



We all hold a piece to the puzzle  
Friday 06 August 2010

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Table of content

For Our Children ... 02

This Week ... 08

Employment and  
Training Opportunities  
... 12

Health Matters ...13

Green Piece ... 18

Personal and Home  
Security ...22

Grants, Scholarships &  
Instruction... 22

SpotLight ... 29

Arts for Awareness ...  
31

Coming Up ...33

Computers and  
Technology ... 37

A Hand Up ... 38

On The Airways ... 42

# News From The Coalition, Inc.

"Communication – Cooperation – Collaboration"

Volume 5, Number 02

## Greetings Coalition Family!

When we began this effort, too many people told us it was an impossible task. We now have more than 100 organizational members and we touch thousands more. Our goal is not to have all organizations become members of The Coalition, but that all join some collaborative effort to improve the communities they serve.

*I awoke early, as I often did, just before sunrise, to walk by the ocean's edge and greet the new day. As I moved through the morning dawn, I focused on a faint, far away motion.*

*I saw a youth, bending and reaching and flailing arms, dancing on the beach, no doubt in celebration of the perfect day soon to begin.*

*As I approached, I realized that the youth was not dancing to the bay, but rather bending to sift through the debris left by the night's tide, stopping now and then to pick up starfish and then standing, to heave it back into the sea.*

*I asked the youth the purpose of the effort. "The tide has washed the starfish onto the beach and they cannot return to the sea by themselves," the youth replied. "When the sun rises, they will die, unless I throw them back into the sea."*

*As the youth explained, I surveyed the vast expanse of beach, stretching in both directions beyond eyesight. Starfish littered the shore in numbers beyond calculation. The hopelessness of the youth's plan became clear to me and I countered, "But there are more starfish on this beach than you can ever save before the sun is up. Surely you cannot expect to make a difference."*

*The youth paused briefly to consider my words, bent to pick up a starfish and threw it as far as possible. Turning to me he simply said, "I made a difference to that ONE."*

Help reduce organizational paranoia, share ideas and solutions, "Communicate... Cooperate... Collaborate" We each hold a piece to the puzzle.

## **FOR OUR CHILDREN**

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

### **Celebrate The End of Summer**

Lucien Blackwell West Philadelphia Regional Library

Friday 06 August

2pm

125 So. 52<sup>nd</sup> St.

Games, Fun and Refreshments!

For more information: 215.685.7424

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*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.*

### **West Philly Y holds weekly fathers groups**

The West Philadelphia Y,

in partnership with

Daddy UniverseCity,

has started a summer series of workshops and seminars every

Thursday from 6-8pm through August 12th.

Led by DU president Joel Austin, the series is aimed at fathers, their families and their friends to help them learn how to raise the next generation.

The sessions will be held at the

West Phila Branch Y,

52nd and Chestnut Streets.

For more details, email [Joel Austin](#) or call 215-476-2700 x 2012.

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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).

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Paul "Earthquake" Moore

Presents

**Community Boot Camp**

Through SEPTEMBER 2010

All young people are invited to experience a weekend of fun, discipline,

*By the time the fool has  
learned the game, the  
players have dispersed.  
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.*

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
- ~ Drilling Ceremony

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

*When we are present in each moment, the past gently rolls up behind us and the future slowly unravels before us. - Rev Richard Levy*

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.

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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 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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**Partners sought for youth action teams**  
Since 1997, Motivational Educational Entertainment, Inc 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

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to organizations that have access to 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 -----

### Cap4Kids

One of the best ways to advocate for infants and their mother's health and wellbeing, is to promote breastfeeding.

This week is World Breastfeeding Week  
<http://worldbreastfeedingweek.org/>  
that helps celebrate breastfeeding.

On the [www.cap4kids.org/philadelphia](http://www.cap4kids.org/philadelphia) website, under the Food and Nutrition parent handout, you will find a whole subsection of local resources for breastfeeding families.

[http://www.cap4kids.org/philadelphia/parent\\_handouts/food\\_and\\_nutrition.html](http://www.cap4kids.org/philadelphia/parent_handouts/food_and_nutrition.html)

Please become familiar with these resources and continue to advocate for our families and children.

~ ~ ~

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

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



*The amount of people that fail is directly proportionate to the amount of people that give up. - Joseph McClendon III*

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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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### 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.

