



We all hold a piece to the puzzle  
Friday 01 October 2010

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# News From The Coalition, Inc.

*"Communication – Cooperation – Collaboration"*

Volume 5, Number 10

## Greetings Coalition Family!

### Then They Came for Me (A New Twist)

By Stephen Rohde, a constitutional lawyer and President of the ACLU of Southern California.  
Adapted from the original by Rev. Martin Niemoller (1937).

First they came for the Muslims, and I didn't speak up because I wasn't a Muslim.

Then they came to detain immigrants indefinitely solely upon the certification of the Attorney General, and I didn't speak up because I wasn't an immigrant.

Then they came to eavesdrop on suspects consulting with their attorneys, and I didn't speak up because I wasn't a suspect.

Then they came to prosecute non-citizens before secret military commissions, and I didn't speak up because I wasn't a non-citizen.

Then they came to enter homes and offices for unannounced "sneak and peek" searches, and I didn't speak up because I had nothing to hide.

Then they came to reinstate Cointelpro and resume the infiltration and surveillance of domestic religious and political groups, and I didn't speak up because I had stopped participating in any groups.

Then they came for anyone who objected to government policy because it aided the terrorists and gave ammunition to America's enemies, and I didn't speak up because... I didn't speak up.

Then they came for me..... and by that time no one was left to speak up.

**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.](#)*

The School District of Philadelphia  
Office of Parent, Family, Community Engagement,  
Faith-Based Partnerships  
**OCTOBER IS PARENT APPRECIATION MONTH!**  
Calendar of Parent Events for the Month

10/4

Opening of Parent and Family Resource  
Centers – Parent Reception  
5:00 pm  
Parent Family Resource  
Center at Grover  
Washington Middle School

10/5

Parent University’s Kick-off Event:  
“Building Partnerships between Parents and Schools”  
with Dr. Pedro Noguera  
5:30 pm  
440 Education Center, Atrium

10/7

City Council Proclamation of October as Parent Appreciation Month  
10:00 am  
Room 400, City Hall Philadelphia

10/12

Superintendent’s Parent Roundtable  
Dobbins High School, Auditorium  
5:30 pm

10/15

Take a Parent to Work Day (dinner and line-dancing  
from 3:00 pm to 5:00 pm)  
1:00 pm to 3:00 pm  
440 Education Center

10/19

Varies Citywide Parent University Classes Begin

*When you are sitting in your own house, you don't learn anything. You must get out of your house to learn.*

*- 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.*

10/23

Just for Men-Male Involvement Conference

8:30 am to 2:30 pm

440 Education Center,  
Auditorium

10/24 - 10/27

36th Annual Family Involvement Conference

All Day

Split Rock, PA

10/29

Parents Pampering Parents

(health and wellness make-overs)

4:00 pm to 6:00 pm

Norris Square

Presbyterian Church

(2140 N. Hancock Street)

The School District of Philadelphia • 440 N. Broad Street •

[www.philasd.org](http://www.philasd.org) • 215.400.4000

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### **Youth Creations**

Providing Young People with Opportunities to Learn New Skills

For ages- 9-14

Youth Creations offers activity groups in:

Creative Writing

Hair Design

Art Design Fashion Design

Public Speaking

If you are interested in an exciting and innovation please call: Cheryl Baldwin at 267-934-6515

or email [cheryl.baldwin58@yahoo.com](mailto:cheryl.baldwin58@yahoo.com) for more information.

We're located at the Belfield Recreation Center at 21st and Chew Ave.

Program starts: October 2, 2010 from 12:00pm- 2:00pm

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*"I learned that good judgment comes from experience and that experience grows out of mistakes."*  
Omar Bradley

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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## WBDC launches new series for child care entrepreneurs The Women's Business Development Center will offer its **Family Child Care Entrepreneur Program**

on  
Monday, October 11th from  
6:15-9pm.

Classes will continue through November 29th.

The workshop is an entrepreneurial training program designed to help participants to explore and understand the realities of running a profitable family child care business.

It will be held at  
WBDC

1315 Walnut Street, Suite 1124  
Philadelphia.

The cost is \$59.

For more information, call (215-790-9232 or visit the agency [website](#).  
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## Parent support groups offered throughout city

Starting in late September, Turning Points for Children will offer Stronger Families & Brighter Futures Parents' Support Groups, a free parenting and support group program for parents or caregivers and their children in the Philadelphia area.

