



We all hold a piece to the puzzle  
Friday 10 September 2010

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# News From The Coalition, Inc.

"Communication – Cooperation – Collaboration"

Volume 5, Number 07

## Greetings Coalition Family!

*Domestic and social violence usually starts off with a few angry words and a few hurt feelings that don't get resolved, then escalates into feelings of betrayal, rage and revenge. Inner feelings of rage soon spill over into all aspects of society. Social stress multiplies daily with every new report of political upheaval, child abuse, drug abuse, workplace violence, children bringing guns to school, homelessness, ethnic wars or some other crisis. The root cause of a lot of these social stresses is the inner violence created by dysfunctional communication between the heart and the mind. As social stress increases, we're faced with a choice: Retreat into fear and isolation, become angry and bitter, try to ignore it all, or take responsibility for our own stress reactions. - Doc Childre*

Any 'holy' person who teaches intolerance and hatred in the name of GOD is on the wrong path and should be avoided. Ed.

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*

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

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

*If you would like to report on a recent community event, feel free to send us a brief account of what happened in document format, and we will share it with our readers. Send your information to: [News From The Coalition, Inc.](#)*

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

### **Cap4Kids**

The most preventable cause of cognitive adaptive disability (formerly know as mental retardation) is exposure to alcohol during pregnancy which causes Fetal Alcohol Spectrum Disorder (FASD).

This week is FASD Awareness Week

<http://www.fasdcenter.samhsa.gov/grabGo/grabgo.cfm>

and under the [www.cap4kids.org/philadelphia](http://www.cap4kids.org/philadelphia) website, under the Helpful

Links tab, you will find information on prevention, identification and help in working with families affected by this disorder as well as links to many of the most important local and national resources caring for families and their 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 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.

*Hate has no medicine.  
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.*

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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### 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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### 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.

*"With everything that has happened to you, you can either feel sorry for yourself or treat what has happened as a gift. Everything is either an opportunity to grow or an obstacle to keep you from growing. You get to choose." - Unknown*

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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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, and resources for out-of-school youth, and college prep and college admission tools.

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

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

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

grades went up in school, lateness and absences decreased and there was a remarkable increase in the students respect for their elders. One brother who attended was able to get a full 4-year scholarship to school as a result of being a part of the program.

Get all of the details at

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

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

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

Did you know?

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

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

For more info you can also go to

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

*If you realize that all things change, there is nothing you will try to hold on to. If you are not afraid of dying, there is nothing you cannot achieve. - Lao Tzu*

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**

HELP RAISE FUNDS TO LAUNCH "THE AUDACITY OF HOPE" - A  
U.S. SHIP FOR THE NEXT GAZA FREEDOM FLOTILLA-

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

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Featuring

Ann Wright - Gaza Freedom Flotilla Survivor, also known for resigning  
her position in the State Department in  
protest of the 2003 invasion of Iraq.

Colonel Wright has traveled to Gaza three times  
and spent time in jail as a result.

...also

Remi Kanazi - Palestinian American poet and writer living in NYC,  
co-founder and primary writer for the website  
[www.PoeticInjustice.net](http://www.PoeticInjustice.net) and the editor of Poets for Palestine.

...and

Chris Hedges - author of nine books,  
New York Times correspondent for 15 years and  
Mid-East Bureau Chief  
until he was reprimanded for denouncing the  
Bush administration's invasion of Iraq.

...plus Buffet Style Dinner

Friday, September 10, 2010

6:30 - 9pm

Tabernacle Church

3700 Chestnut St,

Phila, PA 19104

Your donations will secure The Audacity of Hope and a sailing crew,  
and take human rights activists to Gaza's shores with supplies  
that will help rebuild Gaza.

Suggested Donation: \$25 for adults; \$10 for students, retirees and/or



*There is no difference in the realization of the Truth either by a Muslim, Hindu, Zoroastrian, or a Christian. The difference is only in words and terms. Truth is not the monopoly of a particular race or religion.—  
Meher Baba*

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disabled. All proceeds will benefit the upcoming Gaza flotilla.

Endorsed by: Philadelphia Jews for a Just Peace, International Action Center, Brandywine Peace Community, Veterans for Peace (South Jersey Chapter 96, North Jersey Chapter 21 & Philly Chapter #31), Philly Vietnam Veterans Against the War, Delaware Valley Veterans for America, , Troops Out Now Coalition, Philadelphia Women's International League for Peace & Freedom, Philadelphia World Can't Wait, BuxMont Coalition for Peace Action, SUSTAIN, BDS Philly, Bubbes & Zaydees for Peace, Northwest Greens, , EON (End Oppression Now), Progressive Democracy South Jersey, PRAWN (Philadelphia Regional Anti-War Network), Northeast Philadelphia for Peace & Justice, Jewish Voice for Peace-Philadelphia, United Anti-War Coalition of Philadelphia, Defenestrator, Code Pink-Philadelphia, Network of Arab-American Professionals-Philadelphia Chapter, Philly Against War

Contact 215-945-1269; [bpvetforpeace@aol.com](mailto:bpvetforpeace@aol.com); 215-724-1618;  
[phillyactivist@peoplesmail.net](mailto:phillyactivist@peoplesmail.net)

For tickets, donations or for more information:

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

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Please join the Advocate4Life along with our partners for our

### **Free Health and Wellness Fair**

September 11, 2010

10am - 4pm

Church of the Advocate

18th & Father Paul Washington Avenue (AKA Diamond Street)

WHO IS INVITED: anyone who needs health care and anyone who has health issues and concerns

SERVICES: Mammogram Screenings (off-site), High Blood and at Risk Stroke Screenings, Diabetes Screenings, HIV/AIDS, STD's Screenings, Dental Screenings and Eye care exams. Health Information will be provided by Health Care Organizations and Peace Organization Vendors.

