



We all hold a piece to the puzzle
Friday 12 November 2010

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News From The Coalition, Inc.

"Communication – Cooperation – Collaboration"

Volume 5, Number 15

Greetings Coalition Family!

*If you wish to change the world, do not expect the
residents to agree with you... Madu*

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.](mailto:NewsFromTheCoalition@inc.com)

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

\$100 Stipend for participating families

CHOPs LEND (Leadership Education in Neurodevelopmental and Related Disabilities) is looking for families to participate in a valuable part of their training program. Families will be asked to invite students to visit them to observe their regular daily routines and learn about how autism affects family life. There is a \$100.00 stipend for the participating family. Fellows will make 2 visits between now and May 2010. Contacts and visits will be scheduled at mutually convenient days and times. Of course, confidentiality will be completely respected.

Amy Kratchman is the family Collaboration Director. She has also participated in the program for the past 2 years and she will be happy to answer any questions you may have. You can reach her at:

KRATCHMANA@email.chop.edu

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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

*Only when you have
crossed the river can you
say the crocodile has a
lump on his snout. -
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.*

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

Cost: scholarships and family discounts available

Location: 5806 Master Street

To Register email us today: nyapinc@gmail.com

SPACE IS LIMITED!!

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

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Cap4Kids Hint of the Week

Did you know that the Phila. School District provides FREE classes to parents on many issues that affect families and can help improve parental skills in many areas. On the www.cap4kids.org/philadelphia website, under the Education as well as the Parenting Resources handouts, you will find info on Parent University as well as a course directory (http://www.cap4kids.org/philadelphia/parent_handouts/education.html).

The Parent University of Philadelphia provides:

Classes and workshops for parents

Family Literacy, Financial Literacy, Health/ Wellness & Cultural
Enrichment

Information on the SDP and community resources
that is available to parents and their children

Multi-lingual programs

Certificates, Professional Certification and College Degree attainment
Classes and workshops will be conducted at the Education Center located
at 440 N. Broad Street

and other sites across the city. Parents can attend classes and workshops that best meet their needs and that are accessible to their homes and places of employment. This new and exciting educational opportunity is free to

parents who have students in the Philadelphia School District.

The only place where success comes before work is in the dictionary. - Vidal Sassoon

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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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. 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.

*He who knows others is
clever; He who knows
himself has discernment.
Lao Tzu*

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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.

- 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.

"The only thing that stands between a man and what he wants from life is often merely the will to try it and the faith to believe that it is possible." - Richard M. Devos

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

Please become familiar with these resources and refer families and teens in need.

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Help For Parents With School-Age Children

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

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

On the www.cap4kids.org/philadelphia website, under the Education parent handout

http://www.cap4kids.org/philadelphia/parent_handouts/education.html and the Resource tab

<http://www.cap4kids.org/philadelphia/resources.html> there are resources in the community to help advocates for children find help for their child's educational needs. Please become familiar with the listed resources and continue to bridge the gap between families in need and the agencies and resources that serve them.

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Black College Tours 2010 (40+)

<http://blackexcel.org/black-college-tours-2010.html>

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PhillyGoes2College

With a little over 50% of our kids graduating high school on time and only 18% graduating college, we MUST all work on this issue together for the future of our city.

The Mayor's office recently created an office called "PhillyGoes2College" that will start working to improve these statistics

(http://www.philly.com/inquirer/home_top_stories/20100104_Nutter_to_focus_on_increasing_college_admissions.html), and on the www.cap4kids.org/philadelphia website, under the Education Handout, you will find multiple sources for children, families and child advocates

There is time for everything. - Thomas Edison

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to help, from an early age, on the road to educational success (http://www.cap4kids.org/philadelphia/parent_handouts/education.html).

Here you will find listings for various school choices, timelines, and resources for out-of-school youth, and college prep and college admission tools.

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

Did you know?

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

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

For more info you can also go to

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

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

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Online resources for parents: www.chestercountymoms.com, www.germantownavenueparents.com, www.norristownmom.com.