The 12-week program will be offered and delivered in various community locations and includes Time Out for Teens and Tots for teen mothers, and groups for adult parents and caregivers with young children, pre-schoolers or school age children.

Any interested parent or caregiver in Philadelphia is eligible. Free child care, transportation and refreshments are included.

To discuss joining a group and get more details, contact [Louise Leibowitz](#)  
---- Coalition members! Activate 'Your' [web link](#) on The Coalition, Inc. web site ----

## Cap4Kids Hint of the Week

Poverty rates are the highest since 1995 with children being affected the most. There are many safety net programs for families, but many do not know they exist. On the [www.cap4kids.org/philadelphia](http://www.cap4kids.org/philadelphia) website, under the Parenting Resources handout, there is a listing of several Benefits for Families resources that helps connect families in need with the services that helps keep families above water. Also, on the Helpful Links handout, you will find resources such as

*From caring comes  
courage. - Lao Tzu*

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Government Benefits.com and info on the IRS Earned Income Tax Credit.  
Please become familiar with these important resources and continue to link  
families in need with the social service agencies that serve them.

~ ~ ~

**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.

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

*If you treat a sick child as an adult and a sick adult as a child, it usually works out pretty well. - Black Hawk*

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

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

On the [www.cap4kids.org/philadelphia](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.

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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*If we listened to our intellect,  
we'd never have a love affair.  
We'd never have a friendship.  
We'd never go into business,  
because we'd be too cynical.  
Well, that's nonsense. You've  
got to jump off cliffs all the  
time and build your wings on  
the way down. - Annie  
Dillard*

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

Did you know?

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

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

For more info you can also go to

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

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

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**Online resources for parents:** [www.chestercountymoms.com](http://www.chestercountymoms.com),  
[www.germantownavenueparents.com](http://www.germantownavenueparents.com), [www.norristownmom.com](http://www.norristownmom.com).

## **THIS WEEK**

### **3rd ANNUAL - FISHTOWN RIVER CITY FESTIVAL**

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,

*Besides pride, loyalty,  
discipline, heart, and mind,  
confidence is the key to all  
the locks.  
Joe Paterno*

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/>

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The 5500 Block of Delancey Street will have a side walk sale on  
Saturday October 2, 2010 from 9~5

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### **Health coverage for uninsured still available**

One of the key programs of the health reform act passed by Congress is March is the high-risk insurance pools program, designed for individuals with pre-existing medical conditions who were previously unable to get health insurance.

Pennsylvania's program, called [PA Fair Care](#), still has a few slots open for eligible individuals before a waiting list is created. The program was initially intended to serve about 3500 people.

Those who qualify for the coverage should act quickly as these slots will almost certainly not fill the need of all Pennsylvanians who qualify. The slots are filled on a first come first served basis.

To be eligible for Pennsylvania's high-risk pool, individuals must be a resident of Pennsylvania, be a UW citizen or legal resident, have been uninsured for six months prior to the date of application, and have a pre-existing condition, as listed by the state Department of Insurance.

The plan's benefit package will include preventive care, physician services, diagnostic testing, hospitalization, mental health services, prescription medications and much more, with subsidized premiums of \$283 a month.

For more information or to apply, go [here](#)  
or call 888-767-7015 (TTY 1-888-767-7018).

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



## EMPLOYMENT AND TRAINING OPPORTUNITIES

*"Continuous effort - not strength or intelligence - is the key to unlocking our potential." - Frank A. Clark*

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### **CCP Job Ready program offers green-collar training**

Community College of Philadelphia's

#### [Job Ready Training Program](#)

is providing 12 week, career-specific training that will lead to emerging green-collar careers and industry-recognized certificates for program completers.

The College and its partners will provide education and training to qualified veterans, unemployed workers, ex-offenders and other residents who live in portions of North Philadelphia, Kensington and Port Richmond for entry-level jobs in the green manufacturing and weatherization industries.

For more information, call 215-496-6148 or [email here](#).

