



We all hold a piece to the puzzle
Friday 08 October 2010

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Table of content

For Our Children ... 02

This Week ... 07

Employment and
Training Opportunities
... 09

Health Matters ...11

Green Piece ... 16

Personal and Home
Security ...19

Grants, Scholarships &
Instruction... 20

SpotLight ... 24

Arts for Awareness ...
27

Coming Up ...27

Computers and
Technology ... 31

A Hand Up ... 32

On The Airways ... 35

News From The Coalition, Inc.

"Communication – Cooperation – Collaboration"

Volume 5, Number 11

Greetings Coalition Family!

"... As we, the leaders, deal with tomorrow, our task is not to try to make perfect plans.

... Our task is to create organizations that are sufficiently flexible and versatile that they can take our imperfect plans and make them work in execution. That is the essential character of the learning organization". - Gordon R. Sullivan & Michael V. Harper

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 with "subscribe" in the subject.

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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

10/15

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

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 • 215.400.4000

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Race and Education Panel Discussion

Greetings family and friends,

*No one boasts of what
belongs to another-
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.*

What are we doing for the love of Black children?

For years many of our
ancestors believed education was
one of the answers to Black advancement.

Can the majority of our children advance
within the public education system?

On Wednesday, October 27, 2010

6:30 PM

Univ of Penn Hillel

215 S. 39th St. (near Walnut St.)

a variety of voices will be a part of our panel presentation
titled, "Race and Education: For Many Still Separate and Unequal."

Thank you for your attention in this matter.

Much Respect

Brother Robb Carter

African-American Resource Center, Associate Director

3537 Locust Walk Suite 200

Philadelphia, PA 19104-6225

215-898-0105 fax 215-735-9117

"Education either functions as an instrument which is used to facilitate
integration of the younger generation into the logic of the present system
and bring about conformity or it becomes the practice of freedom, the
means

by which men and women deal critically and creatively with reality and
discover how to participate in the transformation of their world."

— Paulo Freire

http://www.goodreads.com/author/quotes/41108.Paulo_Freire

(Pedagogy of the Oppressed

<http://www.goodreads.com/work/quotes/915602>)

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AFTERSCHOOL PROGRAM ** OPEN ENROLLMENT

The Neighborhood Youth Achievement Program "Roll With Us To

"If you don't take charge of shaping your own destiny, others will apply their agenda to you." - Eric Allenbaugh

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

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Success" after school program purpose is to assist in preparing students to be successful in their continuing education, to create positive learning habits and work habits, to prepare students to be successful in their careers, to teach students to be responsible and informed citizens, to teach students to communicate effectively, and to create a basis for a desire for lifelong learning through positive activities. Activities such as: healthy cooking is cool, music, dance, arts, computer skills, 1000 Reading Book Challenge, Go Green & Garden, Africa to America History, Image Development, Writing, Poetry, Cultural trips and more.

Cost: scholarships and family discounts available

Location: 5806 Master Street

To Register email us today: nyapinc@gmail.com

SPACE IS LIMITED!!

The organization mission is to help develop at risk youth to become healthy, productive adults through holistic programs and services. We create a safe environment where children can have fun participating in a variety of enriching extended day activities.

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Cap4Kids Hint of the Week

As many of you know, Early Intervention for children with developmental delays, is an effective intervention to help children catch up to peers, and continue on a road to future success. In Philadelphia, Childlink (under 3 years old) and Elwyn (3-5 years old) are the providers for this service. Working with Cap4Kids, Elwyn has developed a referral form to refer children for evaluations.

Please see www.cap4kids.org/philadelphia, under the Early Intervention handout (http://www.cap4kids.org/philadelphia/parent_handouts/early_intervention_services.html)

Who's Eligible

To be eligible for SEEDS services, a child must be between the ages of 3 and 5, reside in Philadelphia, be functioning at least 1.5 standard deviations below the mean on a developmental assessment, and need special education.

Making a Referral

*If you would take, you must
first give, this is the
beginning of intelligence.
Lao Tzu*

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The following process is required to enroll in the
Philadelphia SEEDS program.