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## Earn Free Trip to Egypt for Black Kids and Adults

*You can have brilliant ideas, but if you can't get them across, your ideas won't get you anywhere. - Lee Iacocca*

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

*At the center of your being  
you have the answer; you  
know who you are and you  
know what you want.  
Lao Tzu*

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**

### **AFRICOM PARTNERS WITH THE CITY OF PHILADELPHIA TO HOST ITS 9<sup>TH</sup> ANNUAL COMMUNITY HEALTH FAIR**

AFRICOM, the Coalition of African Communities – Philadelphia, is collaborating with the Mayor's Commission on African & Caribbean Immigrant Affairs and the City of Philadelphia Department of Public Health along with other community organizations to

organize a community health fair on

Sunday, August 8, 2010.

Several officials from the city government are expected to attend the event, which will be held at

Kingssessing Recreation Center,

4901 Kingssessing Ave.,

Philadelphia, PA 19143

12 noon to 8 PM.

Health professionals and other service providers will provide general information about health services that are available at no cost to Philadelphia residents. Community members will be able to discuss their concerns with staff and volunteers in English, French and Creole. Trained health workers and volunteers will offer blood pressure screenings, diabetes evaluations, HIV/AIDS and provide information on prenatal care, oral health, nutrition, sexually transmitted diseases, Sickle Cell disease and cancer. There will also be information on vector control and

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Release form.*



*Worry does not empty tomorrow of its sorrows, it empties today of its strength. - Corrie Ten Boom*

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lead toxicity. In addition to health services, the fair will include a soccer tournament, children's activities and African and Caribbean music.

The Greater Philadelphia area is home to approximately 100,000 residents from Africa and the Caribbean. Many of these diverse communities have established non-profit organizations to maintain social and cultural ties and to assist newcomers. In May 2001, fifteen organizations founded the Coalition of African Organizations – Philadelphia, with a mission to empower the African and Caribbean refugee and immigrant communities by:

- (1) Facilitating family access to health and social services with special focus on women, children and youth,
- (2) Promoting economic development,
- (3) Facilitating resolutions of inter-and intra-group conflicts,
- (4) Advocating on issues of concern to African communities, and
- (5) Educating the media and broader public on African cultures and experiences.

The coalition proactively seeks and develops partnerships with non-profit, private, educational and African American institutions in the Greater Philadelphia area to achieve its mission.

Africom is a proud member of The Coalition, Inc.

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### **Basketball Tournament Builds Camaraderie between Police and Youth**

WHO: Point Breeze Youth Development Basketball Team and local police precincts.

WHAT: 4th Annual Peace Not Guns Memorial Basketball Tournament.

WHEN: Saturday, August 7, 2010, from 5 p.m. to 8 p.m.

WHERE: Chew Playground & Recreation Center,  
1833 Ellsworth St.,  
South Philadelphia.

WHY: The "no-snitching" culture continues to build mistrust between local police officials and community youth. This basketball tournament aims to build positive relationships between the two, and also promotes safety and peace throughout the entire community. Guest judges include District Attorney Seth Williams, Rep. Tony Payton, and former boxer Simon Carr.

CONTACT: The Office of State Rep. Kenyatta Johnson at (215) 952-

*That some good can be derived from every event is a better proposition than that everything happens for the best, which it assuredly does not. - James K. Feibleman*

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3378.

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ACHIEVEability  
and the  
Mayor's Office of Community Service  
is hosting the

**Pre-Job Fair Preparation Seminar.**

Too many times people arrive at job fairs unprepared and unaware of how to make their job fair experience successful.

At the seminar, on  
Monday August 9th, 2010 at  
11am at the  
Community Office,  
35 north 60th street,  
Philadelphia, PA 19139,

the Mayor's Office of Community Services will announce the employers confirmed for the upcoming job fair, positions they are hiring, and some other tips to help fair goers be prepared.

We will also offer free resume copying to those who attend the seminar

Preparation Seminar:  
Monday, August 9th, 2010  
11am-12:30pm  
Community Office  
35 north 60th street,  
Philadelphia, PA 19139

Job Fair:  
Tuesday, August 10, 2010  
10-3pm  
Campion Student Center, St. Joseph's University  
54th and City Line Ave,  
Philadelphia, PA 19131

Contact the community office with any questions regarding the seminar at 215-748-8838.