THIS WEEK

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

"The more we express our gratitude to GOD for our blessings, the more he will bring to our mind other blessings. The more we are aware of to be grateful for, the happier we become." - Ezra Taft Benson

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.

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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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](#).

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When I think of work, it's mostly about having control over your destiny, as opposed to being at the mercy of what's out there. - Gary Sinise

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**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

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

It isn't enough to talk about peace, one must believe it. And it isn't enough to believe in it, one must work for it. - Eleanor Roosevelt

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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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EMPLOYMENT AND TRAINING OPPORUNITIES

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 as they become available.

The Iraqis who have risen up against the occupation are not 'insurgents' or 'terrorists' or 'The Enemy.' They are the revolution, the Minutemen, and their numbers will grow - and they will win. - Michael Moore

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on The Coalition,
Inc. web site

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](#).

HEALTH MATTERS

13 Ways to Never Get Cancer

Healthful lifestyle choices can dramatically lower your cancer risk.

Here's exactly what—and what not—to do.

By Richard Laliberte, Prevention

First, the good news: You probably won't get cancer. That is, if you have a healthy lifestyle. "As many as 70 percent of known causes of cancers are avoidable and related to lifestyle," says Thomas A. Sellers, PhD, associate director for cancer prevention and control at Moffitt Cancer Center in Tampa. Diet, exercise, and avoidance of tobacco products are, of course, your first line of defense, but recent research has uncovered many small, surprising ways you can weave even more disease prevention into your everyday life. Try these novel strategies and your risk could dwindle even more.

1. Filter Your Tap Water

You'll reduce your exposure to known or suspected carcinogens and hormone-disrupting chemicals. A new report from the President's Cancer Panel on how to reduce exposure to carcinogens suggests that home-filtered tap water is a safer bet than bottled water, whose quality often is not higher—and in some cases is worse—than that of municipal sources, according to a study by the Environmental Working Group. (Consumer Reports' top picks for faucet-mounted filters: Culligan, Pur Vertical, and the Brita OPFF-100.) Store water in stainless steel or glass to avoid chemical contaminants such as BPA that can leach from plastic bottles.

Bing: [Cancer symptoms](#)

One summer evening during a violent thunderstorm a mother was tucking her small boy into bed. She was about to turn off the light when he asked with a tremor in his voice, "Mommy, will you sleep with me tonight?" The mother smiled and gave him a reassuring hug. "I can't dear," she said. "I have to sleep in Daddy's room." A long silence was broken at last by his shaking little voice: "The big sissy."

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

2. Stop Topping Your Tank

So say the EPA and the President's Cancer Panel: Pumping one last squirt of gas into your car after the nozzle clicks off can spill fuel and foil the pump's vapor recovery system, designed to keep toxic chemicals such as cancer-causing benzene out of the air, where they can come in contact with your skin or get into your lungs.

3. Marinate Meat Before Grilling

Processed, charred, and well-done meats can contain cancer-causing heterocyclic amines, which form when meat is seared at high temperatures, and polycyclic aromatic hydrocarbons, which get into food when it's charcoal broiled. "The recommendation to cut down on grilled meat has really solid scientific evidence behind it," says Cheryl Lyn Walker, PhD, a professor of carcinogenesis at the University of Texas M.D. Anderson Cancer Center. If you do grill, add rosemary and thyme to your favorite marinade and soak meat for at least an hour before cooking.

The antioxidant-rich spices can cut HCAs by as much as 87 percent, according to research at Kansas State University.

[30 Ways to cancer-proof your life.](#)

4. Caffeinate Every Day

Java lovers who drank 5 or more cups of caffeinated coffee a day had a 40 percent decreased risk of brain cancer, compared with people who drank the least in a 2010 British study. A 5-cup-a-day coffee habit reduces risks of cancers of the pharynx and mouth almost as much. Researchers credit the caffeine: Decaf had no comparable effect. But coffee was a more potent protector against these cancers than tea, which the British researchers said also offered protection against brain cancer.