Parent or professional makes intake phone call (215-222-8054)

Screening takes place to determine the need for a
multidisciplinary evaluation

Multidisciplinary evaluation (MDE) is conducted with the parents as an
active participant of the MDE team

Eligibility is determined based on the need for special education

Child's Individual Education Plan (IEP) is developed with parent as
critical member of the IEP team and based on the goals and objectives
developed; the amount, frequency, and types of services the child needs is
determined and included in the

IEP Services as indicated in IEP. SEEDS Philadelphia

~ ~ ~

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 website, under Pregnancy and Infant Resources, there is a section on Teen Pregnancy resources

*Friends are angels sent
down to Earth to make
good days and help us find
our way. - Unknown*

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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

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 website, under the Education parent handout

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), and on the

*Hating people is like
burning down your house
to kill a rat. -- Henry
Fosdick.*

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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).

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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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 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,
www.germantownavenueparents.com, www.norristownmom.com.

THIS WEEK

The Frator Heru Institute's Spoken Word Event

Please come out in support for this most exciting Spoken Word event. Here's a great opportunity to socialize with others within the community who represent all sectors of society. If you are especially interested in collaborative partnerships, and upward mobility then you must show up and show out! Please feel free to bring ideas about your personal projects /business ventures.

We will be raffling off beautiful gift baskets , a uniquely hand crafted shawl and much, much more. . .

All proceeds will go towards furtherance of The Frator Heru Institute's (FHI) community education initiative and youth empowerment.

*Losing a game is heartbreaking. Losing your sense of excellence or worth is a tragedy.
Joe Paterno*

Looking forward to seeing you on this
Sunday, October 17, 2010 from
2:00pm - 7:00pm.
The Arts Garage
1533 Ridge Ave.
Philadelphia

This and more for only \$20.00
For more information call:
215.235.1604 or 267.0429

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Workshops offer help to women to 'JumpStart' business

The Women's Business Development Center is offering a series of workshops to support women seeking to start a new business.

On Thursday, October 21st
from 5:30- 9pm,

WBDC will present JumpStart: Before You Start, a workshop to help participants assess their risks, financial issues, and commitment, evaluate their potential as entrepreneurs, and analyze their business skills and business ideas, as the first in a series of workshops continuing on Thursdays through November 18th.

The workshop costs \$35 and takes place at
1315 Walnut Street, Suite 1124
Philadelphia.

Pre-registration is required. For more information, call 215-790-9232.
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Taller Puertorriqueño's 35th Anniversary Celebration

includes many arts and cultural events throughout the year to recognize this momentous benchmark and continue to solidify its position as the "Cultural Heart of Latino Philadelphia."

As one of the oldest and most respected organizations promoting Latino culture in the country, this is an excellent opportunity for you to celebrate and demonstrate your support to the arts, education, and your commitment to the children, youth and adult audiences we serve.

To be able to lead others, a man must be willing to go forward alone. - Harry Truman

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Taller has grown over the last 35 years fostering a Latino community who is engaged, culturally aware and economically vibrant in a society that values its cultural diversity. Taller serves as a destination that catalyzes community development through its arts and cultural resources, and builds bridges between the local community, the Philadelphia region, and the Puerto Rican and Latino Diaspora.

Our upcoming *grand* event is our *35th Anniversary Gala*

RSVP online at www.tallerpr35thanniversarygala.eventbrite.com
or call Aida Devine at 215.426.3311

Hosted by: Ana Ortiz

Cast member of the ABC comedy-drama series "Ugly Betty"

&

Dra. Ana María Polo

Lawyer and judge of the Emmy nominated Telemundo show "Caso Cerrado"

Friday, October 22, 2010

6:00 - 10:30 p.m.

VIP Reception: 6:00 - 7:00 p.m.

Event: 7:00 - 10:30 p.m.

Program: 7:15 - 8:00 p.m.

Dance to the rhythm of: "Jíbaro con Tumbao"

8:00 - 10:30 p.m.