COST: FREE

RAIN DATE: Sunday September 12 (Same time and location)

Follow up and Aftercare provided

Martial Arts (self defense class) and Line Dancing (as exercise)

*Nothing limits achievement  
like small thinking.  
Nothing equals possibilities  
like unleashed thinking. -  
William Arthur Ward*

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return it to us  
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Free Food

Live Broadcast from WURD

we will deliver flyers and posters to those who wish to display or  
distribute, contact Michael Washington 484-680-0099.

check [www.fatherpaulwashington.com](http://www.fatherpaulwashington.com)  
for the latest information, updates and partners.

We welcome all but are not limited to doctors, nurses, health care  
professionals and organizations. We welcome all peace groups to set up  
tables and provide your information to our communities. To volunteer  
please call Carol Rogers @ 215-880-8303 or to participate please call  
Eliza Johnson @ 540-746-8254

thanks,

Kemah 484-432-1242.

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The Philadelphia Commission on Human Relations

### **Annual Awards Reception**

in the beautiful

Curtis Center Atrium

601 Walnut Street

Philadelphia, PA 19106

Honoring

The Hon. C. Darnell Jones II and Hon. Annette M. Rizzo

Founders of the Philadelphia Residential Mortgage Foreclosure Diversion  
Program

Also honoring those leaders in Human Relations

Arts & Culture

Denise M. Brown, Executive Director, The Leeway Foundation

Gayle Isla, Executive Director, Asian Arts Initiative

*Plan your progress carefully; hour-by hour, day-by-day, month-by-month. Organized activity and maintained enthusiasm are the wellsprings of your power. - Paul J. Meyer*

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Erica Marie Mendez, Vocal Artist and Student Organizer

Community Service

Gary R. Adams, President, The Coalition, Inc.

Ronald Blount, President, United Taxi Workers Alliance of PA

Calvin T. and Malik Raheem Johnson, Organizers, "Weekend Of Peace"

Mary Kachline, Organizer, Autism Awareness Month

Chad Dion Lassiter, Scholar, Activist and Professor of Race Relations

Wahdeedah Shabazz-El, Community Organizer & Trainer, CHAMP

Pecki Sherman Witnosky, Community Organizer and Author

Corporate Responsibility

PECO Energy

Law Enforcement

Natosha R. Warner, Community Outreach Specialist, FBI

Nonprofit Organization

Heeding God's Call

New Sanctuary Movement of Philadelphia

Pegasus Riding Academy

Special Tribute

The late Severino Verna, Former Commissioner

Fair Housing Commission

Admission: \$50. To RSVP, call 215-686-4675

Make your [reservations](#) today.

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Urban Sustainability Forum:  
**"Digging in to Home Energy Savings"**



*Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful. - Albert Schweitzer*

6:00 p.m. - Reception - featuring light refreshments and informational tables

6:30 p.m. - Program

Academy of Natural Sciences - 19th St and the Benjamin Franklin Parkway

Digging in to Home Energy Savings:  
How to Take Advantage of New Incentives

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Start the fall by Saving Energy! The first Urban Sustainability Program of the fall will help home and business owners understand all the new tax credits, rebates, loan programs, and other incentives available to help them save energy-and money-in homes and commercial buildings, while lowering their carbon footprints.

### Speakers:

- \* Liz Robinson, Executive Director of the Energy Coordinating Agency - How to Maximize Energy Savings in Buildings
- \* Andy Rachlin, Deputy Chief of Staff for Economic Development, City of Philadelphia- The new regional EnergyWorks program is designed to significantly reduce energy consumption for residential and commercial buildings in Philadelphia and surrounding counties
- \* Frank Jiruska, Director of Energy and Marketing Services, PECO - "Smart Ideas" program has rebates, incentives and support for all PECO customers
- \* Steve Hershey, Vice President, PGW - PGW is rolling out new initiatives and programs to help customers save

### Additional Panel Members:

- \* Roger Clark, Manager for Technology and Policy, The Reinvestment Fund
- \* Peter Krasja, President, First Financial , Keystone HELP Loan

Register today to reserve your seat:

<http://energysavingsprograms.eventbrite.com/>

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## **EMPLOYMENT AND TRAINING OPPORTUNITIES**

*Speak when you are angry  
and you will make the best  
speech you will ever regret.  
- Ambrose Bierce*

<http://www.csx.com/?fuseaction=careers.main>

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## **HEALTH MATTERS**

### **How Well Do You Know Your Body?**

Wednesday September 8, 2010

1:00 pm - 3:00 pm

(This event repeats every week until Wednesday December 29, 2010.)