Questions regarding the fair contact Gary Green at 215-685-3912.

Best Regards,

*"Never let the odds keep you from doing what you know in your heart you were meant to do." - ~ H. Jackson Brown, Jr.*

ACHIEVEability. Independent Lives. Strong Communities.  
United Way Donor Choice #3756

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Join Councilman Curtis Jones Jr. at  
**The 4th District Appreciation Day Picnic and Barbecue**  
for entertainment, family fun and activities.  
August 7 · 12:00pm - 4:00pm

Coalition members!  
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Belmont Picnic Grove  
Belmont Avenue and Belmont Mansion Drive  
Philadelphia, PA

For more information reach Councilman Jones office at: 215-686-3416/17 or  
email: [curtisjonesjr08@gmail.com](mailto:curtisjonesjr08@gmail.com)

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The Mill Creek Association  
presents  
**Second Treasures flea Market**  
Every Saturday and Sunday  
9am – 5:30pm  
5200 Wyalusing Ave. (inside the tennis courts)  
Vendor information: 267.278.1142

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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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## Uhuru Flea Market

Liberty Lands Park  
Saturday, 07 August  
3<sup>rd</sup> and Poplar Sts.  
9am – 5pm

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*An attractive young girl, chaperoned by an ugly old crone, entered the doctor's office. "We have come for an examination," said the young girl.*

*"Alright," said the doctor. "Go behind that curtain and take your clothes off."*

*"No, not me," said the girl. "It's my old aunt here."*

*"Very well... Madam, put your tongue out."*

*(thx. Jesse Humphrey)*

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

## **EMPLOYMENT AND TRAINING OPPORTUNITIES**

### **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)

*"Inspire yourself and others will be inspired. Motivate yourself and others will be motivated. Develop yourself and others will start to develop themselves. Be an example first and then the world changes around you."- Author Unknown*

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 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 Joelving

(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



*I have a map of the United States... actual size. It says, 'Scale: 1 mile = 1 mile.' I spent last summer folding it. I also have a full-size map of the world. I hardly ever unroll it. People ask me where I live, and I say, 'E6'. – Steven Wright*

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**The Raw Family Newsletter**

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

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.

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 7 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.

*Getting a workout at work*

*Begin by standing (in your cubicle works well) with a five pound potato sack in each hand. Extend your arms straight out to your sides and hold them there as long as you can.*

*After a few weeks, move up to ten pound potato sacks and then fifty pound potato sacks, and finally get to where you can lift a one hundred pound potato sack in each hand and hold your arms straight for more than a full minute.*

*Next, start putting a few potatoes in the sacks.*

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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 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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**Viagra-popping seniors lead the pack for STDs**

By Frederik Joelving

(Reuters Health) - Even if you're past your prime and have a hard time getting an erection, you might still need to worry about unprotected sex, according to U.S. doctors.

In fact, they report in the Annals of Internal Medicine, the rate of sexually transmitted diseases (STDs) in older men taking erectile dysfunction

*Don't limit yourself. Many people limit themselves to what they think they can do. You can go as far as you mind lets you. What you believe, you can achieve. - Mary Kay Ash*

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drugs like Viagra is twice as high as in their non-medicated peers.

In both groups, however, the numbers are swelling. According to the Centers for Disease Control and Prevention, there were more than six new cases of STDs per 10,000 men over 40 in 2008, up almost 50 percent since 1996.

"Younger adults have far more STDs than older adults, but the rates are growing at far higher rates in older adults," said

Dr. Anupam B. Jena of Massachusetts General Hospital in Boston, who led the study.

While the reasons for this development aren't well understood, he said more divorces and better health might have conspired to boost sexual prowess and activity among graying heads.

The problem, however, is that older adults appear to flout safe sex practices. For instance, the researchers note, 50-year-olds are six times less likely to use a condom than men in their 20s.

"We are typically unaccustomed to practice safe sex over the age of 50, because the risk of pregnancy is eliminated," Jena told Reuters Health.

To test whether the introduction of Viagra in 1998 might explain some of the STD surge, Jena and colleagues examined insurance records for more than 1.4 million U.S. men over 40. The average age in the study was about 60 years.

