



We all hold a piece to the puzzle
Friday 05 November 2010

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News From The Coalition, Inc.

"Communication – Cooperation – Collaboration"

Volume 5, Number 14

Greetings Coalition Family!

We cannot wait for governments to do it all. Globalization operates on Internet time. Governments tend to be slow moving by nature, because they have to build political support for every step. - Kofi Annan

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.

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.](#)

Education/Civil Rights/Bullying Letter

In a 10-page letter to schools, colleges and universities, Russlynn Ali, Assistant Secretary for Civil Rights at the Department of Education (ED), advised that bullying may violate students' civil rights. The letter outlined the legal obligations that school staff has to protect students from peer harassment based on race, color, national origin, sex or disability. Secretary Ali reminded schools that Section 504 of the Rehabilitation Act of 1973, as well as the Americans with Disabilities Act, prohibit discrimination based on disability status. In August of this year, the Obama Administration hosted the first ever National Bullying Summit and launched the Stop Bulling Now campaign, a national database of effective anti-bullying programs (see: www.bullyinginfo.org) To read a copy of the letter, go to:

<http://www2.ed.gov/about/offices/list/ocr/letters/colleague-201010.html>

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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

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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If you've not been on someone else's farm, you cannot say that you're the only true farmer. - 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.

City will host

**The 22nd Annual National Dropout Prevention Conference:
From Rhetoric to Action: Ready, Set, Graduate!**

will take place

from Sunday, November 14th to Wednesday, November 17th
at the Loews Philadelphia Hotel
12th and Market Streets.

The conference, sponsored by the National Dropout Prevention Center/Network at Clemson University, is designed to enhance the leadership skills of all adults who are seeking to strengthen interventions among school, community, and families especially those in at-risk situations.

The conference program includes middle/high school transition, parental involvement, urban education, best practices in multiple pathways to graduation, extended learning opportunities, legislative affairs, research/early warning indicators, career and technical education, and literacy strategies.

For details, go [here](#).

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Cap4Kids Hint of the Week

The Low Income Home Energy Assistant Program (LIHEAP) is now open for families in need of utility relief.

Did you know that over 50,000 homes that are eligible for this program and don't know this?

On the Cap4Kids website, under Housing, you will find information about this and other programs as well as the most current application.

http://www.cap4kids.org/philadelphia/parent_handouts/housing.html

Please see announcement from the Phila Dept of Public Health below.

Low Income Home Energy Assistance Program (LIHEAP)

The Low Income Home Energy Assistance Program (LIHEAP) grants help pay winter heating bills and can help restore service if service is off.

* * ANNOUNCEMENT * *

The LIHEAP Program opens Monday, November 1, 2010.

The Pennsylvania Department of Public Welfare has begun mailing pre-printed applications to last year's LIHEAP recipients.

The harder you work, the harder it is to surrender. - Vince Lombardi

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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If you receive a pre-printed application, review the Eligibility for LIHEAP <https://www.pgworks.com/index.aspx?NID=113> and How to Apply for LIHEAP pages <https://www.pgworks.com/index.aspx?NID=114>

What is LIHEAP?

The Low Income Home Energy Assistance Program helps low-income families pay their heating bills. LIHEAP is a grant. You do not have to repay it. The grant amount is determined by household size and income; the minimum grant is \$300.00, the maximum grant is \$1,000.00.

To receive help:

- You don't have to be on public assistance
- You don't need to have an unpaid heating bill
- You can either rent or own your home

Important Information for CRP Customers Who Are Applying for LIHEAP:

PGW will apply the LIHEAP grant directly to the "Please Pay" amount for CRP customers. This means that a LIHEAP grant will lower your bill because it will reduce the amount you are asked to pay.

More Information

To hear additional, pre-recorded information and updates to the LIHEAP program, please call the PGW LIHEAP Hotline at (215) 684-6100.

Crisis Grant

Crisis is a federal grant designed to help pay for heating costs in a heating emergency, when service is shut off or threatened to be shut off.

UESF

The UESF program is now open.
Utility Emergency Services Fund
UESF grants are available to income-eligible customers whose service has been terminated and to those who have received a shut off notice, to help them pay off the balance of their bill.

~ ~ ~

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.