Pathwayspa

926 W. Allegheny Avenue

Philadelphia, PA 19133

Phone: 215.227.0300 ext 327

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#### Notes:

This reproductive health workshop addresses myths and misconceptions about everything from pregnancy to STDs including HIV. Other topics that are discussed: Hormonal Birth Control, Bacterial Infections, Viruses, Men's Reproductive Health, Potential Complications, Serial Monogamy, and medical management of infections and diseases. It is facilitated by Jonathan Chriswell from QCHC Family Health Center and has received rave reviews. This event is open to the public every Wednesday and begins at 1pm

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### **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 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

*You are a living magnet.  
What you attract into your  
life is in harmony with your  
dominant thoughts. - Brian  
Tracy*

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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.

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

*A Philadelphia police officer arrives at the scene of an accident, in which a car smashed into a tree. The cop rushes over to the vehicle and asks the driver, "Are you seriously hurt?"*

*"How do I know?" the driver responds. "I'm not a lawyer!"*

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

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 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

*Worry is like a rocking chair, it gives you something to do, but it doesn't get you anywhere. - Unknown*

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 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.

*I've been doing a lot of abstract painting lately, extremely abstract. No brush, no paint, no canvas... I just think about it. - Steven Wright*

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.

*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.*

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.

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

This study also serves as a reminder that sex after age 40 years is not necessarily safe."

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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 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 programs.

And you can help by volunteering.

The nonprofit hands out perishables at six sites in the Delaware Valley —



*Before I could start my first job right out of college, due to all the immigration flack, I had to present evidence that I was a U.S. citizen. I showed up with my driver's license and birth certificate.*

*The clerk looked at my driver's license and copied down some information. She then picked up my birth certificate and gave it a long look.*

*"Is anything wrong?" I asked.*

*"Yes," she said. "I can't find the expiration date."  
(Thx. Lino Perez)*

where nutritious diet staples are hard to come by, especially in tough times.

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

Looking for something physical?

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

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

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

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Tips for making oatmeal appealing to kids

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

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## **GREEN PIECE**

**Here are some interesting facts that might make your world spin!**

- The garbage in a landfill stays for about 30 years.
- In 1995 over 200 of the world landfills were full.
- Each person throws away approximately four pounds of garbage every day.
  - One bus carries as many people as 40 cars!
  - More than 1/3 of all energy is used by people at home
- Most families throw away about 88 pounds of plastic every year
  - We each use about 12,000 gallons of water every year
    - 1/3 of all water is used to flush the toilet.
- The 500 million automobiles on earth burn an average of 2 gallons of fuel a day.
- Each gallon of fuel releases 20 pounds of carbon dioxide into the air.
- Approximately 5 million tons of oil produced in the world each year ends up in the ocean.
- The energy we save when we recycle one glass bottle is enough to light a traditional light bulb for four hours
- For every 2000 pounds of paper (1 ton) recycled, we save 7,000 gallons of water free from chemicals.
- Recycled paper requires 64% less energy than making paper from virgin wood pulp, and can save many trees

*Nothing would be done at all if we waited until we could do it so well that no one could find fault with it.*  
- John Henry

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- Every ton of paper that is recycled saves 17 trees
- The amount of wood and paper we throw away is enough to heat 50 million homes for 20 years
- Earth is 2/3 water. But all the fresh water streams only represent one hundredth of one percent.
- 14 billion pounds of trash is dumped into the ocean every year
- It takes 90% less energy to recycle aluminum cans than to make new ones
  - 5 billion aluminum cans are used each year
  - 84 percent of all household waste can be recycled.
- Computers pose an environmental threat because much of the material that makes them up is hazardous. A typical monitor contains 4-5 pounds of lead.
- Each year billions of used batteries are thrown away in the United States. This constitutes 88% of the mercury and 54% of the cadmium deposited into our landfills
- Approximately only 10 percent of every landfill can be cleaned up.
  - Ivory comes from dead elephants, its best not to buy it.
- Fur coats often come from endangered animals, it's best not to buy them.
- One gallon of motor oil can contaminate up to 2 million gallons of water. So dispose of properly!
  - Here is an example of the water we use everyday:
    - 3-7 gallons for toilet,
    - 25-30 gallons for tub,
    - 50-70 gallons for a 10 minute shower,
    - 1 washing machine load uses 25-40 gallons,
    - 1 dishwasher load uses 9-12 gallons
- Here is an example of how long it takes some things take to break down: plastics take 500 years, aluminum cans take 500 years, organic materials, take 6 months, cotton, rags, paper takes 6 months.

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## **NATIONAL PREPAREDNESS MONTH COALITION**

Seventh annual National Preparedness Month, in September, encourages Americans to take steps to prepare

WASHINGTON - The Federal Emergency Management Agency (FEMA) today announced that to date more than 1,900 national, regional, tribal, state and local organizations and businesses have pledged their support

Hereeeeeeeeeeeeeee...  
Kathy's Korner!

*A Virginia mother, vacationing with her four year old son, was trying to explain why all their relatives from Wisconsin talk funny and sound like their noses are plugged up.*

*"They think we have an accent," she replied.*

*"But they have an accent, right?", the boy asked. "They talk funny?"*

*"Everybody talks in different ways" she tried to explain. "To them, we sound like we talk very slow and all our words are d-r-a-w-n out."*

*His eyes got big, and he whispered seriously, "Oh, no. You mean they hear funny too?"*

*(Kathy Parsons is a regular contributor.)*

*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.](#)*

and joined the 2010 National Preparedness Month (NPM) Coalition. This is approximately 200 more than last year at this time. The registration for the Coalition continues through September.