Skybox at 2424 Studios

2424 East York St.

Philadelphia PA, 19125

We look forward to sharing this evening with you!!

EMPLOYMENT AND TRAINING OPPORUNITIES

Colleagues:

This just came across my desk. If you know any **African American or Latino American attorneys** who are displaced or who have an interest in **environmental law**, please pass this along to them.

If anyone you contact does apply for the position, please let me know.

Thanks in advance, John

*As a leader you should
always start with where
people are before you try to
take them to where you
want them to go. - Jim
Rohn*

John Elliott Churchville, Ph.D., J.D., Chairman/CEO
Liberation Fellowship Community Development Corporation
5555 Wissahickon Avenue, Suite 719
Philadelphia, Pennsylvania 19144-4540
Tel: (215) 848-8511

Details at Coalition Group: [Staff attorney job announcement](#)
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FEMA positions up to six figures available in online [Coalition Group](#)
ongoing updates will be posted available.

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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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DoSomething offers training for youth volunteers

On Saturday, October 16th,

DoSomething.org will stream a

Do Something Boot Camp over the web from
8am to 3:30pm.

The training includes how-to sessions on starting and running
community action projects or social enterprises.

There is no need to RSVP. To participate, go [here](#).

HEALTH MATTERS

Good timber does not grow with ease. The stronger the wind the stronger the trees.
-- J. Willard Marriott.

Coalition members!
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on The Coalition,
Inc. web site

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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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

Man: Just look at that young person with the short hair and blue jeans. Is it a boy or a girl?

Bystander: It's a girl. She's my daughter.

Man: Oh, please forgive me, sir. I had no idea you were her father.

Bystander: I'm not. I'm her mother.

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

rate that has tripled in the past century, the researchers say in the Journal of the American Society of Nephrology. While the reasons aren't clear, diet and lifestyle changes are the main suspects.

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

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

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

But even when adjusting for all these factors, the odds of having high blood pressure increased in those whose fructose intake was above average. For the most severe form -- stage 2 hypertension -- the odds were 7 percent higher. Given the new findings, people might want to think twice about what they throw into their shopping carts, said Dr. Michel Chonchol of the University of Colorado Denver, who worked on the study.

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

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

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

Until then, she said the message is clear: "Sugar-sweetened beverages --

avoid, avoid, avoid! That's the major source of added sugars for Americans."

The first rule, grasshopper, is...

Paul was not the brightest guy around. Every day, when he walked home from work, he would get stopped by three nasty men and they would beat him up and steal his money.

Finally, Paul decided that it would serve his best interest to walk a different route, but also take some self-defense classes so this wouldn't happen again. He joined a karate class and soon was doing very well with it.

One day, on the way home from work, Paul confidently decided to take his old route home and, sure enough, there they were. He walked up to them and the battle ensued.

The next afternoon, Paul went to his karate class with a black eye, a broken nose and a busted lip. His instructor was shocked and asked for an explanation.

"Well," explained Paul, "I took my old way home last night so I could beat up those guys who used to steal my money."

His instructor said, "What happened?"

Paul replied, "They jumped me before I could get my socks and shoes off!"

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/

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

*I like to reminisce with people I don't know.-
Steven Wright*

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Centers for Disease Control and Prevention, there were more than six new cases of STDs per 10,000 men over 40 in 2008, up almost 50 percent since 1996.

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

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

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

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

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

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

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

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

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

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

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

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

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.

It seems a certain crook had the bad habit of spitting tobacco juice. And he didn't exactly care where he spit.

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.

A keen eyed detective noticed tobacco juice stains on some papers that had been ransacked at an insurance office where a burglary had occurred. Since none of the ladies in the office chewed tobacco, he reasoned the spit belonged to the thief and took a DNA sample.

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

Tobacco spit was also found at five other crime scenes in the area. The DNA in all of them matched.

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

The police had a suspect for the robberies and got a warrant to test his DNA. Voila! It matched. They are expecting a conviction.

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/

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 consigliere of the enviro-sack mafia.