*He who is contented is rich.
Lao Tzu*

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- 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 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 motivated 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

*"The weak can never
forgive. Forgiveness is the
attitude of the strong."
- Mahatma Gandhi*

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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_f](http://www.philly.com/inquirer/home_top_stories/20100104_Nutter_to_focus_on_increasing_college_admissions.html)

[ocus_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 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

*"If you always give you will
always have." - Chinese
Proverb*

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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

PhillyCAM First Friday November Viewing Party:

An evening showcasing Youth Media

To coincide with First Friday in Old City and at the Painted Bride Arts Center, PhillyCAM presents a special two hour program of Community produced programming media by and for youth and young adults on

Friday November 5th
from 5:30 pm – 7:30pm
PhillyCAM studio
232 Vine Street
Philadelphia, PA

An hour of networking with the Youth Media Producers
will follow until 8:30pm.

Highlights include short videos by Youth Arts and Self Empowerment, Asian Arts Initiative, Norris Square Neighborhood Project Prodigies, Youth Empowerment Services, University Community Collaborative, Temple Media Lab, Philadelphia Student Union and selections from PhillyCAM's recurring series Straight Up Real Talk from the West Kensington Ministry who will be hosting an open mic session following the Q&A until 10pm!!!

Philadelphia Community Access Media cablecasts on Comcast 66/966
and Verizon FIOS 29/30.

Watch the show on TV or get out and about and see it live and
meet producers in person at the
PhillyCAM studio
232 Vine Street
Philadelphia, PA

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Rep. Johnson to hosts the 2nd Student Achievement College Fair
presented by
State Rep. Kenyatta Johnson, D-Philadelphia, and Alpha Phi Alpha

"Stand up to your obstacles and do something about them. You will find that they haven't half the strength you think they have." - Norman Vincent Peale

Saturday, November 6, from 11 a.m. to 2 p.m.

Prep Charter High School
1928 Point Breeze Avenue
Philadelphia, Pa.

Our nation is currently facing a huge educational deficit that's impacting the plight of the youth and the future of our city. This educational shortfall is felt most among Latino and African-American males who currently lead the nation and city in the drop-out rate. State Rep. Kenyatta Johnson (D-Philadelphia) is responding to this crisis by bringing college resources to students and families in the Philadelphia community.

"One of the most essential life skills that a person should have is hope." Rep. Johnson states. "It is our responsibility as community leaders, educators, and parents to ensure we are producing hopeful youth who aspire and dream to become something significant."

Alpha Phi Alpha Fraternity, Inc. will conduct a rally so participants have the right information when speaking to college recruiters. In addition, the college fair will include a financial aid workshop that will provide information on scholarships and grants, and important deadlines when applying for financial aid.

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Please contact the Office of State Representative Kenyatta Johnson at (215) 952-3378 for additional information.
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"500 Nations"

A true understanding of what Thanks-taking Day really represents!

Saturday, November 6th, 2010
(Every 1st Saturday of the Month)

Songhai City Cultural Center
3117 Master Street
Philadelphia, PA 19121

3:30pm-6:30pm

Every person who wins in any undertaking must be willing to cut all sources of retreat. Only by doing so can one be sure of maintaining that state of mind known as a burning desire to win which is one of the essentials to success.
- Napoleon Hill

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Only \$5 per person
(children 5 & under are FREE)

Who's Invited:
The Entire BLACK Family!

Film starts promptly at 3:45pm

Come out to the Movies with us Black Family in November as we feature "500 NATIONS"!

Call (888) 817-3235 for more information!!!

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National Constitution Center - Kirby Auditorium

Mon, Nov 8 2010, 6:30p.m. - 9:30p.m.

While we would usually never ask people to shell out cash to see Tigre Hill's documercial "The Barrel of a Gun" financed by the Philadelphia FOP to promote their line on Mumia's case, this screening will be followed by a debate between Philadelphia District Attorney Seth Williams and attorney/activist Michael Coard as well as a debate between Hill and Professor Johanna Fernandez, producer of the new documentary Justice for Mumia.

We want as many supporters of Mumia Abu-Jamal in the hall who can make it to support Attorney Coard and to make sure the truth get's out.

Tigre Hill asserts the December 1981 shooting of Police Officer Daniel Faulkner was premeditated despite ample evidence to the contrary. The premise of Hill's film is a rehash of the same arguments used by Michael Smerconish and Maureen Faulkner in their book, and also the same theme raised in the sentencing phase of Mumia's 1982 hearing by the prosecutor which will be central to Mumia's appeals hearing before the Third Circuit Court on Tuesday, November 9.