5. Water Down Your Risks

Drinking plenty of water and other liquids may reduce the risk of bladder cancer by diluting the concentration of cancer-causing agents in urine and helping to flush them through the bladder faster. Drink at least 8 cups of liquid a day, suggests the American Cancer Society.

6. Load Up On Really Green Greens

Next time you're choosing salad fixings, reach for the darkest varieties. The chlorophyll that gives them their color is loaded with magnesium, which some large studies have found lowers the risk of colon cancer in women. "Magnesium affects signaling in cells, and without the right amount, cells may do things like divide and replicate when they shouldn't," says Walker. Just ½ cup of cooked spinach provides 75 mg of magnesium, 20 percent of the daily value.

[Make it tonight: The perfect cancer-fighting salad.](#)

7. Snack On Brazil Nuts

They're a stellar source of selenium, an antioxidant that lowers the risk of bladder cancer in women, according to research from Dartmouth Medical

Phyllis Diller on Aging

You know you're getting old when your liver spots show through your gloves. My mother-in-law had a pain beneath her right breast. It turned out to be a trick knee. You know you're old if they have discontinued your blood type. You know you're old if your walker has an airbag

School. Other studies have found that people with high blood levels of selenium have lower rates of dying of lung and colorectal cancers. Researchers think selenium not only protects cells from free radical damage but may enhance immune function and suppress formation of blood vessels that nourish tumors.

8. Burn Off This Breast Cancer Risk Factor

Moderate exercise such as brisk walking 2 hours a week cuts risk of breast cancer 18 percent. Regular workouts may lower your risks by helping you burn fat, which otherwise produces its own estrogen, a known contributor to cancer.

9. Ask Your Doc About Breast Density

Women whose mammograms have revealed breast density readings of 75 percent or more have a cancer risk 4 to 5 times higher than that of women with low density scores, according to recent research. One theory is that denser breasts result from higher levels of estrogen—making exercise particularly important (see previous item). "Shrinking your body fat also changes growth factors, signaling proteins such as adipokines and hormones like insulin in ways that tend to turn off cancer-promoting processes in cells," Walker says.

[12 Myths about breast cancer.](#)

10. Skip The Dry Cleaner

A solvent known as perc (short for perchloroethylene) that's used in traditional dry cleaning may cause liver and kidney cancers and leukemia, according to an EPA finding backed in early 2010 by the National Academies of Science. The main dangers are to workers who handle chemicals or treated clothes using older machines, although experts have not concluded that consumers are also at increased cancer risk. Less toxic alternatives: Hand-wash clothes with mild soap and air-dry them, spot cleaning if necessary with white vinegar.

11. Head Off Cell Phone Risks

Use your cell phone only for short calls or texts, or use a hands-free device that keeps the phone—and the radio frequency energy it emits—away from your head. The point is more to preempt any risk than to protect against a proven danger: Evidence that cell phones increase brain cancer risk is "neither consistent nor conclusive," says the President's Cancer Panel report. But a number of review studies suggest there's a link.

[The most powerful cancer fighting foods you can eat.](#)

12. Block The Sun With Color

Choosing your outdoor outfit wisely may help protect against skin cancer, say Spanish scientists. In their research, blue and red fabrics offered significantly better protection against the sun's UV rays than white and yellow ones did. Don't forget to put on a hat: Though melanoma can appear anywhere on the body, it's more common in areas the sun hits, and

Cross-country skiing is great if you live in a small country.. - Steven Wright

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University of North Carolina at Chapel Hill researchers have found that people with melanomas on the scalp or neck die at almost twice the rate of people with the cancer on other areas of the body.

13. Eat Clean Foods

The President's Cancer Panel recommends buying meat free of antibiotics and added hormones, which are suspected of causing endocrine problems, including cancer. The report also advises that you purchase produce grown without pesticides or wash conventionally grown food thoroughly to remove residues. (The foods with the most pesticides: celery, peaches, strawberries, apples, and blueberries.) "At least 40 known carcinogens are found in pesticides and we should absolutely try to reduce exposure," Sellers says.

