



We all hold a piece to the puzzle  
Friday 22 October 2010

The Coalition, Inc.  
Board of Directors

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# News From The Coalition, Inc.

*"Communication – Cooperation – Collaboration"*

Volume 5, Number 12

## Greetings Coalition Family!

*"The men who build the future are those who know that greater things are yet to come, and that they themselves will help bring them about. Their minds are illuminated by the blazing sun of home. They never stop to doubt. They haven't time." - Melvin J. Evans*

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](#).*

### **Free glasses, exam offered at Give Kids Sight Day**

Free eye examinations and free glasses, as well as a chance to win tickets to an Eagles game on Saturday, October 30th from 8am to 2pm at the Wills Eye Institute, 9th and Walnut Streets.

No appointments are necessary and no insurance is needed. Children who will need glasses after their eye check can pick out frames on "Give Kids Sight Day" and get their free glasses at a later date.

For more information, call 215-563-5848 or [go here](#).

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Share with any college students majoring in engineering, technology and math who you know that may be interested in receiving a

### **Paid Summer Internship**

at

GE Energy in Houston, TX.

Additional applications and information can be obtained from the Dr. Ronald E. McNair Educational (D.R.E.M.E.) Science Literacy Foundation website at [www.dremefoundation.org](http://www.dremefoundation.org).

Link to Summer Internship information  
<http://dremefoundation.org/Internship.pdf>

--

Cheryl M. McNair  
Chairman, D.R.E.M.E. Science Literacy Foundation  
(281) 961-4353

[cherylmmcnair1@gmail.com](mailto:cherylmmcnair1@gmail.com)  
[www.DREMEfoundation.org](http://www.DREMEfoundation.org)

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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

*If the hunter comes back  
with mushrooms, don't ask  
him how his hunt was.  
- 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  
----- Coalition members! Activate 'Your' [web link](#) on The Coalition, Inc. web site -----

### **AFTERSCHOOL PROGRAM \*\* OPEN ENROLLMENT**

The Neighborhood Youth Achievement Program "Roll With Us To 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](mailto:nyapinc@gmail.com)

*Opportunity is just success looking for a place to happen. - Greg Hickman*

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

**JOIN THE COALITION, INC!**

To join The Coalition go to: [TheCoalitionInc.net](http://TheCoalitionInc.net) and download a copy of the Pledge of Commitment and return it to us [the.pa.coalition@gmail.com](mailto:the.pa.coalition@gmail.com)

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](http://www.cap4kids.org/philadelphia), under the Early Intervention handout ([http://www.cap4kids.org/philadelphia/parent\\_handouts/early\\_intervention\\_services.html](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**

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:

*Music in the soul can be  
heard by the universe.  
Lao Tzu*

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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.

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

## **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.

*Blessed are they who have  
the gift of making friends,  
for it is one of God's  
greatest gifts.. - Unknown*

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\* 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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**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



*"God has given us a world  
that nothing but our own  
folly keeps from being a  
paradise."*

*George Bernard Shaw*

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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**

Conference focuses on African American women  
The Association of Black Women in Higher Education and The Black  
Male Development Symposium will sponsor the  
Sisters: Can We Talk? Symposium & Film Screening  
at

Arcadia University in

Glenside on

Friday, October 22nd,

from noon to 9 pm.

The symposium consists of workshops, panel discussions inspired by the documentary, We Need to Talk: A Conversation with Our Daughters, and a keynote address by Dr. Judith A.W. Thomas, Dean of the School of Social Science and Behavioral Studies at Lincoln University.

The cost of the conference is \$45 and includes lunch, workshops, the film screening, and a panel discussion. The film screening and panel discussion will take place from 6 to 9 pm and only costs \$10.00.

To register and purchase tickets, [visit here](#). For more information, email [abwhephila@gmail.com](mailto:abwhephila@gmail.com)

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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

*The minute you think  
you've got it made, disaster  
is just around the corner. -  
Joe Paterno*

support to the arts, education, and your  
commitment to the children, youth and adult  
audiences we serve.