Lynn Doyle, Emmy award winning host of the Comcast Network's "It's Your Call" will moderate the discussion.

This showing of "The Barrel of a Gun" and subsequent dialogue between Williams and Coard are purposely planned a day prior to the arguments

*The brave person confronts
fear and moves toward it. It
then gets smaller. - Unknown*

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before the U.S. Court of Appeals for the Third Circuit for a new sentence hearing for Mumia Abu-Jamal. On January 19, the U.S. Supreme Court vacated a federal appeals court ruling that threw out Abu-Jamal's death sentence because of a confusingly worded verdict instruction that arguably led the jury to a sentence of death over life in prison.

Let's pack the house with Mumia support! We have been able to purchase blocks of tickets at \$13 each so we can make sure Mumia supporters are in the audience, and not just the FOP.

If you want to purchase one of these tickets, please contact International Concerned Family and Friends of Mumia Abu-Jamal at 215-476-8812.

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Celebrate

PUP's 35th Anniversary

Friday November 12, 6 PM

The View

800 N. Broad Street

Honoring

John Meyerson, PUP Board Chair and Legislative Director of
UFCW Local 776

and

PUP Alumni

State Senator Shirley Kitchen

State Representative Vanessa Brown

Entertainment by Legendary Cobolt Blues Band

Honor 35 Years of Organizing for Justice for Poor
and Unemployed Workers.

Tickets \$70 - PUP members \$35

Scholarships available for low income

Ads for the Ad book are still available.

For more information call Philadelphia Unemployment Project

at 215-557-0822.

*Those who make peaceful
revolution impossible will
make violent revolution
inevitable. – John F.
Kennedy*

John Dodds, Director,
Philadelphia Unemployment Project
112 N. Broad St. 11th Floor
Philadelphia, PA 19102
215-557-0822 ext. 102
www.Philaup.org
fax 557-6981

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

A father was at the beach with his children when his four-year-old son ran up to him, grabbed his hand, and led him to the shore, where a seagull lay dead in the sand.

"Daddy, what happened to him?" the son asked. "He died and went to Heaven," the dad replied.

The boy thought a moment and then said, "Did God throw him back down?"

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

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 as they become 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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HEALTH MATTERS

Vitamin B12 tied to Alzheimer's

[New Alzheimer's guidelines aim for early diagnosis](#)

Mon, Oct 11 2010

By Frederik Joelving

NEW YORK | Mon Oct 18, 2010 5:17pm EDT

(Reuters Health) –

Vitamin B12 may help protect against Alzheimer's disease.

Two old guys were sitting under a tree, watching the sun go down. One says, "You know, I'm 84 years old and my body is full of aches and pains. You're about my age. How do you feel?" The other guy says, "Oh, I feel like a newborn baby." "Really," says the first guy. "Yep," says the second one. "No teeth, no hair and I think I just wet my pants." (thx. 'a friend')

The study suggests that seniors with more of the active part of the vitamin in their blood have a lower risk of developing the disease, which eats away at the minds of one in eight Americans aged 65 and older, according to the Alzheimer's Association.

However, the findings don't necessarily mean that taking B vitamin supplements will stave off mental decline.

Just last summer, for instance, a pair of studies deflated long-held hopes that B vitamins -- like B12 and folic acid -- would help patients who had suffered strokes or heart attack

(see Reuters Health stories of June 22 and August 4, 2010).

"More research is needed before we can get a conclusion on the role of vitamin B12 supplements on neurodegenerative diseases such as Alzheimer's disease," said Dr. Babak Hooshmand from Karolinska Institutet in Stockholm, Sweden, whose findings appear in the journal *Neurology*.

But he added that many elderly people suffer from B12 deficiency, so the results could turn out to be important.

"Our findings indicate that vitamin B12 and related metabolites may have an important role in Alzheimer's disease," Hooshmand told Reuters Health by e-mail.

The researchers took blood samples from 271 Finnish seniors without dementia. At a second examination about seven years later, they found 17 (six percent) had developed Alzheimer's.