Also see: <http://cancerfightingstrategies.com/print.html>

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Dental surgery may be linked to heart problems

By Zach Gottlieb

NEW YORK | Tue Oct 19, 2010 11:58am EDT

(Reuters Health) - For people who have dental surgery, the risk of heart attack and stroke may grow during the weeks following the procedure, British research suggests.

"This is the first sign of increased risk for heart attack or stroke after a dental procedure," co-author Dr. Francesco D'Aiuto, a dentist and researcher at University College London Eastman Dental Institute, told Reuters Health. "This is not to say that this will happen with every dental procedure, but we are saying we need to look more into it."

It's hard to know exactly what's going on, because the researchers didn't have access to information about the drugs patients were taking around the time of their surgery. If they cut down on certain medications, for instance, that alone could have upped their chances of suffering a heart attack or a stroke.

Still, because these conditions affect more than one million people in the U.S., the increased risk could be significant.

According to the study, heart attack and stroke occurred more often in the first four weeks after the operation than any other time during or after the recovery period.

The researchers tapped into Medicaid data provided by GlaxoSmithKline -- which makes drugs to treat heart disease and stroke -- on a group of

U.S. Medicaid patients receiving dental work, including simple procedures like removing a tooth.

A German, looking for directions in Paris, pulls up to a bus stop where two Americans are waiting.

"Entschuldigung, sprechen Sie Deutsch?" he asks. The two Americans just stare at him.

"Parlez-vous français?" he says.

The two continue to stare, so the German tries again "Parlate italiano?"

No response. "¿Hablan ustedes español?" Still nothing. Frustrated, the German guy drives off.

The first American says, "You know, we should learn [a foreign language](#)."

"Why?" asks the other. "He knew four languages, and it didn't do him any good."

D'Aiuto explained that heart attack and stroke are linked to bacterial infections and inflammation after other invasive treatments, likely because inflammation can damage the walls of arteries and contribute to the formation of plaques that clog arteries.

The authors, writing in the *Annals of Internal Medicine*, said that this led them to wonder about the role of dental surgery as well.

They couldn't find a lot of suitable patients to test, however. The Medicaid claims database includes information for close to 10 million people, but there were only 1,150 people who had an invasive dental procedure and a heart attack or stroke in the 4-year period they focused on.

In that population, 40 cases of heart attack or stroke occurred in the first four weeks after dental work -- one and a half times the baseline rate.

Dr. Howard Weitz, a cardiologist at Thomas Jefferson University in Philadelphia and co-author of an editorial about the study, told Reuters Health that the study was not designed to determine if dental surgery causes heart problems, only to see if they are associated with each other.

He also said previous research shows that errors in recording information in a database like the Medicaid one are fairly common.

Even when it's correct, Medicaid information does not include the use of aspirin and other over-the-counter medications that help to prevent heart disease.

In some cases, doctors require patients to stop using aspirin in order to help prevent excessive bleeding during surgery. Weitz explained that cutting off aspirin could put some of these people at greater risk for heart attack or stroke later on.

Right now, he said there is not enough evidence to suggest people should start delaying dental procedures, which could potentially create other complications. Instead, people should speak with their doctors about their heart condition and let dentists know if they are at risk for a heart attack or stroke.

"This study could bring a lot of attention to dental procedures," said Weitz, "but I don't think people should look at this as a reason to be

concerned."

SOURCE: link.reuters.com/dah98p Annals of Internal Medicine, October 18, 2010.

A little girl asked her father, "Daddy? Do all Fairy Tales begin with 'Once Upon A Time?'"

He replied, "No, there is a whole series of Fairy Tales that begin with 'If elected I promise...'"

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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) –

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Vitamin B12 may help protect against Alzheimer's disease.

