



We all hold a piece to the puzzle  
Friday 02 July 2010

**The Coalition, Inc.  
Board of Directors**

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(President/CEO), John  
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(Treasurer),**

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Famous, Kendall Hayes-  
Fullard, Tom 'Bunny'  
Henry, Abdul Malik  
Raheem**

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# *News From The Coalition, Inc.*

*"Communication – Cooperation – Collaboration"*

Volume 4, Number 42

## **Greetings Coalition Family!**

For those of you on holiday this weekend, be safe and careful in all you do.

## **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.](mailto:NewsFromTheCoalition@inc.com)*

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

Cheyney University Center City  
is offering a pre-college program,  
STARS,

for high school students entering grades 9-12. Students will learn how to enhance their study skills, handle stress, resolve conflicts peacefully, and increase their ability to be successful. More information can be obtained by calling (215) 560-3891 or emailing [cucontinuinged@cheyney.edu](mailto:cucontinuinged@cheyney.edu) .

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

Paul "Earthquake" Moore  
Presents  
**Community Boot Camp**  
Through SEPTEMBER 2010

All young people are invited to experience a weekend of fun, discipline, and leadership activities.

It is the first of seven individual weekend sessions for youth scheduled to be held from April through September 2010

Hosted by Paul "Earthquake" Moore, Community Boot Camp is an exciting and positive weekend for youth in the Philadelphia and Delaware County areas.

For two days and one night, children ages 8-15 will have the opportunity to spend time with positive role models from various industries including city officials, TV and radio personalities, and sports figures. The aim is to show young people a better way of life through positive activities and role models and make them believe they can have an impact on their surrounding communities and future careers.

Young people will spend the night in the field, sleeping in tents, during which time they will be mentored by the men and women of the U.S. Army Reserve.

Activities to take place will include:

- ~ Community Clean up
- ~ Salute Report
- ~ Military Alphabet Code
- ~ Military Time
- ~ Violence, Drug and Alcohol Prevention
- ~ Community Basketball

*One falsehood spoils a thousand truths.  
Ghanaian Proverb*

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

Community Boot Camp is being sponsored in part by PAUL "EARTHQUAKE" MOORE, from PHILADELPHIA, a community activist, Moore has had the privilege of developing programs and activities that support positive teen development. Holds basketball tournaments, skating parties, Black History Month activities, and neighborhood clean-ups.

In addition, the organization has supported youth in developing relationships with the church.

Don't miss the opportunity to register your child for Community Boot Camp. Parents can register by calling 215-385-2696 or

Camps run through to  
September 2010

Donations are needed to buy daily meals, sleeping bags, and equipment for the youth who attend. Those who wish to donate to the Community Boot Camp should call 215-385-2696, or email Paul "Earthquake" Moore at [earth\\_quake1@hotmail.com](mailto:earth_quake1@hotmail.com)

All checks should be and sent to  
P.O. Box 5323

Philadelphia, PA 19142. Video

[http://www.youtube.com/watch?v=SrV\\_WEqETN4](http://www.youtube.com/watch?v=SrV_WEqETN4)

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Hunger Coalition publishes summer meals directory  
**The Greater Philadelphia Coalition Against Hunger**  
has published a directory of programs offering free meals for children in Philadelphia over the summer.

Tens of thousands of Philadelphia children who rely on school breakfasts and lunches can go without during summer vacation. This year, free breakfasts, lunches or snacks will be available to low-income children at more than a thousand recreation centers, churches, schools, parks and community centers throughout the city.

[Go here](#) for more information or to download the directory.

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**ASAP seeks info for annual after school directory**  
ASAP/After School Activities Partnerships is updating its annual directory of after school programs to be published in

*Sit quietly, doing nothing,  
spring comes, and the grass  
grows by itself. - A Zen  
Saying*

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.

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

To join The Coalition go to:  
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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)

September in the Philadelphia Daily News.

The directory is also available on the web as a service to parents, caregivers and youth workers.

To be listed, after school sites or programs can go [here](#) or call 215-545-2727 ext. 12.

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## **Come Join Us For FAMILY FUN DAY**

At Rainbow Ridge Farm Equestrian Center

Every Sunday 1-4 PM (weather Permitting)

Free Admissions Kids and Adult

Pony Rides  
Small petting zoo  
Arts and Crafts  
Face painting



Learn to Groom a horse, Feed animals, and much more.

All PROCEEDS Go To Our  
Therapeutic Riding Program Non-profit 501 (c) 3 Corporation

(215) 766-9357

4841 Applebutter Rd.  
Pipersville, PA 18947

5 min from doylestown Bucks County Pa Mins from Central NJ

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## **Partners sought for youth action teams**

Since 1997, MEE has implemented a unique youth employment model in which it hires and trains local youth to conduct peer-to-peer outreach to deliver health promotion messages to their community.

Most recently, MEE implemented Community Action Teams as part of its Blueprint for a Safer Philadelphia campaign, through which it provided employment, life skills and self efficacy and leadership training for 100 young people.

MEE is seeking strategic partners to pursue or use available grant money for summer employment programs in other locations, and is reaching out to organizations that have access to

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youth and workforce development funds. CAT participants can help in developing leadership skills and a positive self-image, receive training in important life, academic and communications skills, gain exposure to new experiences, people and places, earn money and incentives as compensation for their participation, build their resumes with outreach and communications experience, and earn community service credits for high school.

For more information, call William Juzang at 215-829-4920 or [email](#) ---- Coalition members! Activate 'Your' [web link](#) on The Coalition, Inc. web site ----

### **CCP sponsors summer program for males**

Community College of Philadelphia has announced its 2010 Center for Male Engagement Summer Enrichment Program, geared towards African American males. The program is a four-week intensive summer program for high school students graduating in June 2010 who intend to enter the Community College of Philadelphia for the first time as a full-time student in fall 2010.