Those who did had higher levels of holotranscobalamin -- the active portion of vitamin B12 -- and lower levels of homocysteine, an amino acid tied to mental decline, stroke and heart disease. Folic acid was not linked to Alzheimer's.

B vitamins decrease homocysteine levels, and so have attracted a lot of attention as a potentially cheap and safe treatment. But it is unclear if they are just a sign of disease or have a causal role.

Neurologist Dr. Sudha Seshadri, of Boston University, said he wouldn't advise taking extra B vitamins unless a doctor had diagnosed signs of deficiency.

My watch is three hours fast, and I can't fix it. So I'm going to move to New York. - 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.

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"Too much folate in the presence of B12 deficiency can be harmful," he told Reuters Health by e-mail.

However, he added, "A healthy diet with adequate B12 may still be useful in reducing risk despite the failure of initial clinical trials to show a benefit on cognition."

Vitamin B12 is found in a variety of foods, including dairy, eggs, fish and meat.

SOURCE: link.reuters.com/bar78n Neurology, October 19, 2010.

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Collards and carrots may ward off breast cancer

By Lynne Peebles
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

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

This One's Not a Criminal, But Still Pretty Dumb.. A woman called the poison control center, upset because her little daughter had eaten some ants. The person at poison control assured her that ants were not dangerous and that her little girl would be fine. The mother was relieved, then (fortunately) mentioned that she had given her daughter some ant poison to kill the ants. She was told to get to the emergency room as quickly as possible.

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 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

We owe a lot to Thomas Edison - if it wasn't for him, we'd be watching television by candlelight. - Milton Berle

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intake of vegetables to meet the established guidelines."

SOURCE: link.reuters.com/pyf69p American Journal of Epidemiology, online October 11, 2010.

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New guidelines drop the "P" from CPR (Reuters Health) - After 50 years of loyal service, traditional CPR is being replaced by a new, bare-bones version of the life-saving emergency procedure.

Forget about yucky mouth-to-mouth contact -- the P in cardiopulmonary resuscitation (CPR) -- and get right down to pumping hard and fast on the chest, the American Heart Association said on Monday,

That will keep oxygen-rich blood flowing to the brain until trained rescuers can take over.

"Chest compressions are the most important part of CPR," said Dr. Michael Sayre, a spokesman for the American Heart Association. "The major change is switching to starting CPR with chest compressions rather than opening an airway and doing rescue breathing."

Only if a rescuer has been specifically trained in conventional CPR should they give rescue breathing as well, added Sayre, also of Ohio State University in Columbus.

Recent studies have shown that CPR without rescue breathing works as well as or better than the full version in most people who suffer cardiac arrest.

And it might also get more people to do CPR, which is currently performed only about half the time when someone witnesses a person collapse from cardiac arrest. Some 300,000 Americans suffer cardiac arrests every year, and less than one in 10 survive.

That dismal number hasn't changed in three decades. But doctors say it could, and part of the solution is to get more bystanders to roll up their sleeves and start chest compressions in the center of the chest.

The ideal rate is at least 100 compressions per minute -- coincidentally, about the same pace as the Bee Gees 1977 disco hit "Stayin' Alive." Each compression should be about two inches (five centimeters) deep in adults and children, and about one and a half inches in infants. Rescuers should

Hereeeeeeeeeeeeeees...
Kathy's Korner!

An older gentleman needed surgery. His son was a renowned surgeon. The man insisted that his son perform the operation.

As he was about to get the anesthesia he asked to speak to his son.

"Yes, Dad, what is it?"

"Don't be nervous, son, Do your best and just remember, if it doesn't go well, if something happens to me, your mother is going to come and live with you and your wife."

(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.

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not lean on the chest between compressions; it's important to let the chest return to its starting position.

"If you see the victim suddenly collapse -- one minute they're walking and talking and the next minute they are on the ground -- then the odds are high that it is cardiac arrest," Sayre said.

If the victim is not breathing or not breathing normally, "Tap on their shoulder to see if you can wake them up. If you can't, then we recommend starting chest compressions after calling 911."

If you start CPR on someone who collapsed for some reason other than a cardiac arrest, "they usually just wake up," said Sayre, adding that serious injuries were rare.

Earlier this month, Arizona saw the effects of a state-wide campaign to get bystanders to do hands-only CPR.