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

Hereeeeeeeeeeeeeees...
Kathy's Korner!

Frequent hand washing in my job as a medical technologist and the harsh weather combined give me very dry skin. One night as I prepared for bed, I rubbed my hands with petroleum jelly and covered them with an old pair of white gloves. As I sat in bed reading a book with my gloves on, my husband finished showering and came into the room wearing a towel.

Drying himself off, he went to the closet, selected a tie and put it on.

"What are you doing?" I asked.

"Well" he replied, "if you are going to be formal, so am I."

(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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(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.

"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

Happy Veteran's Day

An old Sailor and an old Marine were sitting at the VFW arguing about who'd had the tougher career.

"I did 30 years in the Corps," the Marine declared proudly, "and fought in three of my country's wars. Fresh out of boot camp, I hit the beach at Okinawa, clawed my way up the blood-soaked sand, and eventually took out an entire enemy machine gun nest with a single grenade.

"As a sergeant, I fought in Korea. We pushed back the enemy inch by bloody inch all the way up to the Chinese border, always under a barrage of artillery and small arms fire.

"Finally, as a gunny sergeant, I did three consecutive combat tours in Vietnam. We humped through the mud and razorgrass for 14 hours a day, plagued by rain and mosquitoes, ducking under sniper fire all day and mortar fire all night. In a firefight, we'd fire until our arms ached and our guns were empty, then we'd charge the enemy with bayonets!"

"Ah," said the Sailor with a dismissive wave of his hand, "all shore duty, huh?" (thx Tom)

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 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

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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 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

*"Not to forgive is to be imprisoned by the past, by old grievances that do not permit life to proceed with new business. Not to forgive is to yield oneself to another's control... to be locked into a sequence of act and response, of outrage and revenge, tit for tat, escalating always. The present is endlessly overwhelmed and devoured by the past. Forgiveness frees the forgiver. It extracts the forgiver from someone else's nightmare."
- Lance Morrow*

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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 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.

*Live in the present moment
and find your interest and
happiness in the things of
today. - Emmett Fox*

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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.

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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"If you know peace, then you thrive; if you know contentment, then you are rich." - Su Shi

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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.

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

What makes leadership is the ability to get people to do what they don't want to do and like it. - Harry Truman

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Chonchol of the University of Colorado Denver, who worked on the study.

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

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

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

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

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

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

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

That is less than one can of Coca-Cola.

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.

Abstract Art: A product of the untalented, sold by the unprincipled to the utterly bewildered. - Albert Camus

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!

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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"When you hold resentment toward another, you are bound to that person or condition by an emotional link that is stronger than steel. Forgiveness is the only way to dissolve that link and get free." - Catherine Ponder

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Website Offers Revolutionary Green Alternatives for Communities/Nations

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

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!

*Sage Advice from Children
(Thanks, Tom)*

*Never talk back to a teacher
whose eyes and ears are
twitching.*

Andrew, Age 9

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- The garbage in a landfill stays for about 30 years.
- In 1995 over 200 of the world landfills were full.
- Each person throws away approximately four pounds of garbage every day.
- One bus carries as many people as 40 cars!
- More than 1/3 of all energy is used by people at home
- Most families throw away about 88 pounds of plastic every year
- We each use about 12,000 gallons of water every year
- 1/3 of all water is used to flush the toilet.
- The 500 million automobiles on earth burn an average of 2 gallons of fuel a day.
- Each gallon of fuel releases 20 pounds of carbon dioxide into the air.
- Approximately 5 million tons of oil produced in the world each year ends up in the ocean.
- The energy we save when we recycle one glass bottle is enough to light a traditional light bulb for four hours
- For every 2000 pounds of paper (1 ton) recycled, we save 7,000 gallons of water free from chemicals.
- Recycled paper requires 64% less energy than making paper from virgin wood pulp, and can save many trees
- Every ton of paper that is recycled saves 17 trees
- The amount of wood and paper we throw away is enough to heat 50 million homes for 20 years
- Earth is 2/3 water. But all the fresh water streams only represent one hundredth of one percent.
- 14 billion pounds of trash is dumped into the ocean every year
- It takes 90% less energy to recycle aluminum cans than to make new ones
- 5 billion aluminum cans are used each year
- 84 percent of all household waste can be recycled.
- Computers pose an environmental threat because much of the material that makes them up is hazardous. A typical monitor contains 4-5 pounds of lead.
- Each year billions of used batteries are thrown away in the United 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