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### **JOBS JOBS JOBS!!!!**

**DRIVERS**-Philadelphia, PA/ Restaurant, Food Drivers - Experience Preferred. Call after 8 a.m. at 215-739-845

**Drivers/Courier**- Fort Washington Company Vehicles provided Start \$14.75/hr full time. Several local routes available. Immediate opp. 215-628-9800

**Wanted :Sales/Auto** Cherry Hill New Jersey Call John Cantoni or A. Jones 609-703-0341

**Travel Agent & Assistant** Phila fax resume to 215-568-0696

**Hotel Trainees** \$14/hr 215-203-8745

**Auto Body lots of works** – Joe Cannella

**Casino/ Assistant Director** apply online at [www.delawarestatejob.com](http://www.delawarestatejob.com)

**Debt Collector** \$17 to \$28 per hour fax resume to 215-861-8618

**Medical Billing/ Receptionist** Langhorne Pa full time only exp. Will considered email: [cfarrell@gidoc.org](mailto:cfarrell@gidoc.org)

**X-Ray Techs.** Part Time email [drs@mxipacs.com](mailto:drs@mxipacs.com)

**Preschool Assistant Teacher** Ardmore for main line pre school min. 2 years exp. Excl benefits & Wages fax resume 610-642-2750

**Lic Student Counselor Therapist** Yardley, PA Best private school in Bucks County position available fax resume 215-493-0087

**Drivers-** Local Area Jobs- intermodal Drivers needed running trailers to / from rail yards work 5-6 days/wk pay \$800-\$960/wk home most nights CDL & HazMat Req. **888-790-8298** [www.drive4marten.com](http://www.drive4marten.com) EEOE functioning under AAP

**Drivers/Para transit** Abington, Pa previous experience preferred Pa license and good MVR at least 21 years old call 215-517-7937

*Friendship involves many things but, above all the power of going outside oneself and appreciating what is noble and loving in another. - Thomas Huxley*

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**Construction Inspectors** Allentown, PA, construction inspectors for road way and Bridge projects. Penn Dot and Turnpike projects. Exp. Pref. email resume to [Jobs@metish.com](mailto:Jobs@metish.com)

**Coaches:** Bryn Mawr, PA [www.baldwinschool.org](http://www.baldwinschool.org) seeks coaches for the following positions: Spring- Head Track Coaches, JV  
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## **HEALTH MATTERS**

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

By Frederik Joelving

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

Although not all studies agree, the findings add to a growing body of evidence that too much of the ubiquitous sugar -- found in fruits as well as

high-fructose corn syrup and table sugar -- can have important health consequences. (See Reuters Health story of May 24, 2010.)

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

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

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

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

The more fructose their diet included, the more likely they were to have

*The state of your life is nothing more than a reflection of your state of mind. - Wayne Dyer*

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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 Americans."

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

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

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

That is less than one can of Coca-Cola.

*After attending their friends funeral, three guys were remarking how beautiful the eulogy was. The first said "When I go, I would like to hear someone say what a good and loyal churchgoer I was." The second said, "I think I would like to hear what a good father to my children I was." Turning to the third guy, he asked, "What about you?" The third guy responded, "I think the best thing that I could hear would be... 'Hey! He moved!'"*

*(thx. Shirley Burns)*

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

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 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.

#### **Perks Of Being Over The Hill**

- *There is nothing left anymore to learn the hard way.*
- *Things that you buy now won't wear out.*
- *Your supply of brain cells is finally down to a manageable size.*
- *You no longer think of the speed limit as a challenge.*
- *Your investment in health insurance is finally paying off.*
- *You can quit trying to hold in your stomach no matter who walks into the room.*
- *Your secrets are safe with your friends because they can't remember them anyway.*
- *You can sing along with elevator music.*
- *Your joints are more accurate meteorologists than the guy on the television.*
- *Your eyes won't get too much worse.*
- *Kidnappers are not very interested in you.*
- *People call you at 9 p.m. and ask, "Did I wake you???? "*
- *You can get into a heated argument about pension plans.*
- *You can eat dinner at 4:00 in the afternoon.*
- *In a hostage situation you are the most likely to be released first.*
- *No one expects you to run -- anywhere.*
- *You are no longer viewed as a hypochondriac.*

"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.

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

Still, he said, the authors remind us "that men older than 40 years remain sexually active, even if they need chemical assistance to do so.