Students who successfully complete the program will automatically become a member of the Community College of Philadelphia's Center for Male Engagement. Through the Center, they will be assigned a Support Coach who will assist them with personal needs in addition to encouraging them to take advantage of the many academic and social opportunities at the College.

The program takes place Monday through Thursday, 9am to 3pm, from July 12th through August 5th.

For more details, [click here](#) or call 215-751-8817.

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### **Cap4Kids**

Many studies show with intensive Early Intervention services, many children with developmental delays can catch up to their peers. In Philadelphia for those under 3 years old, referring to a family to Childlink from the doctor's office just got a lot easier.

On the [www.cap4kids.org/philadelphia](http://www.cap4kids.org/philadelphia) website, under the Early Intervention Services handout ([http://www.cap4kids.org/philadelphia/parent\\_handouts/early\\_intervention\\_services.html](http://www.cap4kids.org/philadelphia/parent_handouts/early_intervention_services.html)), you will find a new 1 page referral that should speed up the entire Childlink referral process.

~ ~ ~

**Teen pregnancy is a major issue that many of our communities face.**

*Outstanding people have one thing in common: an absolute sense of mission. - Zig Ziglar*

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Here are the facts:

The U.S. has the highest teen pregnancy rate in the industrialized world – twice as high as in England or Canada.

2006 saw the first rise in the U.S. teen pregnancy rate in 15 years.

An estimated 750,000 teens will become pregnant this year.

- About 1 in 3 women become pregnant at least once before they're 20.
- A sexually active teen girl who does not use contraceptives has a 90% chance of becoming pregnant within a year.
- It affects education - only a third of teen mothers earn their high school diploma. And only 1.5% has a college degree by age 30.
- It also affects their kids - girls born to teen mothers are more likely to be teen mothers themselves. Boys born to teen moms are more likely to end up in prison.
- 75% of girls and over half of boys report that girls who have sex do so because their boyfriends want them to.
- 8 in 10 girls and 6 in 10 boys say they wish they had waited until they were older to have sex.

Most teens (6 in 10) and adults (3 in 4) believe that teen boys often receive the message that they are “expected to have sex.”

Diapers are expensive, but it's nothing compared to the \$9 billion that teen pregnancy costs the United States each year. This includes increased spending in child welfare costs and public sector health care.

To address these issues, on the [www.cap4kids.org/philadelphia](http://www.cap4kids.org/philadelphia) website, under Pregnancy and Infant Resources, there is a section on Teen Pregnancy resources including the ELECT Teen CPC centers with a newly posted referral sheet, fact sheet (see attached), and Middle Years and MARS programs.  
[http://www.cap4kids.org/philadelphia/parent\\_handouts/pregnancy\\_resources\\_and\\_infants.html](http://www.cap4kids.org/philadelphia/parent_handouts/pregnancy_resources_and_infants.html)

Please become familiar with these resources and refer families and teens in need.

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

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

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*When a thought is too weak  
to be expressed simply,  
simply drop it. - Marquis de  
Vauvenargues*

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

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\\_f  
ocus\\_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.

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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?

*An ant on the move does  
more than a dozing ox.  
Lao Tzu*

- \* 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 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**

Super Scooper All-You-Can-Eat Ice Cream Festival  
spoons out the goods from noon to 5pm and 6pm to 9pm  
July 3<sup>rd</sup>.

Tickets \$5.00

The Great Plaza at Penn's Landing  
Chestnut St. and Columbus Blvd.



*Better to remain silent and  
be thought a fool, than to  
speak and remove all doubt.  
-- Abraham Lincoln*

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

For more information 215.928.8801

[www.delawareriverevents.com](http://www.delawareriverevents.com)

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Women's Business Development Center  
presents

**“Orientation and Business Assessment Workshop”**

July 7<sup>th</sup>

6-7:30pm

Women's Business Development Center  
1315 Walnut St.

Free, but pre-registration required.

215.7909232

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

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**Brown Bag Lunch Conversation:**

Dr. William Jelani Cobb

12-2pm, Free

Thursday, July 8th

Sweeten Alumni House

University of Pennsylvania

3533 Locust Walk

Philadelphia, PA

Registration Required. [Click Here.](#)

Acclaimed historian, professor and author of *The Devil and Dave Chappelle*.  
Dr. William Jelani Cobb will read excerpts from *The Substance of Hope*, his  
insightful new book that examines and compares voters from the Jim Crow  
era to those of the 2009 presidential election of Barack Obama.

This lunchtime conversation will be moderated by Dr. Imani Perry, author of  
*Prophets of the Hood* and the forthcoming  
*More Beautiful and More Terrible*.

Book signing with Dr. Cobb will immediately follow the program.

Art Sanctuary

215-232-4485

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

[info@artsanctuary.org](mailto:info@artsanctuary.org)

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*"It doesn't matter how many say it cannot be done or how many people have tried it before; it's important to realize that whatever you're doing, it's your first attempt at it." - Wally Amos*

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

100 Black Men - Philadelphia, Pennsylvania Chapter

Cordially Invites You To Attend Their  
**Next Networking & Membership Drive**  
Reception. This Event Will Take Place At One Of Center Cities Newest State-Of-The-Art Million Dollar Homes Worked On By Mentee's Of The 100's MEAP Program. Come Network And Learn What The 100 Organization Has Planned For The Future Of Our Philadelphia Youth.

Date: July 9, 2010

Time: 5:30pm - 9:00pm

RSVP Now!

<https://events.constantcontact.com/register/eventReg?oeidk=a07e2xn69fpb5d30f81&oseq=>

Venue Location

1501 Kater St.

Philadelphia, PA 19146

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**An Evening with Zane & Allison Hobbs**

Friday, July 9th

6pm-8pm, Free

Paul & Christine Washington Center

Church of the Advocate

18th & Diamond Streets

Philadelphia, PA

New York Times best selling author Zane, comes to Philadelphia for an intimate conversation with Philly's own "Queen of Fantasy Fiction" Allison Hobbs.