I couldn't decide whether to go to Salt Lake City or Denver for vacation, so I called the airlines to get prices. "Airfare to Denver is \$300," said a cheery salesperson.

"And what about Salt Lake City?"

"We have a really great rate to Salt Lake. It's \$99.00, but there is a stopover."

"Where?"

"In Denver."

water. So dispose of properly!

- Here is an example of the water we use everyday:
3-7 gallons for toilet,
25-30 gallons for tub,
50-70 gallons for a 10 minute shower,
1 washing machine load uses 25-40 gallons,
1 dishwasher load uses 9-12 gallons
 - Here is an example of how long it takes some things take to break down: plastics take 500 years, aluminum cans take 500 years, organic materials, take 6 months, cotton, rags, paper takes 6 months.
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Don't throw your old TVs away!

All electronics can be dropped off for recycling at either
Domino Lane & Umbria St.
or
State Rd. & Ashburner St. in Philadelphia
at the
Streets Department Sanitation Convenience Centers,
Monday through Saturday
8:00 am to 6:00 pm.

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Weavers Way #5 plastics recycling resumes

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

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

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

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

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

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

Don't assume lids are the same number plastic as the container; sometimes they are but usually they are not. Check to make sure there are no other materials (labels, paper, and other number plastics, metal) on the items you bring in.

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

We'll see you soon!

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

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

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For sustainable enterprise go to Green Jobs Philly

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

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

PERSONAL AND HOME SECURITY

What Are Some Tips for Being Safe on Public Transportation?

The most important way to protect yourself on public transportation is to be aware of your surroundings. Avoid using a cell phone or another electronic device, not only because it will distract you, but also because it makes you an appealing target for thieves. Try to stay awake, especially at night, and take note of the people sitting around you and their behavior. If

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you feel uncomfortable, move to another seat. If you are waiting at a bus stop or station, try to stay in the light, and near a public safety officer, if one is on duty. By being alert, you can protect yourself by preventing an incident.

It is also important to be aware of your personal belongings on public transportation. Try to keep the number of bags you have to a minimum, and keep valuables and important belongings close to your body. Keep wallets zipped in internal pockets to make them more difficult to steal, and keep your bags close to you. On crowded public transportation, it can be difficult to prevent people from handling your bags, but try sticking them under the seat or between your legs to make them less accessible.

When boarding public transportation, have your pass or fare ready. This will speed up the boarding process and prevent you from having to rummage in a wallet or purse, potentially revealing money or credit cards. If you are getting on late at night, sit as close to the driver as possible, and tell the driver if you notice strange behavior or you feel uncomfortable about another passenger. When getting off, make sure that you know how to get to your destination, and keep an eye on people getting off with you. Try to avoid poorly lit areas at night, and travel with a companion on public transportation, if you can.

Source: <http://www.wisegeek.com/what-are-some-tips-for-being-safe-on-public-transportation.htm>

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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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*Learn, earn, return - these
are the 3 phases of life. -
Jack Balousek*

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USDA offers Hunger-Free Communities grants

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

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

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

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

<http://www.fns.usda.gov/fns/outreach/grants/hfc_grants.htm>

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

The Aspen Institute Program on Philanthropy and Social Innovation in Washington is offering scholarships to introduce a diverse group of students to issues and challenges affecting philanthropy, social enterprise, nonprofit organizations, and other actors in the social sector.

The \$2,000 fellowship, which is based on academic excellence and need, is open to both undergraduate and graduate students of color. Fellows undertake research, writing, logistical, and administrative support for PSI's leadership initiatives, public programs, and convenings.