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](http://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"

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

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: "Jibaro 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!!

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

### **Workshops help ex-offenders prepare for careers**

EXIT-US, Inc., a nonprofit organization helping those returning to the  
community from penal institutions to  
"design their own freedom"  
will offer



Career Preparation Roundtable Workshops on

*It's hard to beat a person  
who never gives up. - Babe  
Ruth*

Friday, October 22nd  
from 3-7pm at the Reconstruction Building,  
1808 West Tioga Street Suite 101,  
in Philadelphia.

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

The cost is \$15 per session. Scholarships are available.

For more information, email Thomas Ford or call 215-626-1915.

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**New Africa Center sponsors community day**

The New Africa Center of the Islamic Cultural Preservation and  
Information Center will sponsor a Community Day of Feeding and  
Entertainment featuring local performing artist and other speakers.  
The event will include free meals for the community and will take place

on  
Saturday, October 23rd  
from 1-6pm at  
4243 Lancaster Ave.  
in Philadelphia.

For more information, call Abdul Rahim Muhammad at 610-352-0424

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**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 23<sup>rd</sup>  
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.

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

Open House recruits for teen and adult mentors  
**Teenagers in Charge will hold its 16th annual open house**  
Saturday, October 23rd from

*A leader's dynamic does not come from special powers. It comes from a strong belief in a purpose and a willingness to express that conviction. - Kouzes & Posner*

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

11am to 2pm at the  
Myers Recreation Center at  
58th and Kingsessing Avenue in  
Southwest Philadelphia.

The event aims to recruit teens ages 13 to 17 years old and adults interested in becoming a volunteer mentor. Light refreshments will be served.

Teenagers In Charge is for and about teens whose mission is to help them build their self-esteem, heighten their cultural and community awareness and teach them how to take charge of their lives.

*Teenagers In Charge is a proud member of The Coalition, Inc.*

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

Grandparents group sets neighborhood events

Grands As Parents will sponsor its eighth

### **Price is Right Pantry Party**

Saturday, October 23rd at the

Church of the Advocate Washington Center,

2121 N. Gratz Street in

North Philadelphia

beginning at noon. Admission is \$20.

The group will also sponsor a clothing sale on

Saturday, November 6th

at the same location from 10am to 2pm.

Large trash bags full of clothes are \$10 and tall kitchen bags are \$5. New and used clothing in very good condition will be available.

For more information, call 215-236-5848.

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## **African and Caribbean Business Networking**

sponsored by FUNTIMES Magazine

in collaboration with

The African and Caribbean Business Council (ACBC)

We will be recognizing Hair Braiders in the Philadelphia area

Date: October 24, 2010

Venue: Sikira,

1040 S 57th Street,

Philadelphia PA 19143

Time: 6pm

See you all. Bring your business cards.

--

Noelle Ewanda Sewell

Founder & CEO

Faith & Knowledge in Action, LLC

[faithknowledgeaction@gmail.com](mailto:faithknowledgeaction@gmail.com)

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

<http://faithknowledgeaction.blogspot.com>

Media & Community Relations Consultant

FunTimes Magazine [www.funtimesmagazine.us](http://www.funtimesmagazine.us)

[noellesewell@funtimesmagazine.us](mailto:noellesewell@funtimesmagazine.us)

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*"Courage is not the absence of fear but rather the judgment that something is more important than fear. The brave may not live forever but the cautious do not live at all." - Lady Diana Spencer*

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

### **Historical Marker Dedication**

10 a.m. Monday, October 25

HSP celebrates the 100th anniversary of its building this year, and as part of the celebration, we will erect a blue-and-gold historical marker in front of the Society's entrance on Locust Street. The marker will be presented by the Pennsylvania Historical and Museum Commission. The brief ceremony will be followed by a display of original documents.

We invite all members and friends of HSP to attend this special event! Please RSVP by contacting Emilie Kretschmar at 215-732-6200 ext. 300 or [ekretschmar@hsp.org](mailto:ekretschmar@hsp.org).

