from a different tribe over for dinner. They sit down and eat the best meat. After dinner, the visiting cannibal chief said, "Wow that was good! Your wife makes the best meat." Then the other cannibal chief said, "Yeah, I'm gonna miss her..."*

Friday March 19<sup>th</sup>, 2010

6:30-8:30pm at

Penn Museum,

3260 South Street,

Philadelphia, PA 19104

(Culture, politics, history, social customs and music)

Or for details please visit: <http://www.penn.museum/press-releases/716-help-for-haiti-beyond-media-coverage.html>

For more information

Prema Deshmukh

The Commonwealth of Pennsylvania Lecture and International  
Classroom Programs

Penn Museum

3260 South Street Philadelphia, PA 19104

Tel:215-898-4065/66 Fax: 215-898- 4262

<http://www.penn.museum/educators-k-12/199-commonwealth-lecture-program.html>

<http://www.penn.museum/educators-k-12.html>

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The Ladies of the Black Women's Educational Alliance  
( Philadelphia Chapter)

Presents:

**An Evening of Elegance: Celebrating the First Ladies of  
Philadelphia**

on

Friday, March 19, 2010

at the

Embassy Suites Hotel

9000 Bartram Ave.

Philadelphia, PA 19153

6:00 p.m. -10:00 p.m.

Speaker: Ms. Autumn Adkins, President of the Historical Girard College

First Ladies of Philadelphia Honorees:

Dr. Arlene Ackerman- Education Award

Bishop Audrey Bronson - Religious Commitment Award

Ms. Dee Phillips ( PFT/CASA) - Service to the School District of  
Philadelphia Award

**JOIN THE  
COALITION,  
INC!**

To join The Coalition  
go to:

[TheCoalitionInc.net](http://TheCoalitionInc.net)  
and download a copy  
of the Pledge of  
Commitment and  
return it to us  
[the.pa.coalition@gmail.com](mailto:the.pa.coalition@gmail.com)

Ticket Price: \$60.00 Attire:  
Elegant Dress

For Ticket Information Contact:  
Kim Collins. B.W.E.A. Membership Chairperson at  
[kcakal1@aol.com](mailto:kcakal1@aol.com)

or

215-520-0676

(Tickets are moving fast, so call or e-mail me to reserve your tickets)

**\*\*Proceeds will Benefit Our Black History Essay Contest Participants  
and  
other B.W.E.A. Educational Initiatives**

\* \* \* Outside PA \* \* \*

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The Office of the High Commissioner for Human Rights presents its  
compliments to non-governmental organizations and has the honour to  
inform them that the

**Ninth session of the Working Group of Experts on  
People of African Descent**

will take place at the  
United Nations Office  
in Geneva, Palais des Nations  
Room CXI  
12 to 16 April, 2010.

The ninth session will include an analysis of structural discrimination  
against people of African descent, including in the areas of access to  
education, access to health, in the administration of justice, and the use  
of desegregated data as a tool to combat structural discrimination. The  
session will also contain a discussion of possible activities in the context  
of the International Year for People of African descent (2011), as  
proclaimed by the General Assembly in its resolution A/Res/641169.

The Working Group kindly invites all participants to bring with them to  
the session any proposals they may have concerning possible activities  
in the context of the International Year for People of African Descent.

The discussion of these proposals will assist the Working Group its  
formulating its contribution to a program of plausible activities for the  
International Year

*“Is there anything wrong?” the bartender asked of the young, well-dressed customer who sat staring grimly into his drink. “Two months ago my grandfather died and left me one hundred-fifty thousand dollars” said the man. “That doesn’t sound like anything to be upset about,” said the bartender. “It should happen to me.” “Yeah,” said the sour young man, “but last month an uncle on my father’s side passed away. He left me ninety-five thousand dollars.” “So why are you sitting here looking so unhappy?” Asked the bartender. “This month – so far – not a cent.”*

The opening meeting will begin at 10 am. on Monday 12 April 2010. The provisional agenda will be available on DHCHR website shortly.

Interested non-governmental organizations in consultative status with the Economic and Social Council, those non-governmental organizations which were accredited to the World Conference against Racism, Racial Discrimination, Xenophobia and Related Intolerance as well as those that were accredited to the Durban Review Conference are invited to communicate the names of these representatives by fax +41 22 928 40 50 On letterhead, signed by the appropriate official of their Organization. For further information, please contact Mr. Richard Clarke (tel: +41 22 928 9874

[ADUsecretariat@ohchr.org](mailto:ADUsecretariat@ohchr.org)

The Office of the High Commissioner for Human Rights seizes this opportunity to renew to non-governmental organizations the assurance of its highest consideration.

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### **Leadership Exchange seeks 2010 applicants**

The 2010 Greater Philadelphia Leadership Exchange, a project of the Economy League of Greater Philadelphia, will bring together 100 of the region’s most prominent business, nonprofit and government executives to explore efforts around innovation, sustainability, and workforce in Greater Philadelphia and the San Francisco Bay Area.

Application deadline is March 15th.