Hobb's latest novel, Stealing Candy, is a departure from her normal subject matter. In her latest book, Saleema Sparks, who was first introduced in Pandora's Box takes on the massive world of child sex trafficking.

Ms. Hobbs wants to shed light on this ever growing problem in many communities and she is using her skills as a writer to do just that with Stealing Candy.

*"Take a deep breath, count to ten, and tackle each task one step at a time."-Linda Shalaway*

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

Book signing with Allison Hobbs will immediately follow the program.

For information: Art Sanctuary  
215-232-4485

[www.artsanctuary.org](http://www.artsanctuary.org)  
[info@artsanctuary.org](mailto:info@artsanctuary.org)

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### **31<sup>st</sup> Annual Hispanic Fiesta**

July 10<sup>th</sup> 11<sup>th</sup>

2-8pm

Great Plaza at Penn's Landing  
Chestnut St. and Delaware Ave.  
215.683.2200

[www.americabirthday.com](http://www.americabirthday.com)

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## **EMPLOYMENT AND TRAINING OPPORTUNITIES**

### **Earth Force, Inc.**

#### **Position: Program Coordinator**

Please send a resume and cover letter by July 9, 2010, to:

[arahn@earthforce.org](mailto:arahn@earthforce.org) and  
[echristian@earthforce.org](mailto:echristian@earthforce.org)

Earth Force, Inc. is a non-profit organization committed to engaging youth as active citizens who improve the environment and their communities – now and in the future. For more information, please see our website at: [www.earthforce.org](http://www.earthforce.org).

#### **Job Purpose Summary**

This staff member works with the program team to train and support partners, support program implementation through community-based, governmental, corporate, and school-based organizations, and implement programming for the Youth Leadership Team.

#### **Key Responsibilities and Accountabilities for the Position**

- Recruit partners, adult leaders and sites to facilitate Earth Force programs.
- Provide comprehensive, quality training and support of Earth Force partners.
- Maintain ongoing contact with program partners, including: site

*The computer tech goes on vacation -- something his co-workers dread.*

*"Problems always arise when he leaves," a co-worker says. "And so it happened: We have a computer that gathers data on all outgoing phone calls in our company. The operator noticed that there were no new records that week, and called us.*

*"We went to the room where the computer stood amidst a jungle of cables, without knowing what their use was.*

*"After a half-hour of fighting with it, we had to disturb our friend on his vacation. Luckily he answered and told us that the solution was simple: We just had to plug the dark gray cable to the computer.*

*"We took a look, but found no 'dark' one, but simply a bunch of equally gray cables.*

*"After scratching our heads and telling him that we could not find it, we noticed a lonely red cable. We plugged it in and voila! Everything was back to normal.*

*"That's when we remembered that he was color blind."*

*(thx. Jackie Greene)*

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

- visits, calls, meetings, and emails. Build rapport with school and community-based organization administrators.
- Cultivate and maintain partner support-networks that both adult facilitators and youth participants can access as part of their Earth Force experience.
  - Implement programming for the approximately 25 Youth Leadership Team (YLT) members and build partner organizations to strengthen YLT Projects.
  - Support program implementation through a variety of partners including community-based, governmental, corporate, and school-based organizations.
  - Find recognition and appreciation opportunities for partners, educators, and young people for their projects in local media.
    - Administer evaluations and ensure their collection.
  - Supervision of volunteers working to support educators or the program
    - Program development and innovation
- Must have the ability to travel within and potentially outside the region

### **Ideal Skills for Position**

- Innovative thinking
- Demonstrated writing, communication and presentation skills
  - Organized and able to juggle multiple tasks
  - Self-motivated and able to provide follow-through
  - Passionate commitment to youth, the environment and community change
- Work effectively both individually and in a team setting
  - Collaborative, flexible approach to challenges
  - Competency in Microsoft, Access, e-mail, Internet

### **Ideal Experience for Position**

- Experience as a teacher, trainer and/or facilitator .
- Proven track record in working with youth as change agents.
  - Understanding of and experience in local community/environmental issues, service learning, environmental education and/or community-based work.
  - Knowledge of community organizations and agencies.
  - Work with inner city/urban youth; familiarity with the Kensington-Fishtown-Port Richmond neighborhoods of Philadelphia a plus.

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*The next time you get a rejection letter from a hoped-for employer or publisher, just send them the following:*

*Dear [name of the person who signed the rejection letter],*

*Thank you for your letter of [date of the rejection letter]. After careful consideration, I regret to inform you that I am unable to accept your refusal to offer me [employment with your firm/a contract to publish my book].*

*This year I have been particularly fortunate in receiving an unusually large number of rejection letters. With such a varied and promising field of candidates, it is impossible for me to accept all refusals. Despite [name of the co or agency that sent you this letter]'s outstanding qualifications and previous experience in rejecting [applicants/manuscripts], I find that your rejection does not meet with my needs at this time.*

*Therefore, I will initiate [employment/publishing] with your firm immediately following [graduation/job change, etc. - get creative here]. I look forward to working with you.*

*Best of luck in rejecting future [candidates/manuscripts].*

*Sincerely,  
[your name]*

*(thx. C. Vandura)*

### **WURD-AM sponsors Radio Idol contest**

WURD 900 AM is looking for people who want to be a talk show host.

The contest runs through Labor Day. A Radio Idol winner will be selected at the end of August 2010 with the prize of hosting their own show in the fall.

Demo tapes for the contest can be emailed via mp3 files to  
1341 N. Delaware Avenue,  
Suite 300;  
Philadelphia, PA 19125.

Audio Cassette, CD or 5-minute DVD videotapes can also be sent.

Call 215-425-7875 for more information.

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### **Temporary Summer Jobs for Oil Spill Clean-up**

Please note the following announcement from Shamrock Environmental Corporation. Read carefully and respond as instructed.

#### **TEMPORARY WORKERS FOR GULF COAST OIL SPILL NEEDED IMMEDIATELY**

Shamrock Environmental Corporation has been contracted to provide support personnel to assist with the oil spill clean-up throughout the Gulf Coast.