Hence, a cause you can believe in: Philabundance wants to fill those ubiquitous bags with produce through its new Fresh for All programs. And you can help by volunteering.

*No man is free who is not
master of himself. -
Unknown*

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To join The Coalition
go to:

TheCoalitionInc.net
and download a copy
of the Pledge of
Commitment and
return it to us
the.pa.coalition@gmail.com

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).

For more information, go to 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

Hereeeeeeeeeeeeeees...
Kathy's Korner!

An amateur photographer was invited to dinner with friends and took along a few pictures to show the hostess. She looked at the photos and commented "These are very good! You must have a good camera." He didn't make any comment, but, as he was leaving to go home he said "That was a really delicious meal! You must have some very good pots."

(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.](#)

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 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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An 84 year old man went to the doctor for a physical. A few days later the doctor saw him walking down the street with a gorgeous young woman on his arm. The next time the doctor saw him he asked how he was doing. "Great," said the old guy. "I did just what you told me. 'Get a hot momma and be cheerful.' " "I didn't say that," said the doctor. "I said, 'You've got a heart murmur. Be careful.' "

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 available on co-op's the online calendar.)

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

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

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

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

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

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

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

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“...human beings are not born once and for all on the day their mothers give birth to them, but...life obliges them over and over again to give birth to themselves.” – Gabriel Garcia Marquez

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For a more aggressive role in your protection:

www.selfdefensewithanattitude.com

GRANTS, SCHOLARSHIPS & INSTRUCTION

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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>

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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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*Make one person happy
each day and in forty years
you will have made 14,600
human beings happy for a
little time at least. - Charles
Wiley*

HIV/AIDS Prevention Workshop

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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](#)

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*Nessun maggior dolore,
che ricordarsi del tempo
felice nella miseria.
There is no greater sorrow
than to recall in misery the
time when we were happy.
-- Dante Alighieri, Inferno*

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At- Risk Youth

Annie E. Casey Foundation

<http://www.aecf.org>

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

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

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

Phone: 410-547-6600

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AOL Time Warner Foundation

<http://aoltimewarnerfoundation.org>

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

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AT&T Foundation

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

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

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Beaumont Foundation

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

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

*Success comes in cans,
failure in can'ts. -
Unknown*

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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

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Banta Company Foundation

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

Banta Company Foundation

225 Main Street

PO Box 8003

Menasha, WI 54952-8003.

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Best Buy Children's Foundation

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

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

There are three things that are certain in life: death, taxes and change. You can't avoid change, it's mandatory, progress however is optional. - Bill R. Good, Jr

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>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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SpotLight On Our Efforts

Points of Transformation

To: Providers of Services and Supports for Philadelphians with Intellectual Disabilities

10thAnnual

2010 POINTS OF TRANSFORMATION

Wednesday, November 3, 2010

DBH/MRS invites agencies* providing services and supports to Philadelphians with Intellectual Disabilities to choose Points of Transformation Award Winners

*All submissions must come from agencies!
If you know someone who you would like to be a

"I think age is a very high price to pay for maturity." - Tom Stoppard

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Points of Transformation Winner,
tell your agency contact person.

Please call Judy Kresloff for more information

Judy Kresloff 215-685-5923
Program Supervisor, Public Awareness
Mental Retardation Services
701 Market Street
5th Floor, Suite 5200
Philadelphia, PA 19106

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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 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 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

*Sage Advice from Children
(Thanks, Tom)*

*Never trust a dog to watch
your food.
Patrick, Age 10*

LWF/Lest We Forget Museum of Slavery

Telephone: 215-397-6060

Email: lwfmuseum@gmail.com

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Website Offers Revolutionary Green Alternatives for Communities/Nations

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

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I would like to invite everyone to visit

<http://africanindependence.org/Projects.aspx>

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

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

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

There is a lot of useful information and we encourage all to take advantage of 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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Recently I went to the doctor for my annual physical. The nurse asked me how much I weighed. I told her 135 pounds. Then she weighed me and the scale said 160. She asked me how tall I was. I said, "5 feet, 5 inches." She measured me and I was only 5 feet, 3 inches. So she took my blood pressure and told me it was high. "Of course it's high," I said. "When I came in here I was tall and slender. Now I'm short and fat!"