The most commonly found STD was HIV, followed by chlamydia, syphilis and gonorrhea.

Among the few percent of men who had filled prescriptions for erectile dysfunction drugs, more than two in a thousand had been treated for an STD in the year before they got the drug.

A year later, the number dropped to half that, suggesting that Viagra and its chemical cousins didn't fuel STDs.

However, the risk of contracting an STD turned out to be more than twice as high in men taking erectile dysfunction drugs compared with those who didn't.

"These users have a different sexual risk profile than non-users," said

Hereeeeeeeeeeeeeees...  
Kathy's Korner!

*An elderly couple were killed in an accident and found themselves being given a tour of heaven by Saint Peter. "Here is your oceanside condo, over there are the tennis courts, swimming pool, and two golf courses. If you need any refreshments, just stop by any of the many bars located throughout the area." "Heck, Gloria," the old man hissed when Saint Peter walked off, "we could have been here ten years ago if you hadn't made us eat all those bran muffins!"*

(Kathy Parsons is a regular contributor.)

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Jena, adding that the data didn't reveal any good explanation.

In an editorial, Dr. Thomas Fekete, of Temple University School of Medicine in Philadelphia, noted that it would have been valuable to know more about the frequency of sexual encounters, sexual partners and orientation.

He added that prevention strategies should still be directed at younger age groups, whose STD risk is at least 10 times higher than in middle-aged and older adults.

Still, he said, the authors remind us "that men older than 40 years remain sexually active, even if they need chemical assistance to do so. This study also serves as a reminder that sex after age 40 years is not necessarily safe."

Jena recommended that doctors take a few minutes to discuss safe sex with older men when they prescribe Viagra.

His advice? "Look, just realize that you are at higher risk for STDs, and try to be careful like you used to be 30 years ago."

SOURCE: [www.annals.org/](http://www.annals.org/)

Annals of Internal Medicine, online July 5, 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

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

*God made man before woman so the man would have time to think of an answer for the woman's first question.*

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**

**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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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

*Work is of two kinds: first, altering the position of matter at or near the earth's surface relative to other matter; second, telling other people to do so. - Bertrand Russell*

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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

*Relationships are like glass.  
Sometimes it's better to  
leave them broken than try  
to hurt yourself putting it  
back together. -- Unknown.*

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**

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.

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*"Experience is a hard teacher because she gives the test first, the lesson afterwards." --Vernon Sanders Law*

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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>

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[40 Ways to Save on Almost Anything](#)

## **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

*"The wisest mind has something yet to learn." - George Santayana*

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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 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](http://AspenInstitute) 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](#).



*Phyllis Diller on Aging*

*You know you're getting old when your liver spots show through your gloves.*

*My mother-in-law had a pain beneath her right breast. It turned out to be a trick knee.*

*You know you're old if they have discontinued your blood type.*

*You know you're old if your walker has an airbag*

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

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

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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](#)

*A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go, but ought to be. - Rosalynn Carter*

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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/>

*"Doctor, doctor, I feel like  
a pair of curtains."*

*"Pull yourself together."*

*(Ethan Pollard age 9)*

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

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

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

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

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).

*A professional juggler, driving to his next performance, is stopped by the police.*

*"What are you doing with these matches and lighter fluid in your car?" asks the police officer.*

*"I'm a juggler and I juggle flaming torches in my act."*

*"Oh yeah? Let's see you do it," says the officer.*

*So the juggler gets out and starts juggling the blazing torches masterfully.*

*A couple driving by slows down to watch. "Wow," says the driver to his wife. "I'm glad I quit drinking. Look at the test they're giving now!"*

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

[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.

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

### **Banta Company Foundation**

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

Banta Company Foundation

225 Main Street

PO Box 8003

Menasha, WI 54952-8003.

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

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

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

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

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

### **Healthy Community Outreach Program**

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

*At New York's Kennedy airport today an individual, later discovered to be a public school teacher, was arrested trying to board a flight while in possession of a ruler, a protractor, a square, a slide rule, and a calculator.*

*The Attorney General believes the man is a member of the notorious Al-gebra movement. He is being charged with carrying weapons of math instruction.*

*"Al-gebra is a very fearsome cult, indeed", the Attorney General said. "They desire average solutions by means and extremes, and sometimes go off on a tangent in a search of absolute value. They consist of quite shadowy figures, with names like "x" and "y", and, although they are frequently referred to as "unknowns", we know they really belong to a common denominator and are part of the axis of medieval with coordinates in every country.*

*"As the great Greek philanderer Isosceles used to say, there are three sides to every triangle." When asked to comment on the arrest, President Bush said, "If God had wanted us to have better weapons of math instruction, He would have given us more fingers and toes."*

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

----- 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.'