This September marks the seventh annual NPM. Led by FEMA's Ready Campaign in partnership with Citizen Corps and The Advertising Council, NPM is a nationwide effort encouraging individuals, families, businesses and communities to work together and take action to prepare for emergencies.

NPM Coalition members will sponsor events and activities throughout the month highlighting the steps that individuals, families and communities can take to prepare. Ready and The Advertising Council will also introduce new Spanish-language public service advertisements in conjunction with NPM activities. Additionally, the Ready Campaign released a new NPM Widget to help promote the month.

"National Preparedness Month is a great way to get Americans and our communities and businesses to come together in planning and preparing for a disaster," said FEMA Administrator Craig Fugate. "Disasters can hit any place, any time, so it's essential that we take concrete steps together, now, to ensure a better response later."

This year, NPM focuses on encouraging all Americans to take active steps toward getting involved and becoming prepared. Preparedness is everyone's responsibility. Americans have to work together as a team to ensure that individuals, families and communities are ready. Individuals are encouraged to: make a family emergency plan; put together an emergency supply kit; be prepared to help your neighbor; and work as a team to keep everyone safe.

National Preparedness Month Coalition membership is open to all public and private sector organizations. [Click here](#) <http://www.ready.gov/america/npm10/index.html> to register for membership.

Follow FEMA online at [www.twitter.com/fema](http://www.twitter.com/fema), [www.facebook.com/fema](http://www.facebook.com/fema), and [www.youtube.com/fema](http://www.youtube.com/fema). Also, follow Administrator Craig Fugate's activities at [www.twitter.com/craigatfema](http://www.twitter.com/craigatfema). The social media links provided are for reference only. FEMA does not endorse any non-government websites, companies or applications.

FEMA's mission is to support our citizens and first responders to ensure

that as a nation we work together to build, sustain, and improve our capability to prepare for, protect against, respond to, recover from, and mitigate all hazards.

*Battle of the sexes:*

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*7 Rules men wish women knew:*

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

*Rule # 1 Anything we said six or eight months ago is inadmissible in an argument. All comments become null and void after seven days.*

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

or

State Rd. & Ashburner St. in Philadelphia  
at the

Streets Department Sanitation Convenience Centers,

Monday through Saturday

8:00 am to 6:00 pm.

*Rule # 2 If we say something that can be interpreted in two ways, and one of the ways makes you sad or angry, we meant the other way.*

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

*Rule # 3 It is in neither your best interest nor ours to make us take those stupid Cosmo quizzes together.*

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: 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.

*Rule # 4 You can either ask us to do something OR tell us how you want it done -- not both.*

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.)

*Rule # 5 Whenever possible, please say whatever you have to say during commercials or time-outs.*

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.

*Rule # 6 Christopher Columbus didn't need directions and neither do we.*

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.)

*Rule # 7 When we're turning the wheel and the car is nosing onto the ramp, you saying "This is our exit" is not necessary. (thx Henry C.)*

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

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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, and other number plastics, metal) on the items you bring in.

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

We'll see you soon!

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

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

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**For sustainable enterprise go to Green Jobs Philly**

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

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

## **PERSONAL AND HOME SECURITY**

Tips on Being Safe at Home

By Natalie Grace, eHow Contributing Writer

Safety at home

Many people believe that if they stay inside their homes no harm will come to them. This is wishful thinking, as many reported injuries and crimes occur inside the home. As a result, homeowners are encouraged to implement precautionary measures to help protect their family. Though this does not always guarantee safety, it can reduce the risk of injuries and fatalities.

### **Visitors/Telephone**

1. When a guest rings the doorbell or knocks on the door, use your



*Time is Nature's way of preventing everything from happening all at once. - Unknown*

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peephole to identify the caller. If you do not have a peephole, ask the visitor to identify himself. Only open your door if you know and trust the caller. Talk to repair people through closed doors and do not allow them in unless you have verified their credentials (company name and phone number, ID badge). If an unknown visitor asks to use your phone, direct him to the closest public telephone.

Do not divulge any personal data about yourself or anyone who lives in your home to unknown callers. Keep police and paramedics contact information handy and record the numbers on your speed dial. In the case of nuisance calls, do not respond; instead, hang up the phone and call your telephone company for assistance. Establish a signal with your neighbors, such as a bell or continuous car horn honking to alert them if you are in danger. Encourage them to report any suspicious persons they see prowling around your home to the police.

### **Intruders**

2. If you experience a break-in while you are inside the home, try to get to the [burglar alarm](#) and activate it, or try go to the nearest bedroom and call the police. If you hear the burglar, but do not see him, make a lot of noise shuffling around but refrain from confronting him. Some burglars will evacuate the home immediately upon hearing sounds. Distance yourself from the intruder as much as possible, but if you are confronted by him try to stay calm. Do not enter the house if you arrive home and feel that a burglar is inside--run to the neighbor's home and call the police. If you get a glimpse of the intruder, try to keep a mental picture of his features (height, race, suspected age, type of clothing and any outstanding features).