ARTS FOR AWARENESS

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

Jus' Words at Dowlings Place

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

- Poets
- Rappers
- Singers
- Spoken Word Artists

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COMING UP

School District sponsors Just for Men conference

The School District of Philadelphia's Parent University will sponsors its second annual Just for Men conference on the theme
Reducing the Minority Male Dropout Rate

Saturday, October 23rd
8:30am to 2:30pm
440 North Broad Street
Philadelphia

A free breakfast will be provided and there is no admission fee. For more information, call Jim Scott at 215-400-6344.

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Moorish Unification Council of the World
Presents

Scholarship Fashion Show Fundraiser

Featuring
Abu Fashions
With

Artistry of Musa Salahuddin

Saturday October 30th, 2010
Kingsessing Recreation Center

49th & Kingsessing Ave.
Phila. Pa. 19143
Time: 3pm-7pm

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

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publish date and in
[Press Release form.](#)*

Ticket's: \$ 15.00 or 2 for \$25.00

For Information: Wesley Wilson-Bey 267-323-6148
Ansa Wilson-Bey 215-476-0280

Refreshments Served
Email: muc7@verizon.net
Fax: 215-476-1191

* * * Outside PA * * *

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 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

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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

Phone: 415 789-7360

Email: 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

A person who is successful has simply formed the habit of doing things that unsuccessful people will not do. – Unknown

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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, 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 happiest people in the world don't have the best of everything, they just make the best of everything they have." - Author Unknown

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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

Executive volunteers offer IT consultation

[Volunteer Executive Consultants](#), a program of RSVP of Montgomery County, is offering low-cost consultation to help nonprofit reduce their technology costs and improve their effectiveness.

VEC-TEC will perform a technology assessment with written recommendations for \$50. Additional time is billed on a sliding fee scale. For more information, call Elaine Gershenson at 610-834-1040, ext. 11 or [email](#) here.

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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](#).

*He who establishes his
argument by noise and
command, shows that his
reason is weak.
-- Michel de Montaigne.*

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

Hunger Coalition starts Adopt-A-Pantry project

Food pantries and soup kitchens feed more than 316,000 people in Philadelphia every year.

To support them, the [Greater Philadelphia Coalition Against Hunger Coalition](#) has initiated an online Adopt-A-Pantry program.

Visitors to the Coalition's site are offered an opportunity to read the stories behind area food pantries and soup kitchens and "adopt" it by making a recurring monthly donation to help the program buy food, paper goods, cooking utensils, kitchen equipment and other necessities. Donors can also make a one-time contribution. Donation is 100 percent tax-deductible.

For more information or to donate, go [here](#)

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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 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 or text YELE to 501501 to donate \$5.00 on your phone bill

UNICEF at www.unicefusa.org or call 800.367.5437

Doctors Without Borders at www.doctorswithoutborders.org or call 888.392.0392

American Red Cross at www.redcross.org or call 800.REDCROSS (800.733.2767) or 800.257.7575 (Español)

Partners in Health at www.pih.org or call 617.432.5256

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

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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.](#)

America's Original Savings Network

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

<http://nofullprices.net>

FREQUENTLY ASKED QUESTIONS

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

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

Q: Can these coupons be doubled?

A: Yes. These are manufacturer issued coupons and may be doubled in any store that offers double coupons.

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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 -----

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

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 -----

*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.*

Which Commandment?

*The children were learning
about the Ten
Commandments. The
teacher explained the 5th
Commandment, "Honor
thy father and thy mother."
She asked if they knew of a
commandment which
taught them how to treat
their brothers and sisters.*

*"Yah," said a little boy.
"Thou shalt not kill."*

**WORD-OF-
THE-WEEK**

surcease \SUR-
sees; sur-SEES\
Cessation; stop;
end.

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 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 to chat on line.