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### **Race and Education Panel Discussion**

Greetings family and friends,

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.

*Manning the computer help desk for the local school district was my first job. And though I was just an intern, I took the job very seriously. But not every caller took me seriously.*

*"Can I talk to a real person?" a caller asked.*

*"I am real," I said.*

*"Oh, I'm sorry," the caller said. "That was rude of me. What I meant to say was, could I talk to someone who actually knows something?"*

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

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](http://www.goodreads.com/author/quotes/41108.Paulo_Freire)

(Pedagogy of the Oppressed

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

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## **BLOOM ...GROWING FROM YOUNG GIRLS INTO SPECTACULAR WOMEN**

Do you like to write stories?

Do you have a passion for writing?

Want to learn more about careers in writing?

Connect with other girls who share your interest! Together, you'll create stories, direct plays, plan events, go on field trips, etiquette, healthy physical activities and participate in many exciting activities.

Come out and learn about a groundbreaking mentoring program that is designed to develop and nurture girls between the ages of 10 and 16 who have an

*They've just found a gene for shyness. They would have found it earlier, but it was hiding behind a couple of other genes.*

interest in the arts and would like to learn more about and explore various careers

Thursday, October 27, 2010  
5:00 p.m. – 8:00 p.m.

Neighborhood Youth Achievement Program (NYAP)  
5806 W. Master Street  
Philadelphia, PA 19131

BLOOM is a mentoring program that will provide guidance, support, and opportunities for young girls, enabling them to develop their creative, independent voices, and learn how to make healthy choices in all areas of their lives.

In combination with a creative, fun and writing activities, BLOOM will foster positive relationships and provide opportunities for girls to build self-esteem and discuss issues that are important to their overall development.

Please contact NYAP to RSVP, or for more information: Ph: 267-386-8204 ext. 2 or [nyapinc@gmail.com](mailto:nyapinc@gmail.com).

Just as seeds start small and flourish into beautiful flowers, BLOOM's focus is to help transform young girls into spectacular women.

## **EMPLOYMENT AND TRAINING OPPORUNITIES**

State Rep W. Curtis Thomas  
is holding a  
**Private Sector Job Fair**  
Beloved St. John Church  
4541N. Broad Street,  
Phila, PA 19140.  
Thursday, October 28th.

We appreciate your cooperation in this matter and hope to see you at the Job Fair.

Micki Rozario  
Executive Asst. to MoJO  
W. Curtis Thomas

*Everywhere is within walking distance if you have the time .- Steven Wright*

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

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

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State Representative  
181st Legislative District  
Commonwealth of PA  
215-560-3261

[brozario@pahouse.net](mailto:brozario@pahouse.net)

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## **Green Job Readiness Training**

Can I enroll in the program?

YES! If you are 25+ years old, male or female, and live in ZIP codes: 19102, 19103, 19106, 19107, 19112, 19123\*, 19130\*, 19145, 19146, 19147, 19148

YES! If you can pass a drug test

There will be a short placement test (reading and math) after the orientation. Please bring your state issued photo ID.

How long is the training?

9 weeks (5 days a week from 9am - 4:30pm)

Training at Mamie Nichols Center & Houston Center

When can I start?

Upcoming Start Dates are: 03 Jan 2011, 21 Mar 2011, 06 Jun 2011, 22 Aug 2011

Attend one info session, to be considered for the next class, at:

▶ Mamie Nichols Center, 1529 S. 22nd St. (every other Tuesday)

▶ Houston Center, 2029 S. 8th St. (every other Friday)

CALL NOW to register for the info session

or find out more! 215-336-1111 Ext.

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

*A customer at the drive through window of a fast food restaurant apparently didn't have enough cash on him to pay the bill. He offered to pay for his order with marijuana.*

*The cashier refused and called the police with a description of the vehicle.*

*Soon after, a police officer spotted the vehicle and pulled it over. An inspection of the car turned up marijuana. The driver was arrested.*

## **HEALTH MATTERS**

### **Collards and carrots may ward off breast cancer**

By Lynne Peoples  
NEW YORK | Thu Oct 21, 2010 3:19pm EDT

(Reuters Health) - Eating lots of carrots and cruciferous vegetables -- collard greens, cabbage, broccoli -- could reduce breast cancer risk, particularly an aggressive form common among African American women, suggests a large new study.