Areas where work may be performed are Louisiana, Mississippi, Alabama and Florida.

All workers will require OSHA 40-hour Hazardous Waste Operator Training (WE WILL PROVIDE). Successful completion of a physical and drug screen are also required. Each applicant must be 18 years of age or older. The hours will vary but expect LOTS of overtime.

RATE OF PAY: \$13.00/hr. straight time

\$19.50/hr. overtime (after 40 hours/week)

PER DIEM: \$26.00/day for meals

LODGING: Provided

Work may include, but is not limited to manual labor associated with removing crude oil from impacted beaches, rocks, boom, or any other items that have come in contact with the oil. Technicians may be

*"Be yourself. An original is always worth more than a copy." Author Unknown*

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

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

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*The Raw Family Newsletter*  
<http://www.rawfamily.com/>

required to operate pressure washers, mops, rakes, shovels or a variety of other hand tools or small pieces of equipment while wearing proper protective gear. Work environment may include working on or near water, in marshland, beach and estuary locations in hot and humid conditions day or night.

Work is available IMMEDIATELY for safety conscious workers. Transportation to the Gulf Coast will be provided. The HR Group has been contracted to conduct this recruitment.

\*Applications MUST be completed at:  
<http://www.shamrockenviro.com/docs/ShamrockEmpApp.pdf>

Send resume to:  
[recruiter@shamrockenviro.com](mailto:recruiter@shamrockenviro.com)  
<http://us.mc353.mail.yahoo.com/mc/compose?to=recruiter@shamrockenviro.com>

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## **HEALTH MATTERS**

### **Too much fructose could raise your blood pressure**

By Frederik Joelsing

(Reuters Health) - Do you need a reason to cut down on sweetened beverages? Their fructose content might increase your blood pressure, doctors said Thursday.

Although not all studies agree, the findings add to a growing body of evidence that too much of the ubiquitous sugar -- found in fruits as well as high-fructose corn syrup and table sugar -- can have important health consequences. (See Reuters Health story of May 24, 2010.)

High blood pressure, for example, increases the risk of strokes, heart disease and kidney failure.

Close to one in three Americans suffer from elevated blood pressure, a rate that has tripled in the past century, the researchers say in the Journal of the American Society of Nephrology. While the reasons aren't clear, diet and lifestyle changes are the main suspects.

*It does not require a majority to prevail, but rather an irate, tireless minority keen to set brush fires in people's minds. - Samuel Adams*

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To test the link between blood pressure and fructose, they used nationally representative survey data from more than 4,500 adults. The survey included questions about all sources of fructose, whereas most earlier studies had focused on soft drinks.

On average, they found, people said they consumed 74 grams of fructose per day -- roughly the amount in four soft drinks. Even though none of them had experienced blood pressure problems, about a third turned out to have borderline high blood pressure and eight percent had hypertension (readings of at least 140/90 mmHg, compared with normal values of 120/80 or less).

The more fructose their diet included, the more likely they were to have high blood pressure. Of course, that could have been influenced by a variety of factors, such as obesity and disease, or getting too much of other sugars, salt or alcohol.

But even when adjusting for all these factors, the odds of having high blood pressure increased in those whose fructose intake was above average. For the most severe form -- stage 2 hypertension -- the odds were 77 percent higher.

Given the new findings, people might want to think twice about what they throw into their shopping carts, said Dr. Michel Chonchol of the University of Colorado Denver, who worked on the study.

"In the grocery store, you see food without high-fructose corn syrup," he said, adding that it would make sense to reduce fructose intake by choosing those products and avoiding the ones containing added sugars.

"There is no question that fructose itself appears to have effects that other sugars don't have," said Chonchol. The exact mechanisms are unclear, although several have been proposed, he added.

"What we need now are clinical trials, where you take people with hypertension and place them on a diet with low fructose and see if that lowers their blood pressure," said Rachel K. Johnson, a professor of nutrition at the University of Vermont in Burlington, who was not involved in the research.

Until then, she said the message is clear: "Sugar-sweetened beverages -- avoid, avoid, avoid! That's the major source of added sugars for Americans."

Getting fructose from eating fruits appears to be less of a problem, she

*Battle of the sexes: (This is a new feature, please send in your observations...fight nice.)*

*Women love cats. Men say they love cats, but when women aren't looking, men kick cats.  
(thx Kelly Chopin)*

said, perhaps because they also contain many healthful substances like antioxidants and fiber. Fruit has just 4 to 10 grams of fructose per serving, while a can of Coca-Cola has 39 grams of high-fructose corn syrup, about half of which is fructose (the rest is glucose).

Last year, Johnson helped prepare a statement about sugar and heart disease from the American Heart Association, which included dietary recommendations.

"For most American women," she advises, "no more than six teaspoons or 100 calories a day of added sugars, and no more than nine teaspoons for men."

That is less than one can of Coca-Cola.

In a press release about the new study, the Corn Refiners Association, a U.S. trade group, said the researchers had muddled the differences between fructose and glucose, the other half of high-fructose corn syrup and table sugar.

"The rise in glucose consumption also mirrors the dramatic rise in hypertension," the release said.

SOURCE: [jasn.asnjournals.org/](http://jasn.asnjournals.org/)

Journal of the American Society of Nephrology, online July 1, 2010.

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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 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 consigliore of the



Hereeeeeeeeeeeeeees...  
Kathy's Korner!

*A cemetery grounds keeper was going about his rounds when he saw a man lying on a grave, sobbing loudly and pounding his fists on the ground,*

*"Why did you have to die? Oh, why? Why?" he lamented.*

*"A loved one's passing is a terrible loss," the grounds keeper offered in consolation, "but someday, the pain will pass."*

*"Loved one?" the weeping man said, looking up.*

*"I didn't even know the guy."*

*"Then why all the tears?"*

*"He was my wife's first husband!"*

(Kathy Parsons is a regular contributor.)