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

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

*I put tape on the mirrors in my house so I don't accidentally walk through into another dimension .- Steven Wright*

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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 — 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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*We've received quite a few stories about dumb criminals; we'll be sharing some in the next few weeks.*

*A 17-year-old broke into an office furniture store to steal some items. He spent five hours there, doing what?? Well, for one thing, he tried to sell some stolen property using the store's computer. He also viewed pornography. But the thing that gave him away was that he logged into his MySpace account. That didn't make it hard for the police to identify him. No report on whether or not he bragged about his caper on MySpace.*

## **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
  - 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

*Never . . . Never . . . Never .  
.. Never Give up! -  
Winston Churchill*

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

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

or

State Rd. & Ashburner St. in Philadelphia  
at the

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

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

Fellow Recyclers, Weavers Way collection of #5 plastics, which are not included in the City's recycling program, will be on the 3rd Saturday of each month: The collections take place at the co-op's garage, at 542 Carpenter Lane, which is across the street and a bit further down the block from the Big Blue Marble bookstore.

Please note that we need volunteers to keep this project going. (Weavers Way members can get work credit for helping us; work shifts are



Hereeeeeeeeeeeeeees...  
Kathy's Korner!

*A man who had just undergone a very complicated operation kept complaining about a bump on his head and a terrible headache. Since his operation had been an intestinal one, there was no earthly reason why he should be complaining of a headache.*

*Finally his nurse, fearing that the man might be suffering from some post-operative shock, spoke to the doctor about it. The doctor assured the nurse, "Don't worry about a thing. He really does have a bump on his head. About halfway through the operation we ran out of anesthetic."*

(Kathy Parsons is a regular contributor.)

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The #5 category includes yogurt cups, sour cream containers, hummus tubs, some medicine bottles, and more. Your recyclables must be clean and dry to be accepted. Check to make sure there are no other materials (paper, screws, other number plastics) on the items you bring in. Impurities of any kind compromise the recycling process and usually lead to the discarding of an entire batch. Exclude any lids unless they are clearly marked #5. (Most lids from #5 containers are #4 plastic, but this is not always the case.)

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

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

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

The #5 stamp needs to be visible on each item. Lids are separate items.

Don't assume lids are the same number plastic as the container; sometimes they are but usually they are not. Check to make sure there are no other materials (labels, paper, 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

*If marriage were outlawed, only outlaws would have in-laws.*

Tips on Being Safe at Home  
By Natalie Grace, eHow Contributing Writer

### First Aid

One of the best things you can do for your family's safety (especially if you have children) is to have a first aid kit on hand. Falls, choking, [dog bites](#) and burns are some of the most frequent injuries that happen at home. Your first aid kit should include bandages, cotton swabs, saline solution, waterproof film dressing, disposable gloves, antiseptic and first aid tape. Keep ice-packs in the freezer as well. Do not wait until you have used up almost all the items in your first aid kit to replenish it. Include it in your grocery check each week and add the necessary items to your list.

### Electrical Safety

Electricity-related injuries in the home are quite common. This often stems from homeowners being uneducated about the danger of electrical wires. To prevent electrical shock and injuries, make sure your extension cords and outlets are not overloaded. Discard electrical cords that are frayed or damaged, and refrain from putting electrical cords underneath rugs and carpets. Use the appropriate [bulbs](#) and wattage for lamps and light fixtures. Test your smoke detectors and replace the [batteries](#) annually. Always read and adhere to the manufacturer's safety directions on electrical products. Thoroughly clean all spills from the floor. If you have an electrical problem, do not ignore it--call an electrician or your maintenance person.

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

### **Senior center holds workshop on wills and estates**

The Urban Affairs Coalition and Center in the Park will hold a free workshop to learn about Wills and Estate Planning with Kyle Smith of Citizens Bank on

Wednesday, October 13th at 1pm at

Center in the Park,

5818 Germantown Ave.

in Vernon Park.

Participants in the workshop will be invited to return for a free consultation or prep session with a legal services provider later in the month.

To register, call 215-848-7722 x225.

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### Frator Heru Institute Fall Semester 2010 Course Catalogue Available!

The Frator Heru Institute has published its Fall Semester 2010 Course and Program Guide for its class schedule ending December 9th.

The Institute offers a variety of educational and cultural programs serving the African American community in North Philadelphia.

[Download the guide here.](#)

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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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### [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>

*True freedom is an inner thing. It is a state of mind. It is a deliberate exercise of choice. Thus, if we think we are bound by external forces, we are deceiving ourselves. It is our willing acquiescence to these outer demands that imprisons. Free yourself today. Take control of your thoughts. - Unknown*

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## HIV/AIDS Prevention Workshop

### Workshop Summary

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

### Learning Objectives

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

### Workshop Description:

Topics explored during the session include:

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

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

*Some desire is necessary to  
keep life in motion. -  
Samuel Johnson*

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### **At- Risk Youth**

Annie E. Casey Foundation

<http://www.aecf.org>

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

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

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

Phone: 410-547-6600

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### **AOL Time Warner Foundation**

<http://aoltimewarnerfoundation.org>

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

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### **AT&T Foundation**

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

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

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### **Beaumont Foundation**

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

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

*I cannot even imagine where I would be today were it not for that handful of friends who have given me a heart full of joy. Let's face it; friends make life a lot more fun. - Charles R. Swindoll*

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people will have an equal opportunity to advance socially, economically and intellectually.