The researchers looking at data from the ongoing Black Women's Health Study did not find a similar benefit from fruit intake.

Previous studies of the relationship between fruit and vegetable consumption and breast cancer in white women have led to conflicting results, and no prior research has investigated this link separately among African American women, lead researcher Dr. Deborah A. Boggs, of Boston University, told Reuters Health in an e-mail.

Boggs noted her team's earlier work showing that a so-called "prudent diet" high in vegetables, fruits, whole grains and fish led to a lower risk of estrogen receptor-negative breast cancers among African American women.

The ER-negative form of breast cancer, which is insensitive to the hormone estrogen, is more common in this population than among white women. It is also more difficult to treat and more often fatal than estrogen-sensitive cancers.

Overall, breast cancer is the second leading cancer-killer for both African American and white women, according to the Centers for Disease Control and Prevention. Approximately 1 in 8 American women will develop the disease at some point in life, although age, heredity and environmental factors can increase an individual's risk.

Boggs and her colleagues wanted to find out whether fruits and vegetables drove the beneficial effect they saw in women eating the prudent diet and whether specific varieties are particularly protective.

They tracked the diets and health of more than 50,000 African American

*If you have an important point to make, don't try to be subtle or clever. Use a pile driver. Hit the point once. Then come back and hit it again. Then hit it a third time - a tremendous whack. - Winston Churchill*

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women from across the U.S. for 12 years. About 1,300 of the women developed new cases of breast cancer during that period, 35 percent of them ER-negative.

The researchers found, however, that women who ate at least two servings of vegetables a day had a 43 percent lower risk of ER-negative breast cancer compared with women who ate fewer than four servings of vegetables each week.

Further, they identified certain types of vegetables that appeared to reduce the risk of all types of breast cancer, including broccoli, collard greens, cabbage and carrots.

Women who ate three or more servings a week of carrots, for instance, had a 17 percent lower risk of developing breast cancer than women who ate carrots less than once a month.

The results for all vegetables held after accounting for other potential breast cancer risk factors, such as physical activity, smoking, alcohol consumption and education level, as well as consumption of other components of the prudent diet, the researchers report in the American Journal of Epidemiology.

Still, it is too early to determine if this is a true cause-and effect-relationship, they note. High vegetable consumption could mark a healthier lifestyle in general or some other unknown mechanism that accounts for the apparent protection. Vegetables' cancer-staving power needs to be confirmed in further studies, the researchers write.

"Most Americans do not meet the recommendation of five servings of vegetables per day, based on a 2,000-calorie diet, and African Americans in particular eat fewer vegetables on average than do whites," said Boggs.

"It is clear that, in addition to potential protective effects against breast cancer, higher vegetable consumption can lead to many health benefits, including lower risk of cardiovascular disease," she added. "Therefore, we recommend that African American women try to increase their daily intake of vegetables to meet the established guidelines."

SOURCE: [link.reuters.com/pyf69p](http://link.reuters.com/pyf69p) American Journal of Epidemiology, online October 11, 2010.

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Hereeeeeeeeeeeeeees...  
Kathy's Korner!

*A senior citizen was clearing out his attic when he came upon an old painting and a violin. Thinking they might be valuable, he took them to the auction house to be valued. After studying them, the appraiser said, "Mr. Kolter, I have good news and I have bad news." "What's the good news?" the senior asked. "The good news is that you have a Stradivarius and a Picasso," replied the appraiser. "Fantastic! What's the bad news?" "Well sir, the bad news is that Stradivarius was a very bad painter and Picasso was no good with violins."*

(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.](#)*

## Health coverage for uninsured still available

One of the key programs of the health reform act passed by Congress in 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 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,