For more information or to apply, click [here](#)

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## **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



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

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between \$5.00 and \$14.00. Some restaurants have menus that serve 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](http://www.yele.org) or text YELE to 501501 to donate \$5.00 on your phone bill

UNICEF at [www.unicefusa.org](http://www.unicefusa.org) or call 800.367.5437

Doctors Without Borders at [www.doctorswithoutborders.org](http://www.doctorswithoutborders.org) or call 888.392.0392

American Red Cross at [www.redcross.org](http://www.redcross.org) or call 800.REDCROSS (800.733.2767) or 800.257.7575 (Español)

Partners in Health at [www.pih.org](http://www.pih.org) or call 617.432.5256

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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

*Your worst humiliation is  
only someone else's  
momentary entertainment. -  
- Karen Crockett*

children. Older women who for various reasons are alone (children 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](mailto: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](http://www.blogtalkradio.com)  
[www.baitulsalaam.net](http://www.baitulsalaam.net)  
[www.1000peacewomen.org](http://www.1000peacewomen.org)

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## **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

## JOIN THE COALITION, INC!

To join The Coalition  
go to:

[TheCoalitionInc.net](http://TheCoalitionInc.net)  
and download a copy  
of the Pledge of  
Commitment and  
return it to us  
[the.pa.coalition@gmail.com](mailto:the.pa.coalition@gmail.com)

community.

-- A choice of additional benefits including an educational webinar series.

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

### A HAND UP!

#### Call For Chairs

Overbrook Art Center needs chairs ASAP (100 or so) Can also accept stackable chairs.

Please email [Safiya134@aol.com](mailto:Safiya134@aol.com).

Thanks so much. Safiya

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#### LIHEAP Extension

1. The LIHEAP program (Cash and Crisis) end date has been extended from March 15 to April 2, 2010.
2. A \$100 supplemental LIHEAP Cash payment will be made to all LIHEAP households who are eligible for a cash grant.  
Households that were already approved for LIHEAP cash will automatically receive another \$100 (most payments will go directly to utility/vendor).

An additional \$100 supplemental LIHEAP Cash payment will be made to LIHEAP households with a "vulnerable household member". Vulnerable is defined as 60 or over, 5 or younger, or with a disability. This supplemental payment will be in addition to the \$100 Cash grant supplement which will be provided to all LIHEAP households eligible for a cash grant (discussed in #2).

4. As of February 8, 2010, DPW will accept all regulated utility termination notices, dated February 1 or later for the purpose of providing Crisis grants. In Philadelphia, shut-off notices from PGW and PECO dated February 1 or later will be accepted as proof of a Crisis.

Until now, only applicants without heat were eligible for Crisis.

5. As of February 8, 2010, individual households will be able to apply for a second Crisis grant up to the maximum total amount of \$400. The “one and done” rule has been waived.

A second Crisis grant may be issued to households who have previously received one of less than \$400. Both grants cannot total more than \$400.

The second grant must be accepted by the fuel vendor or utility company as sufficient to resolve the crisis. The utility must agree to accept the Crisis amount as sufficient to Avert termination until May 1, as per the LIHEAP State Plan.

Download LIHEAP Applications in English and Spanish at:  
<http://www.dpw.state.pa.us/ServicesPrograms/LIHEAP/>

To apply for LIHEAP Cash and/or Crisis, mail or take the application to:

LIHEAP District County Assistance Office (formerly Tioga)

1348 W. Sedgley Avenue

Philadelphia, PA 19132

Monday – Friday

8 a.m. – 4 p.m.

you can also apply for LIHEAP Crisis by going to:

Elmwood

District Boulevard District

5740 Market Street, 1st Floor 4109 Frankford Avenue

Philadelphia, PA

19139 Philadelphia, PA 19124

THURSDAYS ONLY TUESDAYS ONLY

8 a.m. – 4 p.m. 8 a.m. – 4 p.m.

**DO NOT MAIL APPLICATIONS TO THESE OFFICES!  
WALK-IN APPLICATIONS ONLY!**

## **JOIN THE COALITION, INC!**

To join The Coalition  
go to:

[TheCoalitionInc.net](http://TheCoalitionInc.net)  
and download a copy  
of the Pledge of  
Commitment and  
return it to us  
[the.pa.coalition@gmail.com](mailto:the.pa.coalition@gmail.com)

Questions? Contact Thu Tran,

[ttran@clsphila.org](mailto:ttran@clsphila.org), or

Maripat Pileggi, [mpileggi@clsphila.org](mailto:mpileggi@clsphila.org).

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### **Volunteer In Africa**

#### **Explore a Continent of Contrasts while Volunteering in Africa**

For over a decade, Cross-Cultural Solutions has supported thousands of volunteers in Africa on programs in Ghana, Morocco, South Africa and Tanzania.

CCS volunteers work side-by-side with local people in community organizations focused on supporting social services, education, and health initiatives.

Discover one of the world's most diverse continents and see firsthand the challenges it faces and how you can make a positive impact with CCS.

Go to: [www.cross-cultural-solutions.org](http://www.cross-cultural-solutions.org)

### **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 -----



## WORD-OF- THE-WEEK

### **ne plus ultra**

\nee-plus-UL-truh;  
nay-\: The highest point, as of excellence or achievement; the acme; the pinnacle; the ultimate; The most profound degree of a quality or condition.

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

**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](http://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](mailto:mwmsistahood@aol.com) to chat on line.