Read more: [Best Way - Tips on Being Safe at Home | eHow.com](#)  
[http://www.ehow.com/way\\_5406966\\_tips-being-safe-home.html#ixzz0wRsr1ZZN](http://www.ehow.com/way_5406966_tips-being-safe-home.html#ixzz0wRsr1ZZN)

Source: [http://www.ehow.com/way\\_5406966\\_tips-being-safe-home.html](http://www.ehow.com/way_5406966_tips-being-safe-home.html)

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For a more aggressive role in your protection:  
[www.selfdefensewithanattitude.com](http://www.selfdefensewithanattitude.com)



## GRANTS, SCHOLARSHIPS & INSTRUCTION

*Treat people as if they were what they ought to be, and you help them to become what they are capable of being. - Goethe*

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Philadelphia Development Partnership's  
**Business Skills Course**  
The Bourse Building.  
111 S. Independence Mall East, Suite 810

Philadelphia Development Partnership's Business Skills Course is a multi-part course that is designed to teach the fundamentals of running a small business.

- Obtain financing
- Learn from experts in your industry
- Network with fellow entrepreneurs
- Work with business consultants FREE!

The multi-part class begins on  
September, 21st 2010  
Orientation - September 14th  
Cost: \$95.00

Contact: Theo Thompson  
(215) 545-3100 ext 222

or [TThompson@pdp-inc.org](mailto:TThompson@pdp-inc.org)

Philadelphia Development Partnership's  
**Business Skills Course**  
The Bourse Building.

111 S. Independence Mall East, Suite 810

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### **USDA offers Hunger-Free Communities grants**

The US Department of Agriculture is offering Hunger-Free Communities grants to help cities and towns across the country fight hunger and food insecurity and promote healthy eating.

The grants will help fund research, planning and hunger relief activities such as food distribution, community outreach, development of new resources, and strategies to reduce or prevent hunger and food insecurity.

Two models of grants are available: planning and assessment grants or implementation grants.

For more information, [go here](#).

<[http://www.fns.usda.gov/fns/outreach/grants/hfc\\_grants.htm](http://www.fns.usda.gov/fns/outreach/grants/hfc_grants.htm)>

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*Six essential qualities are the key to success: sincerity, personal integrity, humility, courtesy, wisdom, charity. - William Menninger*

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### **Foundation offers Banned Books Week grants**

The American Library Association's Freedom to Read Foundation will provide two grants — one for \$2,500 and one for \$1,000 — to two organizations to support "Read-Outs" celebrating Banned Books Week 2010, from

September 25th to October 2nd.

A Banned Books Week Read-Out is an event during which people celebrate the freedom to read by gathering to read from books that have been banned or challenged over the years.

To apply for a grant, organizations are required to submit an event description, timeline, and budget with their application, as well as agree to provide a written report and video to FTRF following Banned Books Week.

For more information, go [here](#).

< <http://ala.org/ala/newspresscenter/news/pr.cfm?id=4570>>

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

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

Application guidelines are available [here](#).

\*\*\*

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

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

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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

*You're never beaten until  
you admit it. - George S.  
Patton*

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unique communication style of urban, ethnic and other hard-to-reach audiences; review theories and techniques for developing cost-effective and culturally-relevant communication strategies; and then show session attendees how to apply these learnings to their own HIV/AIDS testing programs, prevention services and outreach efforts.

### Learning Objectives

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

### Workshop Description:

Topics explored during the session include:

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

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

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

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

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

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### **At- Risk Youth**

Annie E. Casey Foundation

<http://www.aecf.org>

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

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

Organizations wishing to send a proposal to the Foundation should submit

*Life is a matter of passing the time enjoyably. There may be other things in life, but I've been too busy passing my time enjoyably to think very deeply about them. - Peter Cook*

a letter of no more than three pages explaining the organization and its project and how the money will be used. Send the letters to: The AEC Foundation; Attn: Office of the President; 701 Saint Paul St.; Baltimore, MD 21202.

Phone: 410-547-6600

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### **AOL Time Warner Foundation**

<http://aoltimewarnerfoundation.org>

The AOL Time Warner Foundation is dedicated to using the power of media, communications and information technology to serve the public interest and strengthen society. However, rather than simply providing grant monies or funding unsolicited requests, the foundation prefers to enter into sustainable strategic partnerships with organizations that have a demonstrated commitment to pioneering innovative ways of meeting four priorities: Equipping kids for the 21st century; Extending Internet benefits to all; Engaging communities in the arts; and Empowering citizens and civic participation.

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### **AT&T Foundation**

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

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

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### **Beaumont Foundation**

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

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

*It is the height of absurdity to sow little but weeds in the first half of one's lifetime and expect to harvest a valuable crop in the second half. - Percy H. Johnston*

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inquiry, self-directed learning, and critical reflection. Proposals for work resulting in low-income and minority student success with honors, advanced placement, and other challenging curricula are particularly encouraged. Grant funds may be used for resource materials, supplies, equipment, transportation, software, and scholars-in-residence. Applicants must be practicing U.S. public school teachers in grades K-12, public school education support professionals, or faculty and staff at public higher education institutions.

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

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

For additional RFPs in Education, visit:

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

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## **NIH Summer Institute on Community-Based Participatory Research**

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

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

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

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

CCPH has successfully implemented community-academic partner team-based model of CBPR training: [CBPRInstitute](#) and [SummerInstituteAgenda.pdf](#)

The training curriculum, "Developing and Sustaining CBPR Partnerships" is available online at [www.cbprcurriculum.info](http://www.cbprcurriculum.info).