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

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## GREEN PIECE

**Philadelphia is a huge underutilized asset.**

From Dust to Dollars: Creating Value from Underutilized Assets

<http://www.bloomberg.com/apps/harvardbusiness?sid=H6f94aa705ec4920897666766dea63ef6>

By Rosabeth Moss Kanter

The green movement focuses attention on numerous resources going to waste that could be turned into cost savings, revenue streams, and profitable businesses while saving the earth — wind power, solar energy, fuels from burning biomass. That sensibility signals an important new value proposition: From dust to dollars! Build innovation around existing but underutilized assets.

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*[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.*

Waste was an industrial age motif. To have more of something than one could possibly use signified affluence and high status. That was the point of the impractical extra space at Donald Trump's palace, Mar a Lago, or the hundreds of pairs of shoes owned by former Philippines First Lady Imelda Marcos. In that context, growth came from selling bigger portions, larger cars, and more of everything, guaranteeing waste. Of course, one person's waste was another person's waste management company; I know many immigrants who attained the American dream through scrap metal.

In today's less-forgiving times, it's not enough to hide conspicuous consumption behind gated communities, cloth coats, or vans instead of limousines, and to give up corporate jets and lavish parties. It is imperative (and good business) to better use underutilized assets, not simply to reduce waste.

Munch on some food examples. In Boston, order Peking duck, and get the skin and some meat. In Hong Kong, Peking duck includes the skin, meat, and broth in separate courses. In Beijing, Peking duck uses all of the above plus adds the bones — no waste. A Taiwanese executive friend who summers on Cape Cod visits the docks most mornings to ask fishing crews for the fish heads they discard. Creative cooks invent wonderful dishes out of leftovers, tossing the rest in the compost pile to enrich the soil.

Don't take me literally. The idea is unlock the hidden value of something that would otherwise be wasted. Used tires — a major pollution problem — are being used by Cemex in road beds in Mexico and by Brazilian artists in Sao Paulo to create attractive, comfortable furniture.

Companies recycle cans and bottles but rarely create innovations out of them. An entrepreneur friend made watch faces out of discarded soda bottle caps, selling them as fashion watches (at high margins considering the zero cost of the bottle caps). Students in a high school chemistry class in New Hampshire collected used cooking oil from local restaurants to convert into fuel that they hoped would run school buses, while extracting the glycerin to make soap that they sold to fund their experiment.

Talk about synergies.

What byproducts have hidden value? Companies are experimenting with carbon capture that can reduce carbon footprints while being used for carbonated beverages. Zoos have been particularly creative with the kind of waste-we-don't-talk-about-in-polite-company (and I don't mean composting toilets, although that might be a good idea too). Toronto and

*A penny will hide the  
biggest star in the universe  
if you hold it close enough  
to your eye. -- Unknown.*

Singapore zoos took the lead in creating a profitable line of fertilizers for home gardens by processing and packaging animal waste under the brand name "Zoo Doo."

Space often goes to waste. Companies can turn unused conference rooms into training centers for other organizations. Airports recognize that the areas between gates are retail sales opportunities; the Pittsburgh airport was among the first to be a destination shopping mall, not just a transportation platform. WPP grew to a global advertising giant from a company making wire shopping carts when managers realized the carts could hold advertising placards. Minute Clinics in CVS pharmacies offer routine health services in underutilized areas near aspirins and greeting cards. I've urged branch banks to give floor space to neighborhood merchants for displays and demonstration, building community value and bringing traffic to the branch.

Human energy can also be put to better use. Years ago I joked that communities could generate electricity by from runners on a giant treadmill. Then I discovered that this idea is the basis of actual experiments.

Bicycles power computers for children in remote villages that lack electricity.

So why not go further? What if every office had a health center connected to a generator? Employees could get exercise while displays show them how much power they are producing. Get fit and keep the lights on at the same time.

Of course, it's also essential to better utilize the most underutilized asset of all in many companies: brainpower. Employee imagination could be used to search for trash, literal or figurative, with innovation value.

Mount a campaign for the best ideas about using underutilized or discarded assets. There's nothing to lose — it's wasted anyway — and a great deal to gain. Besides, chairs made out of used tires are great for the beach, and compost plus Zoo Doo grow wonderful gardens.

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### **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

*It's what you learn after  
you know it all that  
counts... John Wooden*

Streets Department Sanitation Convenience Centers,  
Monday through Saturday  
8:00 am to 6:00 pm.

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## **Weavers Way #5 plastics recycling resumes**

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

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Press Release form.*

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:

June 19th.

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

*People know you for what  
you've done, not for what  
you plan to do. -  
Unknown*

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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**

### **Staying Safe on the Mean Streets of Life**

**Others won't always rush to your aid if you are under attack - learn why and what you can do to make others help.**

There are very few things as hard to understand as the senseless murder of a young person. Murder is never easy to come to terms with but when it is the murder of somebody young, somebody who is just starting to live, it is even harder. In my community we are struggling with such an event. On December 7, 2002 a 19-year-old girl named Breann Voth was murdered while walking to work. Her body was found a few hours later on the side of a river. She was face down and nude - she had been assaulted and murdered. As the story started to unfold it came out that several people had heard her cries for help but had done nothing; they had not even called 911. Her cries were said to have lasted over 10 minutes and still, nobody so much as called the police. Why?

The answer is a well-documented psychological phenomenon known as the Diffusion of Responsibility. Diffusion of Responsibility is a part of a bigger phenomenon known as Bystander Apathy. Bystander Apathy and the Diffusion of Responsibility happen when witnesses to a crime believe that they do not need to act to help because there are so many others around that somebody else will come to the rescue. It does not mean that these people are heartless and uncaring, it does not mean that they do not want to help, it just means that they think somebody else will do it so they do not feel as strong an urge to rise to the occasion. This

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phenomenon was first studied in 1964 when New York was shocked by the brutal murder of Kitty Genovese in plain sight of her neighbors.