Five years after health officials started promoting the technique, the chances of surviving a cardiac arrest had more than doubled, reaching close to 10 percent. And those victims who received hands-only CPR had more than 1.5 times the odds of making it compared to those who got conventional CPR (see Reuters Health story of Oct 5, 2010).

"I don't see any reason why in the future you wouldn't have a better chance of surviving than dying of a cardiac arrest," Dr. Bentley J. Bobrow, of Arizona's Bureau of Emergency Medical Services & Trauma System, told Reuters Health at the time.

He noted, however, that factors such as public-access defibrillators -- which can jolt the heart back to its normal rhythm -- and better hospital care are also important.

For people who are trained in conventional CPR, the new guidelines recommend giving two breaths after 30 compressions, and then repeating the cycle.

That may be especially helpful for many children and people who have drowned, because their blood is out of oxygen.

But for the majority of American adults with cardiac arrest, the heart gives in suddenly because the arteries that supply it with blood get clogged by cholesterol. For those people, keeping the blood flowing without interruption appears to be vital.

At a clearance sale, the wife of a federal district court judge found a green tie that was a perfect match for one of her husband's sports jackets. Soon after, while the husband was hearing a complicated cocaine conspiracy case, he noticed a small round disc sewn into the design of the tie.

The judge showed it to an FBI agent, who was equally suspicious that it might be a bug planted by the conspiracy defendants. The agent sent the device to FBI headquarters in Washington DC for analysis.

Two weeks later, the judge phoned the Washington office to learn the results of their tests. "We're not sure where the disc came from," the FBI told him, "but we discovered that when you press it, it plays 'Jingle Bells'."

The American Heart Association has created a short web tutorial that shows how to do effective CPR. It's available at handsonlycpr.org/.

SOURCE: link.reuters.com/bys59m Circulation, October 18, 2010.

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Health coverage for uninsured still available

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

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

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

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

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

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

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Too much fructose could raise your blood pressure

By Frederik Joelving

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

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

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

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

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

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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

*Life appears to be too short
to be spent in nursing
animosity or registering
wrong. - Charlotte Bronte*

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submission should be
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nutrition at the University of Vermont in Burlington, who was not involved in the research.

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

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

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

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

That is less than one can of Coca-Cola.

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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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,

If you are patient in one moment of anger, you will escape a hundred days of sorrow. -- Chinese Proverb

Read the full story

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

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Get Fresh!

Volunteer with Philabundance Fresh for All

You recycle out the wazoo and consider yourself consigliore of the enviro-sack mafia.

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

And you can help by volunteering.

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

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

Looking for something physical?

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

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

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

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.

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

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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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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

Leadership: The art of getting someone else to do something you want done because he wants to do it. - Dwight D. Eisenhower

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of fuel a day.

- Each gallon of fuel releases 20 pounds of carbon dioxide into the air.
- Approximately 5 million tons of oil produced in the world each year ends up in the ocean.
- The energy we save when we recycle one glass bottle is enough to light a traditional light bulb for four hours
- For every 2000 pounds of paper (1 ton) recycled, we save 7,000 gallons of water free from chemicals.
- Recycled paper requires 64% less energy than making paper from virgin wood pulp, and can save many trees
- Every ton of paper that is recycled saves 17 trees
- The amount of wood and paper we throw away is enough to heat 50 million homes for 20 years
- Earth is 2/3 water. But all the fresh water streams only represent one hundredth of one percent.
- 14 billion pounds of trash is dumped into the ocean every year
- It takes 90% less energy to recycle aluminum cans than to make new ones
- 5 billion aluminum cans are used each year
- 84 percent of all household waste can be recycled.
- Computers pose an environmental threat because much of the material that makes them up is hazardous. A typical monitor contains 4-5 pounds of lead.
- Each year billions of used batteries are thrown away in the United 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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*"The block of granite
which is an obstacle in the
pathway of the weak,
becomes a stepping-stone in
the pathway of the strong."
-Thomas Carlyle*

Don't throw your old TVs away!

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

or

State Rd. & Ashburner St. in Philadelphia
at the

Streets Department Sanitation Convenience Centers,

Monday through Saturday

8:00 am to 6:00 pm.

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Weavers Way #5 plastics recycling resumes

Fellow Recyclers, Weavers Way collection of #5 plastics, which are not included in the City's recycling program, will be on the 3rd Saturday of each month: The collections take place at the co-op's garage,

at 542 Carpenter Lane,

which is across the street and a bit further down the block from the Big Blue Marble bookstore.