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

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## **Banta Company Foundation**

The Banta Company Foundation provides funding for at-risk youth and delinquency prevention initiatives. The funds can be used for equipment,



*Q. What lies at the bottom of the ocean and twitches?*

*A. A nervous wreck.*

*(Ethan Pollard age 9)*

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general/operating expenses, seed money, program development, as well as other areas. For more information please contact:

Banta Company Foundation

225 Main Street

PO Box 8003

Menasha, WI 54952-8003.

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

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

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

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### **Healthy Community Outreach Program**

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

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

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

[http://www.aetna.com/foundation/grants\\_reg/guidelines.html](http://www.aetna.com/foundation/grants_reg/guidelines.html)>Awards

Ongoing Deadline

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

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

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

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*There was two old dollar bills. One was a \$100 dollar bill and the other was a \$1 dollar bill. The \$100 dollar bill said, "I've lived a good life. I've been to the amusement park, the theater, the zoo and baseball games."*

*"Wow," said the \$1 dollar bill. "You sure have had a good life."*

*"Where have you been?" asked the \$100 dollar bill.*

*"Oh, I've been to a Baptist church, a Methodist church, a Lutheran church and an Episcopal church."*

*The \$100 bill said, "What's a church?"*

## AFRICAN AMERICAN STUDENTS ARE NOT APPLYING FOR SCHOLARSHIPS

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

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

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

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

For a list of scholarships please visit our group 'The Coalition, Inc.'

<http://groups.google.com/group/coalition-the>

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### SpotLight On Our Efforts

Dear Friends:

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

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

And we wanted to make sure that you're the first to know before this

*Benvenuto a Miami*

*Hurricane season runs from June through November. Anyone visiting Florida during these months can expect to turn on their TV and see warning news reports showing a white radar blip hundreds of miles away. Here are some instructions you may hear.*

*Homeowner's Insurance*

*Homeowner's insurance is often considered the most important preparedness item you can't afford. Not what you can't afford to live without, but what you can't afford, PERIOD. We do have a couple of tricks that will help you get good affordable homeowner's insurance.*

*1.) Find a house that's built using the latest building techniques designed to help it withstand hurricanes.*

*2.) Make sure it's located somewhere in West Virginia.*

*Adios Miami!*

news goes public. You've been a staunch supporter of Moms Against Guns - many since we began this fight together at a public rally in Philadelphia's Love Park in 2007.

Since then - we've made great strides.

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

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

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

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

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

## **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)

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 -----

### **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 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 -----

## Website Offers Revolutionary Green Alternatives for Communities/Nations

*The questions you ask  
consistently will create  
either enervation or  
enjoyment, indignation or  
inspiration, misery or  
magic. Ask the questions  
that will uplift your spirit  
and push you along the  
path of human excellence.*  
- Tony Robbins

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

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

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Commitment and  
return it to us  
[the.pa.coalition@gmail.com](mailto:the.pa.coalition@gmail.com)

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 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

*In any moment of decision  
the best thing you can do is  
the right thing, the next  
best thing is the wrong  
thing, and the worst thing  
you can do is nothing. -  
Theodore Roosevelt*

*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*

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**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 Chestnut 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 -----

## COMING UP

**Experience A Night-Time Outside Rodeo**  
with the Creative Kids Club  
Friday, September 17, 2010  
From 6 to 10 p.m.

Our Bus will leave from:  
Ogontz and Cheltenham Avenue  
at 6:00 p.m.  
One Cost-\$10.00 per person

Call Today- 215-485-0284

*It isn't the experience of today that drives men mad. It is the remorse for something that happened yesterday, and the dread of what tomorrow may bring.*  
- Robert Jones Burdette

Competitors from the national level as well as our local First Frontier circuit will compete for thousands of dollars in prize money on the stock of a national finals rodeo stock contractor, Three Hills Rodeo Company of Bernard, Iowa. They are a family owned and operated professional rodeo company providing outstanding family entertainment.

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

**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

8 Week Classes: Saturdays, Sept 25 - Nov 20 @ 9AM - 12PM

Cost: \$350 after August 6th

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

Contact: 215-247-2473

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

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

The Ladies of Black Women's Educational Alliance-Philadelphia Chapter  
invites you to attend our

**Annual Rededication Ceremony**

Saturday, September 18, 2010

Thurgood Marshall Elementary School  
6th and Duncannon Street  
Philadelphia, PA 19120  
8:30 a.m. -12:00 p.m.

Keynote Speaker: Dr. Janet Samuels,  
Superintendent of the Norristown Area School District

8:30 a.m. -12:00 p.m.: Vendors' Station Opens  
9:00 a.m. -10:00 a.m. : Complimentary Gourmet Breakfast  
10:00 a.m. -12:00p.m.: Rededication Ceremony

RSVP to [kcakal1@aol.com](mailto:kcakal1@aol.com) by 9/7/10

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



## Washington's Farewell Peace Event

Sunday September 19, 2010

2:00 pm - 3:00 pm

Location: Near Senator Arlen Specter's home  
West Schoolhouse Lane (at Vaux Street)  
Germantown  
Philadelphia, PA 19144

Notes: On September 19, 1796, President George Washington's farewell address was published. He advised the nation to "observe good faith and justice toward all nations. Cultivate peace and harmony with all."

*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.](#)*

26 peace groups will hold a Washington's Farewell Peace Event Sunday, September 19, 2010 2:00 until 4:00 p.m. near Senator Arlen Specter's home on West Schoolhouse Lane (at Vaux Street) in Germantown.