## SpotLight On Our Efforts

Dear Friends:

### **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)

*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.**

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.

*Men are born with two eyes, but only one tongue, in order that they should see twice as much as they say. - Charles Caleb Colton*

## **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)

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 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

*Everything becomes a little different as soon as it is spoken out loud. - Hermann Hesse*

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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 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*

**The National Black Arts Spoken Tour**  
presents

Youth Violence Prevention & Peace Performances:

“To Be Young, Black & Gifted with Rap”

Thursday 12 August

10amut group and discounts available

\$10,

Moonstone Arts Center  
110 A So. 13<sup>th</sup> St.  
Philadelphia

*"Assumptions are the  
termites of relationships."  
--Henry Winkler*

For more information: [mauricebryanhenderson@yahoo.com](mailto:mauricebryanhenderson@yahoo.com)  
----- Coalition members! Activate 'Your' [web link](#) on The Coalition, Inc. web site -----

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

Beginning July 29  
homegrown poet and recording artist  
**Ursula Rucker comes to  
Scribe Video**  
Thursday evenings  
to teach Poetry for Stage and Camera.  
Register today at 215-222-4201.

Scribe Video Center  
4212 Chesnut Street  
Philadelphia PA 19104  
[inquiry@scribe.org](mailto:inquiry@scribe.org)

Hours of Operation:  
Monday through Friday, 11:00 am to 7:00 pm  
(or 9:00 pm on workshop nights).

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

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

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

- Poets
- Rappers
- Singers
- Spoken Word Artists

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

**THUNDER SOUL** the movie  
at International House!

Thunder Soul  
Director Mark Landsman in person for post screening Q&A  
Tuesday August 10, 7:00 PM  
Ibrahim Theater  
at International House  
3701 Chestnut Street  
Philadelphia, PA

*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.*

This powerful film, winner of the 2010 LA Film Festival Audience Award, tells the true story of Conrad O Johnson and the legendary Kashmere Stage Band. It was the '70s, and an inner-city Houston high school was about to make history. Conrad "Prof" Johnson would turn the school's mediocre jazz band into a legendary funk powerhouse.

\$10, \$8 for students/seniors, \$5 for Scribe members

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

### **The National Black Arts Spoken Tour**

presents

“How Love Got Lost, Strayed And Love”

at 7pm

Followed by

“If You Ain’t Been To The Ghetto,  
You Don’t Come From The Ghetto”

at 8pm

Wednesday, 11 August at the

Moonstone Arts Center

110 A So. 13<sup>th</sup> St.

Philadelphia

For more information: 215.735.9600

### **COMING UP**

Hub Coalition commemorates

**Dr. King’s visit on August 3, 1965**

6pm Friday, 13 August at

40<sup>th</sup> Street, Haverford and Lancaster Aves.

Philadelphia, PA

All are welcomed

For more information: [MAJMC@verizon.net](mailto:MAJMC@verizon.net)

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

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

Competition seeks innovative civic engagement projects  
**Through the Strong Communities: Engaging Citizens, Strengthening  
Place, Inspiring Change competition,**

Ashoka's Changemakers and CommunityMatters are inviting individuals and organizations to submit innovative projects



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*If you would like to  
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account of what  
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readers.*

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and ideas to engage citizens in building strong communities.

The competition is open to all types of individuals and organizations, including charitable and nonprofit organizations, private companies, and public entities.

The competition will consider all entries that reflect the theme of the challenge. To be considered for an award, entries must indicate growth beyond the conceptual stage and have demonstrated social impact and sustainability. While the program supports new ideas at every stage and encourages their entry, the judges are better able to evaluate projects that are beyond the conceptual stage and have demonstrated proof of impact.

CommunityMatters has a special interest in receiving submissions from young people.

Online competition submissions will be accepted until  
August 11<sup>th</sup>, 2010

The top three finalists will win \$5,000 each.