*Ever since I was a child, I've always had a fear had a fear of someone under my bed at night, so I went to a shrink and told him, I've got problems. Every time I go o bed I think there's somebody under it. I'm scared. I think I'm going crazy.'*

*'Just put yourself in my hands for one year,' said the shrink. 'Come talk to me three times a week and we should be able to get rid of those fears..'*

*'How much do you charge?'*

*'Eighty dollars per visit,' replied the doctor.*

*'I'll sleep on it,' I said.*

*Six months later the doctor met me*

*on the street. 'Why didn't you come to see me about those fears you were having?'*

*he asked.*

*'Well, Eighty bucks a visit three times a week for a year is an awful lot of money! A bartender cured me for \$10.*

*I was so happy to have saved all that money that I went and bought me a new pickup!'*

*'Is that so!' With a bit of an attitude he said, 'and how, may I ask, did a bartender cure you?'*

*'He told me to cut the legs off the bed! - Ain't nobody under there now!!!'*

*(thx Sis.Blow)*

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."

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).

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

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

That is less than one can of Coca-Cola.

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

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

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

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

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### Experts say 40 percent of cancers could be prevented

Kate Kelland

LONDON (Reuters) - Forty percent of the 12 million people diagnosed with cancer worldwide each year could avert the killer disease by protecting themselves against infections and changing their lifestyles, experts said...

Read the full story

<http://www.reuters.com/article/idUSTRE6113PX20100202?feedType=nl&feedName=ushealth600>

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**Get Fresh!**



*Wisdom is divided into two parts: (a) having a great deal to say, and (b) not saying it. - Unknown*

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

## 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.

The nonprofit hands out perishables at six sites in the Delaware Valley — where nutritious diet staples are hard to come by, especially in tough times.

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

Looking for something physical?

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

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

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

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Tips for making oatmeal appealing to kids

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

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## **GREEN PIECE**

### **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.

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



*Through our great good fortune, in our youth our hearts were touched with fire. It was given to us to learn at the outset that life is a profound and passionate thing. – Oliver Wendell Holmes*

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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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### **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

*Don't waste a minute being unhappy. If one window closes – run to the next window - or break down a door. - Unknown*

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

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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 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

*The measure of success is not whether you have tough problem to deal with, but whether it is the same problem you had last year. - John Foster Dulles*

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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 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.

*Fear is that little darkroom  
where negatives are  
developed. - Michael  
Pritchard*

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.

*A banker is someone who lends you an umbrella when the sun is shining, and who asks for it back when it starts to rain. -- Unknown*

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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**

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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.](#)



*Sage Advice from Children  
(Thanks, Tom)*

*When your dad is mad and  
asks you, "Do I look  
stupid?" don't answer him.  
Heather, Age 16*

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

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

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

## **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



*“The most remarkable thing about my mother is that for thirty years she served the family nothing but leftovers. The original meal has never been found.  
– Calvin Trillin*

215.829.4920 or Email [here](#)

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### **At- Risk Youth**

Annie E. Casey Foundation

<http://www.aecf.org>

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

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

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

Phone: 410-547-6600

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### **AOL Time Warner Foundation**

<http://aoltimewarnerfoundation.org>

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

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### **AT&T Foundation**

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

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

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### **Beaumont Foundation**

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

The Beaumont Foundation of America (BFA), a non-profit philanthropic organization, is dedicated to the enriching the lives of individuals by providing technology to historically underserved schools and communities. The foundation believes technologies are essential tools for

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

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

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

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

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

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

### **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**

### **Please spread the word**

Hosts for Hospitals is a little nonprofit that matches people with houses in West Philly who can volunteer a room for the family of a child hospitalized at CHOP or an adult at HUP or Presby. This way, they can stay nearby while their person is in the hospital--and otherwise they may not be able to afford to. This is a terrific organization, and believe me, they have thought of absolutely everything (can only accommodate one person? Check. Only want a visitor for two days or less? Check. Etc, etc.).

This is a great opportunity for both the host family (especially people who know what it's like to have a family member in the hospital) and the visitor---it often fosters lasting friendships. Some of the families are from other countries, so it's also sort of an international exchange program.