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

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

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

For additional RFPs in Education, visit:

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

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### **Banta Company Foundation**

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

Banta Company Foundation

225 Main Street

PO Box 8003

Menasha, WI 54952-8003.

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

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

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

*The first recipe of happiness - avoid too lengthy meditations on the past. - Andre Maurois*

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mentoring programs. The Foundation typically awards grants ranging from \$2000 - \$10,000 to nonprofits.

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### **Healthy Community Outreach Program**

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

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

Please provide all levels of event sponsorships on your application.

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

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

Ongoing Deadline

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

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

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

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

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

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

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

*The most valuable thing I  
have learned from life is to  
regret nothing. - Somerset  
Maugham*

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**

### **Lest We Forget Slavery and Holocaust Museum**

To all who have visited our museum and supported us in the past, to those who have heard of us, have talked about us, and want to know about it, and those that are asking if they can help, the answer is yes you can!

Here's how!

We of [www.lwfslavermuseum.com](http://www.lwfslavermuseum.com)

are having a "Fundraiser to remember and honor those who passed thru the 'doors of no return' by the building of a

### **"Tunnel of Remembrance"**

To our ancestors and all those who fought and died for the great cause of "freedom". This tunnel is dedicated to those devoted to the freedoms for all people and the eradication of that awful slave trade. As we share our memories with in this tunnel, we ask that you place a piece of your history in it also, by the purchase of a

### **"Brick of Remembrance".**

Bricks can be purchased on our web site, [www.lwfslavermuseum.com](http://www.lwfslavermuseum.com) or mail in the brochure, Be sure to print legibly, Each brick will be etched with the names and memories of loved ones, Friendship, Sacrifice, Courage, and those who are gone but not forgotten, those brave abolitionists White and black, whose lives were not spared but suffered the same fate, Let us also keep in mind those still with us on the front lines letting us know for sure, Freedom is not free "Lest We Forget".

J. Justin Ragsdale Director/Chief Curator



*Before borrowing money  
from a friend, decide which  
you need more.*

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

LWF/Lest We Forget Museum of Slavery

Telephone: 215-397-6060

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

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Dear Friends:

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

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

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

Since then - we've made great strides.

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

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

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

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

Today we have garnered close to 7,000 signatures on our petition -

*"Doctor, doctor, I keep seeing little black spots before my eyes."  
"Have you seen a Doctor before?"  
"No, just little black spots."*

*(Elia Pollard age 6)*

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thanks to your efforts. But we're far from our goal. We set an ambitious goal of 50,000 signatures, but that goal was not arbitrary. We were told by political advisors that 10,000 signatures would get some policymakers' attention; and 25,000 would show we were serious. But 50,000 could turn a vote - that's why we set this bold goal.

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

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

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

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

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

Sincerely,

Lynne Honickman

Founder

Moms Against Guns

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## **Website Offers Revolutionary Green Alternatives for Communities/Nations**

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

*An eminent psychologist was called to testify at a trial. A severe no-nonsense professional, she sat down in the witness chair unaware that its rear legs were set precariously on the back of the raised platform.*

*"Will you state your name?" asked the district attorney.*

*Tilting back in her chair, she started to answer, but instead catapulted head-over-heels backward and landed in a stack of exhibits and recording equipment.*

*Everyone watched in stunned silence as she extricated herself, rearranged her disheveled dress and hair and was reseated on the witness stand.*

*The glare she directed at onlookers dared anyone to so much as smirk.*

*"Well, doctor," continued the district attorney without changing expression, "we could start with an easier question."*

as well as the mother Earth herself, may the Creator of the Universe bless our visions and goals to become a material manifestation.