Visit [here](#) for guidelines.

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

### 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@htcfchurch.org](mailto:ReneeMerritt@htcfchurch.org).

Make your reservations today.

**The Business Center For Entrepreneurship  
&  
Social Enterprise Business Plan Classes**  
7500 Germantown Avenue,  
Elders Hall, Suite 113.

12 Week Classes: Thurs, Sept 16 - Dec 16 @ 6:30PM - 8:30PM

*Televangelists: The Pro  
Wrestlers of religion*

Cost: \$300 before August 6th  
\$350 after August 6th

Contact: 215-247-2473

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

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

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

### **KIDflix FILM FESTIVAL**

Fridays - August, 6, 13, 20, 27 – 7:30 pm

THIS FRIDAY – AUGUST 6

#### **KIRIKOU AND THE SORCERESS**

with performances by  
INDODA ENTSHA

LOCATION: Fulton Park, Brooklyn (Stuyvesant St. & Fulton St.)  
DATE: Friday - August, 6 – 7:30 pm - RAIN DATE Please see website  
or call for further information

LIVE PERFORMANCE: An Indoda Entsha performance is an experience like none other. Captivating rhythms from West Africa compel audiences to rise out of their seats and dance. These artists create exhilarating shows filled with thrilling percussion pieces and moving spoken word poetry. Their unique programs also incorporate African dance, martial arts and dramatic pieces.

FILM: Kirikou and the Sorceress (Michel Ocelot, France/Senegal, 1998, 74m.)

The tiny Kirikou is born into an African village upon which a sorceress called Karaba has cast a terrible spell: the spring has dried up, the villagers are being blackmailed, and the men of the village have either been kidnapped or have mysteriously disappeared. No sooner has Kirikou delivered himself from his mother's womb, than he wants to rid the village of Karaba's curse and understand the cause of her wickedness.

*You can't have everything.  
Where would you put it?  
--Steven Wright*

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

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

for schedule information, synopses and more details on what's to come!  
----- Coalition members! Activate 'Your' [web link](#) on The Coalition, Inc. web site -----

## **VOICES OF INDIGENOUS PEOPLES POW WOW 2010 PREPARE FOR WINTER**

AMERICAN COLORED BLACK PEOPLES MUSEUM  
ALTERNATIVE AND TRADITIONAL SHELTERS  
HUMAN RIGHTS AND THE RIGHT TO WATER  
SURVIVING Y2K AND BEYOND THE COURT ENSLAVEMENT  
EDIBLE AND MEDICINAL PLANTS  
LIVING OFF THE LAND  
SELF HEALING CONCEPTS  
PRODUCTS AND SERVICES

JOIN THE VOICES OF INDIGENOUS PEOPLES  
AUGUST 13TH, 14TH, AND 15TH 2010  
4085 SOUTH BROWNING BRIDGE ROAD  
LULA, GEORGIA 30554  
770-869-9019

FOR INFO OR REGISTRATION [freedomnowseminars@gmail.com](mailto:freedomnowseminars@gmail.com)  
----- Coalition members! Activate 'Your' [web link](#) on The Coalition, Inc. web site -----

## **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.

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 [raveenamediagroup@gmail.com](mailto:raveenamediagroup@gmail.com).  
Subj: "Women of Color"

*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  
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readers.*

*Send your information  
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## **COMPUTERS AND TECHNOLOGY**

### **Introduction To Computers**

Monday, 09 August

6:30pm

Central Library

1901 vine St.

Philadelphia

Learn basic computer skills including  
mouse operation and keyboard functions.

For more information: 215.686.5322

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

### **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:

*Leadership should be more participative than directive, more enabling than performing. - Mary D. Poole*

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

### **A HAND UP!**

*"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



*An empowered organization is one in which individuals have the knowledge, skill, desire, and opportunity to personally succeed in a way that leads to collective organizational success. - Stephen R. Covey, Principle-centered Leadership*

*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.*

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

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>

**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)

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 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

*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.*

----- 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-culturalsolutions.org](http://www.cross-culturalsolutions.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 -----

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

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

**trenchant** \TREN-chunt\, Caustic; biting; severe; as, "trenchant criticism." Distinct; clear-cut; clearly or sharply defined.

**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.