*Persistent people begin  
their success where others  
end in failure. - Edward  
Eggleston*

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

Here's their web site: <http://www.hostsforhospitals.org/website/get-involved>

Their office is at 4719 Pine Street.

Contact them at: 215.472.3801  
or email Tammy at: [hfhospitals@aol.com](mailto:hfhospitals@aol.com)

They also need volunteers in their office, and folks to ride their bikes around the neighborhood to pin up flyers for them once a month.  
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## **BLOOM**

is a mentoring program that will provide guidance, support, and opportunities for young girls, enabling them to develop their creative, independent voices, and learn how to make healthy choices in all areas of their lives.

In combination with a creative, fun and writing activities, BLOOM will foster positive relationships and provide opportunities for girls to build self-esteem and discuss issues that are important to their overall development.

For more information: Ph: 267-386-8204 ext. 2 or [nyapinc@gmail.com](mailto:nyapinc@gmail.com).

Just as seeds start small and flourish into beautiful flowers, BLOOM's focus is to help transform young girls into spectacular women.  
---- Coalition members! Activate 'Your' [web link](#) on The Coalition, Inc. web site ----

## **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.lwflaverymuseum.com](http://www.lwflaverymuseum.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"**

*"If you want to be happy, set a goal that commands your thoughts, liberates your energy, and inspires your hopes." - Andrew Carnegie*

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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  
LWF/Lest We Forget Museum of Slavery  
Telephone: 215-397-6060  
Email: [lwfmuseum@gmail.com](mailto:lwfmuseum@gmail.com)

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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*

### **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 first myth of justice is that it exists (the second myth being that you can obtain it in court). -- FH*

Presents  
**Scholarship Fashion Show Fundraiser**

Featuring  
Abu Fashions  
With  
Artistry of Musa Salahuddin

Saturday October 30<sup>th</sup>, 2010  
Kingsessing Recreation Center  
49<sup>th</sup> & Kingsessing Ave.  
Phila. Pa. 19143  
Time: 3pm-7pm

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

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

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

Refreshments Served

Email: [muc7@verizon.net](mailto:muc7@verizon.net)

Fax: 215-476-1191

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Points of Transformation

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

**10th Annual  
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  
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

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

Coalition sponsors first  
**Youth Leadership Summit**  
On Saturday, November 13th,

the

Eastern North Philadelphia Youth Services Coalition's  
youth leaders will host its first annual

"Let's Walk and Talk" 2010 Youth Leadership Summit

at

LaSalle University from  
10am to 4pm.

The summit is a one day event led by ENPYSC Youth Leaders. Its purpose is to inspire youth to become positive catalysts for change in their homes, schools, communities, and ultimately, their own lives. A number of interactive workshops and discussions will cover topics on college, the portrayal of urban youth in the media, gang violence, improving communication between adults and youth, and helping out-of-school youth return to school.

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

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

## **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](#).

### 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](#)

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

### 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.*

*A Sunday School teacher  
asked the class, "Why did  
Mary and Joseph take  
Jesus with them to  
Jerusalem?"*

*A little boy raised his hand,  
"I know," he said.  
"Because they couldn't get  
a babysitter."*

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

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.

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### **Volunteer In Africa**

#### **Explore a Continent of Contrasts while Volunteering in Africa**

For over a decade, Cross-Cultural Solutions has supported thousands of volunteers in Africa on programs in Ghana, Morocco, South Africa and Tanzania.

CCS volunteers work side-by-side with local people in community

organizations focused on supporting social services, education, and health initiatives.

Discover one of the world's most diverse continents and see firsthand the challenges it faces and how you can make a positive impact with CCS.

Go to: [www.cross-cultural-solutions.org](http://www.cross-cultural-solutions.org)

### **IT'S HERE!!**

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

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

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

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

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

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

### **heterodox** \HET-

uh-ruh-doks\,

Contrary to or differing from some acknowledged standard, especially in church doctrine or dogma;

unorthodox;

Holding unorthodox opinions or doctrines.

**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.