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

I am one of the co-founders of this organization. While the initiative of this organization focuses on improving the lives of the African Diaspora and building up eco-friendly, peaceful, self sustaining and prosperous communities in their ancestral lands, we extend a welcome hand for all to check a part of our vision out by visiting our site. Our site was put in video format for simplicity and visuals to keep the interests of our visitors. When you first click on the provided website address, you will notice that we begin with our goals on dealing with electricity. There are actually two clips explaining the same technology, we recommend the second clip for a more detailed explanation on how this technology works. The following two clips deals with how we plan on providing clean water to the citizens and then water recycling.

The fifth video demonstrates how sewer systems are unnecessary. There are many issues that we tackle on our site. We are currently in talks with university and reverse engineers to have these technologies made at a lower cost and with high quality specifications.

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

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

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## **ARTS FOR AWARENESS**

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

“African American Short Films”

WPVI-TV ABC  
Philadelphia

10/3/2010 Time: 1:00pm

Set Your VCR, DVR to record or TIVO African American Short Films,

Watch Us Again or Watch US Later!!!!

Email us by clicking [Contact Us](#) so we can read your comments and notify you when we are next on.

GoodThoughts, Frank Badami

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

This show contains 4 short films. Enjoy!!!!

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

In this episode you will see:

“African American Short Films”

Right here you will see short films made by African Americans that range from comedy to drama and all the shades in-between that are entertaining and totally socially relevant.

“**Always Faithful**” is a love story with political implications.

“**68° & Clear**” is a psychological drama that focuses on choices in life.

“**The Broken Sole**” Take out your hankies for this short film it’s positive and soulful.

“**Blinding Goldfish**” says before you can forgive others you have to forgive yourself.

Please tell your friends and family to watch the airing of this show. And If they email us [shortfilms@badamity.com](mailto:shortfilms@badamity.com) we will notify them when we are next on.

GoodThoughts, Frank Badami

Visit us @ <http://www.badamity.com>

Thanks for watching!

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

### **Art Sanctuary inaugurates new building**

Art Sanctuary will hold an open house for its new facility at

626 S. 16th Street on

Sunday, October 3rd from 2-5pm.

The informal, family-friendly event features face painting, hip-hop clowns, jazz, refreshments and a preview of upcoming events.

For more information, call 215-232-4485.

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MARK YOUR CALENDARS

Scribe Video Center & Reelblack present

## **FREEDOM RIDERS**

with Emmy award winning director Stanley Nelson in person for post screening Q&A!

A film not to be missed!

Presented in partnership with Film at International House and Reelblack

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

FREEDOM RIDERS  
International House,  
3701 Chestnut Street,  
Philadelphia

Tuesday, October 12, 7:30PM  
\$10, \$8/ seniors/students, \$5 Scribe members

In 1961, during the first year of John F. Kennedy's presidency, more than four hundred Americans participated in a bold and dangerous experiment designed to awaken the conscience of a complacent nation.

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

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

- Poets
- Rappers
- Singers
- Spoken Word Artists

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## **COMING UP**

### **The National Success Fair**

Tea Talk, Inc. in Partnership with the Mayors Office of Community Service presents "The National Success Fair. The Success Fair aims to prepare our guest for success and provide opportunities for them to take their life, business, and career to the next level.

This two day dynamic event will begin its tour in Philadelphia, PA. It is the mission of the Philadelphia Success Fair to ensure all guests of this event are

*"The most wasted of all days is one without laughter."- Edward E. Cummings*

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## **¡SUCCESS READY!**

Success Ready is a Mentality to Achieve beyond all barriers internal and external;  
Success Ready is believing in ones dreams and devising a life strategy for the fulfillment of set goals.

The National Success Fair will spark that ingenious that is in everyone while providing them with tools, training, resources, and relationships to bring about evolution and growth holistically.

Date: October 13th & 14th, 2010

Time: 12pm to 6pm

Location: First District Plaza  
3801 Market Street

Cost: \$20 (entrance both days)

Contact for more Information:

Tomika: [thesuccessfair@yahoo.com](mailto:thesuccessfair@yahoo.com)

Vendors and Exhibitors Space Available: [register4success@gmail.com](mailto:register4success@gmail.com)

To become a sponsor please contact: Kym at [thesuccessfair@gmail.com](mailto:thesuccessfair@gmail.com) or 267-386-8204 ext. 7

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

### **Urban Women's Health**

**An Empowering Evening Gathering to Support  
Our Female Health with Brooklyn Healing Practitioners  
Rebecca Hart & Diana Stevens\***

Join us for an empowering lecture and interactive exchange on urban women's digestive and neurological health with Rebecca Hart and Diana Stevens on Friday, Oct 1 at 7pm. These two local healing practitioners will be discussing some of the effects urban living has on the feminine digestive and neurological systems and how these interact with the body mind and spirit. They will also be introducing practical ways we can begin to support each of these systems.