In the Genovese case the bystanders not only heard the crime as it happened, 38 of them watched as she was assaulted and beaten to death. The assault lasted half an hour, plenty of time to either intervene or alert the police, and yet at least 38 of Kitty's neighbors did nothing but watch. In answer to this unsettling situation psychologists coined a new theory called Bystander Apathy. According to the theory Bystander Apathy only occurs in groups and the larger the group the greater the apathy. The mechanism that fuels the apathy is the Diffusion of Responsibility. It is a phenomenon that people only feel when they are in a group or when there appears to be somebody of authority (like a police officer, doctor, nurse, firefighter...) on the scene. They convince themselves that somebody else, somebody more qualified or who has a better understanding of the situation, will help so they do not have to. It is a very common reaction to an uncommon situation and it has nothing to do with how good people are, how much empathy they feel or how capable they are of helping.

Source: <http://walking.about.com/cs/med/a/strangerdanger.htm>

For a more aggressive role in your protection:

[www.selfdefensewithanattitude.com](http://www.selfdefensewithanattitude.com)

## **GRANTS, SCHOLARSHIPS & INSTRUCTION**

[Aspen Institute](#) offers scholarships to students of color

The Aspen Institute Program on Philanthropy and Social Innovation in Washington is offering scholarships to introduce a diverse group of students to issues and challenges affecting philanthropy, social enterprise, nonprofit organizations, and other actors in the social sector. The \$2,000 fellowship, which is based on academic excellence and need, is open to both undergraduate and graduate students of color. Fellows undertake research, writing, logistical, and administrative support for PSI's leadership initiatives, public programs, and convenings.

Application guidelines are available [here](#).

\*\*\*

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

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

*"When you come to the end of your rope, tie a knot and hang on." - Franklin D. Roosevelt*

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## **HIV/AIDS Prevention Workshop**

### Workshop Summary

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

### Learning Objectives

After attending the session, attendees will have the background necessary to more effectively communicate with their target audiences about sex, sexuality and HIV/AIDS. They will also have a clearer understanding of media consumption patterns and other social factors that impact sexual decision-making; and the attitudes, motivations and perceptions of minorities on healthy sexuality and HIV/AIDS prevention, testing and treatment. Such information will help interventionists, community-based organizations and service providers develop innovative and effective messages and services targeted to minority audiences.

### Workshop Description:

Topics explored during the session include:

The environmental context, peer group dynamics and social interactions that influence sexual behaviors;  
How service providers can be more culturally aware, and increase the effectiveness of their outreach, media and materials; and  
Strategies for attracting the hardest-to-reach audiences to HIV-prevention, testing and treatment programs.

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

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

*One of the lessons of history is that nothing is often a good thing to do and always a clever thing to say. - Will Durant*

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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



*Celebrate the success of others. Bring people up - not down! - Unknown*

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progress in the 21st century, and that given access to digital information, people will have an equal opportunity to advance socially, economically and intellectually.

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**The Student Achievement Grants program** provides grants of \$5,000 each to improve the academic achievement of students by engaging in critical thinking and problem solving that deepen knowledge of standards-based subject matter. The work should also improve students' habits of inquiry, self-directed learning, and critical reflection. Proposals for work resulting in low-income and minority student success with honors, advanced placement, and other challenging curricula are particularly encouraged. Grant funds may be used for resource materials, supplies, equipment, transportation, software, and scholars-in-residence. Applicants must be practicing U.S. public school teachers in grades K-12, public school education support professionals, or faculty and staff at public higher education institutions.

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

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

For additional RFPs in Education, visit:

[http://foundationcenter.org/pnd/rfp/cat\\_education.jhtml](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)

*"Doctor, doctor, I feel like  
a ten dollar bill."  
"Go Shopping, the change  
will do you good."*

*(Ethan Pollard age 9)*

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and

[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

*Families are like  
fudge....mostly sweet, with a  
few nuts.*

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community event, feel  
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account of what  
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Press Release form.*

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

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

### **Ben and Jerry's Foundation**

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

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

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

### **AFRICAN AMERICAN STUDENTS ARE NOT APPLYING FOR SCHOLARSHIPS**

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

*My elderly aunts used to come up to me at weddings, poking me in the ribs and cackling, telling me, "You're next."*

*They stopped after I started doing the same thing to them at funerals.*

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

To join The Coalition go to:

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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 Friends:

We are reaching out to you today with exciting news. **Moms Against Guns** is officially joining forces with **CeaseFirePA**.

This union represents more voices, more power and more resources to fight one Pennsylvania's most contentious issues: illegal guns. While we have loosely partnered with CeaseFirePA in the past and stand at their side as they advocate for better gun laws, there has never been a formal partnership. Tomorrow, that will change.

And we wanted to make sure that you're the first to know before this news goes public. You've been a staunch supporter of Moms Against Guns - many since we began this fight together at a public rally in Philadelphia's Love Park in 2007.

Since then - we've made great strides.

But the economic and political climate is now different than it was in 2007. Since our economy took such a dramatic turn two years ago, nonprofit groups like CeaseFirePA and other advocacy and service organizations have been trying to do more with less.

In a rocky political and economic environment, it's increasingly difficult to get an issue - like limiting illegal guns and the violence they create in our state - in front of the most influential decision makers in Harrisburg. Without a unified voice on this issue, we are all at risk of appearing less organized and powerful when we stand against the gun lobby.

We feel proud and privileged to serve among Ceasefire's constituencies and we know this affiliation offers new strength and opportunity. We have the utmost respect, confidence and admiration for the leadership of Phil Goldsmith, its board president, and Joe Grace, its executive director.

It is our hope that our participation on the board and the force of our combined voices will increase the overall capacity and power to fight in a more organized way for better, safer gun laws.

Today we have garnered close to 7,000 signatures on our petition - thanks to your efforts. But we're far from our goal. We set an ambitious goal of 50,000 signatures, but that goal was not arbitrary. We were told by political advisors that 10,000 signatures would get some

*Obstinacy in opinions holds the dogmatist in the chains of error, without the hope of emancipation. John C. Granville*

*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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policymakers' attention; and 25,000 would show we were serious. But 50,000 could turn a vote - that's why we set this bold goal.