The demonstrators will ask Specter (who remains our Senator until January 2011) to endorse a bill which will cut off Pentagon funding in Afghanistan and Iraq except what is needed for the safe return of all U.S. troops. They also want the closure of all Pentagon bases there.

The Washington's Farewell Peace Event has been endorsed by Brandywine Peace Community, Bryn Mawr Peace Coalition, Bucks for Progress, Catholic Peace Fellowship, Chester County Peace Movement, Code Pink Philadelphia, Communist Party of Eastern PA and DE, Delaware Valley Veterans for America, Granny Peace Brigade Philadelphia, Green Party of Delaware County, Green Party of Montgomery County, Green Party of Philadelphia, Maine Line Peace Action, Military Families Speak Out, Northeast Philly for Peace and Justice, Northwest Greens, Peace Action of Philadelphia, Philadelphia Buddhist Peace Fellowship, Philadelphia Regional Anti-War Network (PRAWN), Philadelphia War Resisters League, Physicians for Social Responsibility, Saint Vincent's Peace and Justice Ministry, Suburban Philadelphia Greens, Turn Around America, Veterans for Peace, Chapter 31, and Women's International League for Peace & Freedom (Philadelphia Branch).

For more information, please contact [nwgreens@yahoo.com](mailto:nwgreens@yahoo.com) and 215-

### 3rd ANNUAL - FISHTOWN RIVER CITY FESTIVAL

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

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The Fishtown Neighbors Association has a long tradition of community involvement. We are a coalition of neighbors who strive to make Fishtown a great place to live, work and play.

The Fishtown Neighbors Association is proud to present the 3rd Annual RiverCity Festival at Penn Treaty Park on Saturday October 2, 2010. Beginning with the RiverCity 5K Run, the festival will feature fun, food, entertainment and memories for everyone. An eclectic mix of bands will play on the main stage, while organizations and institutions will have presentations in an educational area. Local artists and businesses will be on hand to sell their creations and promote their services. Children and families will have plenty of games, face painting, contests and activities to keep them busy. We will all learn of the deep Native American heritage of the waterfront with a special presentation from the Leni Lenape tribe. Of course, no festival would be complete without the best food in the area from Fishtown's famous eateries.

Penn Treaty Park  
Penn Treaty Park, 1199 N Delaware Ave,  
Philadelphia, PA

Saturday October 2, 2010-  
10am (for RiverCity 5k Run),  
12pm (for Music, Vendors and Other Festivities)  
until 5pm.

As part of a Citywide effort to reinvent the waterfront, the Fishtown Neighbors Association aims to draw people to both Fishtown and the water as well as provide a fun atmosphere to get to know the neighborhood and all it has to offer.

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

*Your vision will become  
clear only when you can  
look into your own heart.  
Who looks outside, dreams;  
who looks inside, awakens.  
- Carl Jung*

## **African Women's and Youth Conference in Oakland**

WE CALL ON  
ALL AFRICAN WOMEN AND YOUTH ORGANIZATIONS  
ALL WOMEN'S AND YOUTH ORGANIZATIONS OF CHURCHES  
ALL THE WOMEN AND YOUTH OF STUDENT ORGANIZATIONS  
EVERY AFRICAN WOMAN AND YOUTH WHO WANTS TO MAKE  
A SERIOUS CONTRIBUTION TO THE UNIFICATION OF AFRICAN  
WOMEN AND AFRICAN PEOPLE

TO PARTICIPATE IN THE

AFRICAN WOMEN'S AND YOUTH CONFERENCE

BUILDING AFRICAN WOMEN'S AND YOUTH MOVEMENTS AND  
FORMING INTERNATIONAL SISTERHOOD

Saturday, 16 October 2010

WEST OAKLAND BRANCH PUBLIC LIBRARY

1801 ADELIN STREET

OAKLAND, CALIFORNIA USA

10 AM – 5 PM

FREE

Theme: THE UNIFICATION OF AFRICA THROUGH THE  
EMANCIPATION OF WOMEN

AFRICAN WOMEN'S AND YOUTH MOVEMENTS ARE  
NECESSARY IN ORDER TO EDUCATE, MOBILIZE, AND  
ORGANIZE THE LARGEST NUMBER OF AFRICAN WOMEN AND  
YOUTH AS POSSIBLE

Panel Topics Include

- The Necessity of Organization for the Unification of Africa
- The Importance of Women's Leadership in the Unification of Africa
  - The Role of Youth in the Unification of Africa
- Solidarity with Women and Youth of the World and World Unity
  - Men for the Emancipation of Women
- The Relationship between the Unification of Africa and Self-Reliance

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

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submission should be  
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[Press Release form.](#)*

*The Bible, Through the  
Eyes of a Child*

*Here's our version of the  
stories of the Bible if they  
were to be told by a child.*

*Moses*

*Moses was the next  
important man. His real  
name was Charlton Heston.  
Moses led the Israel lights  
out of Egypt because of the  
bad Pharaoh. God sent ten  
plagues on the Egyptians.  
Some of the plagues were  
mice, frogs, bugs, lice and  
no cable.*

*Every day in the desert,  
God fed the Israel lights  
some manicotti. He gave  
them His "Top Ten"  
commandments. They were  
things like: don't lie, don't  
cheat, don't dance, don't  
smoke, don't covet your  
neighbor's stuff (whatever  
that means). He also told  
them to humor their fathers  
and mothers.*

For participation or other information please contact:

African Women's Charity Organization

PO Box 23074 Oakland ,

CA 94623-0074 USA

Phone: 415 789-7360

Email: [forafricanwomen@att.net](mailto:forafricanwomen@att.net)

This Conference is FREE so that the cost of the conference itself won't be the reason for anyone not attending.