Diana and Rebecca will include short exercises, demonstrations and time for questions and answers.

Come prepared for straight-up and surprising responses to questions about

*Put your interest in the future, because you're going to spend the rest of your life there.*

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you your own mental, physical, and spiritual health. And learn how we are all connected in our health issues as urban women! Limited to the first twelve women who sign up, there will be a waiting list for a December evening conversation with these two remarkable practitioners.

Friday, Oct 1

To start on time we ask that you arrive between 6:45-6:55pm  
Start time 7pm (till 9pm)  
Your investment \$20

In order for us to bring you these 2 fabulous teachers this event has an [enrollment quota that must be met by Monday, Sept 27](#)

CREATINGSPACE for Women

521 9th Street between 8th Ave & Prospect Park West in Park Slope, Brooklyn, NY

(F Train to the 7th Ave Stop in Park Slope, Brooklyn)

[To register with PayPal click here](#)

Make checks to CREATINGSPEACE and mail to:

521 9th Street, Brooklyn NY, 11215

Questions? 646.623.2522

\* **Rebecca Hart Malter** is a medical intuitive who specializes in assessing root causes of disease and distress in the mind-body-spirit system. She is licensed and certified in medical massage therapy, nutrition, and herbology, and she uses these modalities in conjunction with her deep empathic nature to nourish her clients to new levels of health and well-being.

In her past life (1976 – 1996), **Diana Stevens** was an actress/comedienne. In 1997 she survived and thrived after breast cancer. Incorporating her unique sense of humor she segued into a new and mystical career that she always knew existed - Energy Medicine. Diana is certified in Therapeutic Reflexology, Ancient Shamanic Healing and Reconnective Healing. She is a compassionate minister/counselor who uses physical and unseen tools to facilitate a unique approach to bringing one's fragmented parts together in body, mind and soul.

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

*Do not repeat anything you  
will not sign your name to. -  
Unknown*

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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 ADELINE 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

For participation or other information please contact:

African Women's Charity Organization

PO Box 23074 Oakland ,

CA 94623-0074 USA



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.

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,

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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**

**Group offers low-cost web access to nonprofits**  
Mobile Citizen, a provider of mobile broadband for education and

*If I take care of my character, my reputation will take care of me.~  
Dwight L Moody*

*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.*

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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

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

Most Americans eat at least three meals a day. Some eat more often. Millions of people in Haiti have not had a meal in one week and a good

*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.*

*When the Old Testament  
was done, they started the  
New Testament. Jesus was  
the Star. He was born in a  
barn in the town of  
Bethlehem. I wish I had  
been born in a barn, too,  
because then, when my  
mother says to me, "Close  
the door. Were you born in  
a barn?" I could say, "As a  
matter of fact, I was."*

*Jesus argued a lot with the  
Chief Priests and  
Democrats. He had twelve  
opossums. Most of them  
were good, but Judas  
Asparagus was not. He was  
so bad, they named a really  
yucky vegetable after him.*

*Jesus healed some people  
and leopards. Then He  
preached to the Germans  
on the Mount. But the  
Chief Priests and  
Democrats were mad at him  
and put Him on trial. Pilot  
was too chicken to stick up  
for Him, so he just washed  
his hands.*

*Jesus died for our sins and  
came back to life again. He  
went to heaven, but will  
come back at the end of the  
aluminum. We can read  
about this in the Book of  
the Revolution.*

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

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

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**America's Original Savings Network**

One night at the dinner table, the wife commented, "When we were first married, you took the small piece of steak and gave me the larger. Now you take the large one and leave me the smaller. You don't love me any more..."

"Nonsense, darling," replied the husband, "you just cook better now."

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

### FREQUENTLY ASKED QUESTIONS

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

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

Q: Can these coupons be doubled?

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

*Publicity is like poison; it doesn't hurt unless you swallow it. - Joe Paterno*

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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

----- 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.

*"Happy is the person who knows what to remember of the past, what to enjoy in the present, and what to plan for in the future."  
Arnold H. Glasgow*

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

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

**callow** \KAL-oh\  
Immature; lacking adult perception, experience, or judgment.

**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.