Our joining with CeaseFirePA offers us the opportunity to reach more people (voters) so we can reach our 50,000 signature goal. In turn, we offer CeaseFirePA new constituents, new ideas, and more leverage.

We will continue to personally answer your emails and we'd like to hear from you. After our websites have been integrated, which should happen by mid- summer, you will have the full capacity of CeaseFire's advocacy, strategic advice and direction, as well as the opportunity to volunteer, donate if you wish, or help secure more petition signatures.

As founder of Moms Against Guns, I have been invited to be a new vice president of the CeaseFirePA board, and one of Philadelphia's most influential social activists - Project H.O.M.E. president and co-founder, Sister Mary Scullion - has also agreed to join the CeaseFirePA board with me.

We hope you will continue to partner with the new and improved "us" -- CeaseFire and Moms Against Guns. Your voices and vision have never been more needed.

Thank you with all of our hearts for all you have done so far. If we work together - we can and will prevail.

Sincerely,

Lynne Honickman

Founder

Moms Against Guns

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

### **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.

*Accept the challenges so  
that you may feel the  
exhilaration of victory. -  
George S. Patton*

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

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

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

## **ARTS FOR AWARENESS**

*I see little of more importance to the future of our country and of civilization than full recognition of the place of the artist. If art is to nourish the roots of our culture, society must set the artist free to follow his vision wherever it takes him. Pauline Kael*

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

1310 No. Broad St. Phila  
Every Thurs. 9pm to 1am

- Poets
- Rappers
- Singers
- Spoken Word Artists

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## COMING UP

*What if you have failed in the past? So, at one time did every man we recognize as a towering success. They called it "temporary defeat." - Napoleon Hill*

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### **SWAC Southwest Action Coalition The Southwest Philadelphia**

One of the first steps to creating peace is finding a way to initiate peace in our own community. When this happens you can begin to feel your viewpoint change from "peace is impossible" to "peace is possible" and finally to "peace is inevitable".

We would like to take this opportunity to ask for your organization participation in our Southwest Philadelphia ***Weekend of Peace Family Day Festival*** march on **Saturday, July 31, 2010**. The march will begin at 11:00am at Myers Recreation Center located at 58<sup>th</sup> & Kingsessing Avenue and ending at the Kingsessing Recreation Center located at 50<sup>th</sup> & Kingsessing Avenue. This will be a great opportunity to showcase your agencies service and to demonstrate unity in the Southwest Philadelphia community

Also, your agency can host an information table, providing the community with information about your organization. We strongly encourage pamphlets, brochures, and giveaways. This is a great opportunity to increase the health and safety awareness to the Southwest Philadelphia community. If you are willing to participate, please fill out the enclosed confirmation form. Please indicate the topic addressed at your table and return to:

**Lorraine Thomas or Sharon McCollum**

**Phone: 215-727-4721 ext.5141 or 5179**

**Fax: 267-350-5931**

**Email: [lorrainet@rhd.org](mailto:lorrainet@rhd.org) or [sharonm@rhd.org](mailto:sharonm@rhd.org)**

We would also be very happy to display any promotional items that you wish to present. This event will be advertised in both newspapers and radio, and the name of your agency will be mentioned as a participant in the event through media venues.

If you have any question, feel free to call Lorraine Thomas or Sharon McCollum. We hope you will help us make the Southwest Philadelphia Weekend of Peace Family Day Festival march fun and educational for all.

Sincerely,  
Lorraine Thomas

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*"What the caterpillar calls  
the end of the world, the  
master calls a butterfly." ~  
Richard Bach*

## FunTimes Magazine

Welcome to our special edition recognizing women in the media.

They wield a lot of influence, serve as inspiration to  
countless people in our community especially our youth and  
ultimately are the voice to the voiceless.

Currently the magazine is available in Brown's Family Shoprite's, local  
store and at our local West Philadelphia office.

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Inside this issue we featured Philly's "Women On Air." They made their  
careers raising the awareness of the public and connecting people to the  
services and opportunities that could benefit them, not to mention the fact,  
they provide us the music of our lives.

Our Women on Air are Thera Martin Connelly-WURD, Hip Hop Pioneer  
Lady B-107.9FM WRNB, Loraine Ballard Morrill-Clear Channel, Radio  
personality Tiffany Bacon ñ 107.9FM WRNB, Lori Wilson -NBC10 The  
10! Show, radio personality Golden Girl -Power 99FM, Lehronda Upshur  
formerly of Power 99FM,

Also gracing our cover is Nigerian's own Gina Yashere, HBO Def Jam  
Comedienne and Nollywood actress Benita Nzeribe, keeping us updated  
on the world of entertain both in the U.S. and overseas. Because of  
articles like these, we can assure our readers a solid and well rounded  
publication. Let us tell you why you should read FunTimes Magazine. It  
is a high quality magazine, unique and dedicated to Africa and the  
Diaspora audience, has multiple media outlet, great content, and fast  
growing readership, cost effective and has a huge impact on what matter  
most.

Everyone will naturally love this issue for its wit, humor, honesty, and  
real life stories. Make sure you don't miss out, dive into the latest in  
culture, health, relationships and the community information -- check us  
out at [www.funtimesmagazine.us](http://www.funtimesmagazine.us)

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## ACANA 3rd Annual African Festival

August 7, 2010

2:00PM -8:00PM

Great Plaza @ PENN LANDING

Philadelphia, PA

Contact Information:



ACANA  
5530 Chester Ave  
Philadelphia, PA 19143  
[Voffeejabateh@acanaus.org](mailto:Voffeejabateh@acanaus.org)  
[awalker@acanaus.org](mailto:awalker@acanaus.org)  
215-729-8225  
Ext. 109

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Harvest Time Christian Fellowship Church is hosting their  
**"Annual International Women United For His Glory Women's Conference"**

August 26th - 28th, 2010  
The Sheraton Suites Hotel,  
4101 Island Avenue,  
Philadelphia, PA 19153.