We do not sponsor transportation or accommodations.

Please wear white as a symbol of unity and solidarity.

Why this Conference

We are in the process of building powerful African Women's and Youth Movements throughout the world that will connect all African women and youth, inside and outside of Africa. This is a very important part of the African independence movement. An African Women's and Youth movement is necessary to educate, mobilize, and organize the largest number of African Women and Youth as possible. Our vision includes collectively solving our problems to obtain proper childcare, housing, collective kitchens, transportation, healthcare, clean drinking water for all and employment/skills, etc. We must build a strong infrastructure in Africa and we must be tightly organized inside and outside of Africa. In order to be in the African Women's and Youth Movements you must study two books, *Class Struggle in Africa* by Kwame Nkrumah and *Women in Society* by Sekou Toure. The study must be with a group of people.

The African Women's Charity Organization is proud to announce that we are organizing an African Women's and Youth Conference at West Oakland Branch Public Library in Oakland, California USA on Saturday 16 October 2010 10:00 am – 5:00 pm. This will be the 22nd conference that we have organized since we started having conferences the year 2000; the first eleven having been in the United States and ten conferences in Africa; Senegal, Guinea, Ghana, Mali, Gambia, and Rwanda. This is going to be our twelfth conference organized in the USA.

The theme of this conference is "The Unification of Africa through the Emancipation of Women"

On Independence Day for Ghana, March 6, 1957 President Nkrumah declared that the independence of Ghana was meaningless unless it was connected to the unification of Africa. President Nkrumah came to the conclusion that the unification of Africa will not be a reality if organized from the top down like the Organization of African Unity (OAU) or the African Union (AU); it must be organized from the bottom up.

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To organize African society from the bottom up means to organize the women of Africa.

President Sekou Toure has said, “The African woman has participated everywhere in Africa in a conscious, constant and often decisive manner, in the anti-colonialist struggle and in the fight for national liberation.”...

“Our women organizations have a political character which imposes on each woman a conscious and constant militancy, a high degree of political consciousness, a real and continued participation in all fields of activities.”

“Women’s struggle for liberation must be seen as a part of the more general struggle against capitalism, and never as an isolated struggle directed against men.” “If we want to strike at the root of evil it is the mode of production that must be aimed at. We must first of all commit ourselves to the building of a society whose mode of production excludes any exploitation.” Women have been in the leadership of humanity for 90% of the time that humanity has been on earth in a mode of production called communalism. Under communalism, for example, all land and means of production belonged to the community. There was people’s ownership. Labor was the need and habit of all and there was not exploitation.

“The most serious ideological blindness, it must be emphasized, lies in reducing the emancipation of the woman solely to the female element; presenting woman’s emancipation as a problem particular to women is a monumental error.” This is why we have organized within the African Women’s Charity Organization an organization called “Men for the Emancipation of Women.” We understand that the emancipation of women is necessary for the emancipation of men. Organization is the weapon of the oppressed. Every person must join an organization and the strategy must be the organizing of organizations. It is our goal to become so organized that we can do in one day what previously took 20 years.

The radicalization of the revolution is the unification of Africa through the emancipation of women.

We can not be defeated if women come to love the work for the unification of Africa like she loves her family; and there is nothing more positive for her family than the unification of Africa. Women are the primary educators for the boys and the girls in society and the consciousness that she will gain from working for the unification of Africa will come out through her children’s love for Africa, and the children’s determination to use their education to build a strong Africa. In Africa we have everything that we need for the liberation and unification of Africa. Confidence and organization is what is now necessary.



## COMPUTERS AND TECHNOLOGY

*If you ever have something bad to say about anybody, be sure the answer to these three questions is 'yes' before you say it: Is it true? Is it just? Will it do anybody any good to say it?*

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

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

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

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

For more information, email [Free Trial](#).

### **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 ----

## Skip A Meal For Haiti

*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.*

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

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

The cost of lunch at almost any affordable restaurant in America is between \$5.00 and \$14.00. Some restaurants have menus that serve four and five course dinners that can cost as much as \$100.00 per person, not including beverages. For as little as two dollars a day, you can help provide food, drinking water and some sanitation supplies for a Haitian child or adult. A \$14.00 contribution can help feed and hydrate a Haitian child for a week. We can all afford to make a difference!

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

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

*You can learn new things at any time in your life if you're willing to be a beginner. If you actually learn to like being a beginner, the whole world opens up to you. - Barbara Sher*

## America's Original Savings Network

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

### FREQUENTLY ASKED QUESTIONS

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

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

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

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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

*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-cultural-solutions.org](http://www.cross-cultural-solutions.org)

## IT'S HERE!!

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

### [A HAND UP!](#)

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

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

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

*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.](#)*

## WORD-OF-THE-WEEK

**effusive** \ih-FYOO-siv\  
Excessively demonstrative; giving or involving extravagant or excessive emotional expression; gushing.

**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.