Application guidelines are available [here](#).

200 Free Scholarships For Minorities (NEW UPDATED 2010 LISTINGS)

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

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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.

There are three times when you should never say anything important to a person: when he is tired, when he is angry, and when he has just made a mistake.
- Unknown

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Learning Objectives

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

Workshop Description:

Topics explored during the session include:

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

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

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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

The winners in life think constantly in terms of I can, I will, and I am. Losers, on the other hand, concentrate their waking thoughts on what they should have or would have done, or what they can't do. - Dennis Waitley

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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

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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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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.](#)

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

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.

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.

The Bible, Through the Eyes of a Child

The first book of the bible is called guinness. God created the world. When he got tired, he took the sabbath day off.

God created Adam and Eve from an apple tree.

Samson killed hundreds of Philistines with the axe of the Apostles.

Samson was a really strong man who let himself be lead astray by a Jezebel called Delilah.

Noah built an ark. The animals came to it in pears.

Noah's wife's name was Joan of Ark.

Lot's wife was a pillar of salt during the daytime and a ball of fire when it got dark.

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

Here's how!

We of www.lwfslaverymuseum.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.lwfslaverymuseum.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

2010 Benefit Fashion & Cocktail Event

The 3rd Annual Fashion Show and Cocktail Reception
to benefit the
Evoluer House

December 3rd 2010

The University of the Arts

Dorrance Hamilton Hall

7:00 PM – 10:00

PM

320 So. Broad Street

Philadelphia, PA

HONORARY CO-CHAIRS:

- Sarah Dash of the star trio *LaBelle*
- Loris Diran, internationally renowned designer and creative director of *Loris Diran*
- The Honorable Dame Jennifer Smith, DBE, JP, DHumL, MP

HONORARY COMMITTEE:

- Cindy Bass, Senior Policy Advisor to US Congressman Chaka Fattah
- Millie E. Bell, President, DermHA/Skin Health Solutions
- Mariska K. Bogle, Strategic Planning and Development, The

To be successful, you must decide exactly what you want to accomplish; then resolve to pay the price to get it. - Bunker Hunt

Philadelphia Tribune

- Megan Day, RN, Devereaux
- Sarah Haley, PhD, Assist. Professor at UCLA & Visiting Fellow at Princeton University
- Judith Peters, MBA, Office of Health, Safety & Physical Education, HIV Prevention Education Program, The School District of Philadelphia
- Kyeongha Song, MBA Candidate, Wharton School of the University of Pennsylvania
- Susan Tew, RN, President of Heartystew Resources
- Kim Venzie, Attorney, Unruh, Turner, Burke & Frees
- Sharene Wood, President & CEO of 5001 FLAVORS

EVENT TO FEATURE:

- Hors d' oeuvres and Cocktails
- A fashion show under the creative direction of New York City celebrity fashion stylist Micah Lamar
- Fabulous Raffles

All proceeds raised will directly support the Evoluer Personal Development Programs and Evoluer House.

For members of the press looking for more information, call: 215-592-8988 or email: info@evoluerhouse.org.

* * * 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

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nonprofits, will offer a Technology Assistance Grant program beginning in January to provide non-profit organizations with affordable access to the Internet.

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

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

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

A HAND UP!

"None of us has gotten where we are solely by pulling ourselves up from our own bootstraps. We got here because somebody bent down and helped us." - Thurgood Marshall

Hunger Coalition starts Adopt-A-Pantry project

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

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

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

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

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Skip A Meal For Haiti

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

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

Be careful of the words you say, And keep them soft and sweet; For you never know from day to day, Which ones you'll have to eat. -- Unknown

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>

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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

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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!](#)

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WORD-OF- THE-WEEK

vade mecum

\vay-dee-MEE-kuhm; vah-dee-MAY-\, A book for ready reference; a manual; a handbook; A useful thing that one regularly carries about.

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.