Vendors will be available with incredible merchandise for purchase and SPA Services are available at an additional cost.

For more information, please contact Ms. Renee Merritt at: (215) 225-HTCF or [ReneeMerritt@htcfcchurch.org](mailto:ReneeMerritt@htcfcchurch.org).

Make your reservations today.

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

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**WOMEN OF COLOR EXPO!**

A Celebration of Black Women! An empowering, motivational, and entertaining forum that targets the specific needs and interests of Black Women! General sessions and seminars addressing critical issues facing Black Women from a pool of critically acclaimed presenters! Live Entertainment from some of today's hottest new talent.

The Women of Color Expo 2010 offers your company the opportunity to participate in an integrated consumer-marketing platform geared to drive awareness and promote the trial of your products. Key areas of the expo include beauty treatments, hair demonstrations, educational seminars and live entertainment featuring some of today's hottest talent.

The purpose of the "Women of Color Expo" is to reach out to aspiring and

achieving women in the community from entry level to professionals. The expo will serve as a nucleus of support to identify and address the critical needs of women of color in the workforce as it relates to their career mobility and personal achievements.

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The Chris Kerry group would be honored to have you attend the "Women of Color Expo" held at the

GlenPointe Marriott  
Teaneck, New Jersey  
August 14th 2010.

Dates for Baltimore and Detroit coming soon.

For questions about: sponsorship, vending and general inquiries please contact Kym at Raveena Media Group for more information.

Ph: 267-386-8204 ext. 2 or [raveenamediaingroup@gmail.com](mailto:raveenamediaingroup@gmail.com).  
Subj:"Women of Color"

## **COMPUTERS AND TECHNOLOGY**

### **Group offers low-cost web access to nonprofits**

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

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

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

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

## A HAND UP!

*Three Foxworthy's are driving around, drinking beers and having a laugh when the driver looks in the mirror and sees the flashing lights of a police car telling him to pull over. The other two are really worried. "What are we going to do with our beers? We're in trouble!"*

*"No," the driver says, "it's OK, just pull the label off your bottle and stick them on your foreheads, and thne pulls over.*

*The police officer then walks up and says, "You boys were swerving all around the road back there. Have you been drinking?"*

*"Oh, no, officer," says the driver, pointing to his forehead, "We're trying to give up, so we're on the patch."*

*"None of us has gotten where we are solely by pulling ourselves up from our own bootstraps. We got here because somebody bent down and helped us." - Thurgood Marshall*

### I am the founder of the **C.N.A.s (Christians "N" Action)**

which is a ministry that has a heart for people and their needs. We feed our community on a weekly basis and provide clothing to them but, lately we haven't been able to because we have been out of funds. I have tried to solicit funds for some time now. No one seems to be able to help. While prayers are fine people still need food. The provisions have come out-of-pocket (mine) up until this time, but I have run dry. I believe that people want to make a change in their lives if some of us are willing to lend a hand.

"CHRISTINA SHERMAN" [passionatepromos@yahoo.com](mailto:passionatepromos@yahoo.com)  
(864) 207-0488

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

### **SPECIAL NOTICE!**

#### **Skip A Meal For Haiti**

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

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

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

"What's another word for  
Thesaurus?"

--Steven Wright

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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

Charity water at <http://www.charitywater.org>

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

## America's Original Savings Network

As amazing as it may sound many people do not realize how easy it is to LEGALLY stop paying for their groceries! This is how the one hour television show began for the company whose website is at:

<http://nofullprices.net>

## FREQUENTLY ASKED QUESTIONS

Q: Are these manufacturer coupons or coupons that I print on my computer?

A: All of our coupons are actual manufacturer coupons. Fewer and fewer retailers accept coupons that are printed from your computer because of a huge increase in counterfeit coupons. Actual manufacturer coupons which we issue are accepted everywhere that coupons are accepted.

Q: Can these coupons be doubled?

A: Yes. These are manufacturer issued coupons and may be doubled in

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any store that offers double coupons.

Q: What are the face values and the expiration dates of these coupons?

A: Being manufacturer coupons, the manufacturer determines the face values of the coupons. We currently stock coupons ranging in value from 40 cents to 5.00 dollars. The coupon expiration dates are generally valid for 90 days.

Q: How can I use \$1,000.00 worth of coupons in 90 days?

A: With our program, you get to choose the coupons you want, when you want them. This way you never have to worry about the coupons expiring.

Q: How do I choose the coupons I want?

A: Each coupon book contains coupon request slips which you fill out and send in. Those coupons are then mailed to you.

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

Ladies and Gentlemen:

I know of an excellent Charter School, you may have heard of it,  
**"Knowledge Is Power Program"**  
(KIPP).

It has 80% of its students continue on to college and it only goes up to the 8th grade. It's fairly new with such a high success rate already. You may have heard of it.

Now they are expanding to 9th grade and possibly beyond, but they are in need of a building. I was hoping if anyone could help find a location or know of somewhere. It would be greatly appreciated by our future professionals, CEO's and potential politicians of America and me :)

Please contact me, my information is below, or Mr. Aaron Bass, Principal  
267-249-6089.

Thank you for your consideration in this matter. Have a Great Day.

Virginia D. Smith, Asst - MDT  
Department of Human Services  
Special Family Focus Services  
215-300-2949 - Cell  
215-683-6381 - Office  
215-683-6408 - Fax

[virginia.d.smith@phila.gov](mailto:virginia.d.smith@phila.gov)

May God Bless You Always in All Ways

*"Patience has its limits. Take it too far, and it's cowardice." - George Jackson*

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## **WORD-OF-THE-WEEK**

**pervicacious**  
\puhr-vih-KAY-shuhs\, Refusing to change one's ideas, behavior, etc.; stubborn; obstinate.

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

## **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 -----

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

**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.