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

"Forgiveness is taking seriously the awfulness of what has happened when you are treated unfairly. Forgiveness is not pretending that things are other than the way they are." - Desmond Tutu

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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

*Sage Advice from Children
(Thanks, Tom)*

*When you want something
expensive, ask your
grandparents.*

Matthew, Age 12

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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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

A tightwad was convinced by a friend to buy a couple of lottery tickets. But after he won the big prize he didn't seem happy.

"What's wrong?" the friend asked. "You just became a millionaire!"

"I know," he groaned. "I can't imagine why I bought that second ticket!"

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

Application guidelines are available [here](#).

200 Free Scholarships For Minorities (NEW UPDATED 2010 LISTINGS)

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

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HIV/AIDS Prevention Workshop

Workshop Summary

Culturally-Relevant Communication about HIV/AIDS is an interactive and user-friendly workshop. Ivan J. Juzang, MEE President and Founder will examine the environmental influences, attitudes and behaviors and 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.

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

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

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At- Risk Youth

Annie E. Casey Foundation

<http://www.aecf.org>

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

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

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

Phone: 410-547-6600

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AOL Time Warner Foundation

<http://aoltimewarnerfoundation.org>

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

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AT&T Foundation

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

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

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Beaumont Foundation

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

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 U.S. 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

*If you want to leave
footprints in the sands of
time, don't drag your feet. -
Annot. L. Sheppard*

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the.pa.coalition@gmail.com

<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>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

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

*Live with your whole being
all the days of your life.
Your reward will be true
happiness. - Rebecca
Thomas Shane*

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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.

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

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.

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,

"One can choose to go back toward safety or forward toward growth. Growth must be chosen again and again; fear must be overcome again and again." - Abraham Maslow

and those that are asking if they can help,
the answer is yes you can!

Here's how!

We of 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"

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.lwflaverymuseum.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

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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

AFRICAN FAMILY HEALTH ORGANIZATION (AFAHO) HOSTS 1st ANNUAL AFRICAN & CARIBBEAN HEALTH FORUM

The African Family Health Organization
(AFAHO) will host its
1st annual African & Caribbean Health Forum
Sunday, November 14th at 12 noon
at the
African Cultural Center
5000 Springfield Avenue
Philadelphia, PA 19143

*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.*

AFAHO, Palm Solutions, GILEAD and Abbott
Pharmaceuticals are sponsoring the event with the collaboration of
The AIDS Care Group, Jefferson Medical College Refugee Health
Partners and Temple University
Kornberg School of Dentistry.

There are an estimated 200,000 African and Caribbean immigrants and
refugees in the greater Philadelphia area and we hope to attract hundreds
to this forum. Health professionals will provide education on various
health issues as well as HIV testing, blood pressure, diabetes, cholesterol,
dental, eye and Hepatitis B screenings. Community members will be able
to discuss their concerns with staff and volunteers in
English, French, Haitian Creole and several African languages.
Free flu shots will be offered.

About the African Family Health Organization (AFAHO):
AFAHO was founded in 2003 by Ms. Tiguida Kaba, an African
immigrant to address an unmet need among members of the African and
Caribbean immigrant and refugee communities in the Philadelphia area
who experience difficulties accessing healthcare and social services due to
cultural, geographic, linguistic, and other barriers. AFAHO
assists, serves and empowers members of these communities in order to
improve their access to these services.

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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.](#)

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.

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

*The Bible, Through the
Eyes of a Child*

Children Pray

*"Lead a snot into
temptation." (Praying for
her sister to get into
trouble)*

*A four year old girl prayed,
"And forgive us our trash
baskets as we forgive those
who put trash in our
baskets."*

*A little boy prayed, "God, if
you can't make me a better
boy, that's OK. I'm having
a good time the way I am."*

*"Give us this day our jelly
bread."*

*"Give us this steak and
daily bread, and forgive us
our mattresses."*

*"Hail, Mary, full of
grapes."*

*"Our Father, who art in
heaven, how didja know my
name?"*

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 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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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.

----- 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 -----

WORD-OF- THE-WEEK

ostensible \ah-
STEN-suh-bul\
Represented or
appearing to be true,
but not necessarily
so.

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.

