



We all hold a piece to the puzzle
Friday 17 December 2010

The Coalition, Inc.
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News From The Coalition, Inc.

"Communication – Cooperation – Collaboration"

Volume 5, Number 18

Greetings Coalition Family!

"Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michaelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein."

H. Jackson Brown

Help reduce organizational paranoia, share ideas and solutions, “Communicate... Cooperate... Collaborate” “We each hold a piece to the puzzle.”

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](#).

FOR OUR CHILDREN

“It is easier to build children than it is to repair men.” ...Frederick Douglass

ASAP seeks after school volunteers

After School Activities Partnership is a nonprofit that works to keep children safe by facilitating after school programming.

The group needs volunteers to work with the students and help lead various classes and activities (including chess, yoga, drama, dance, etc.). Volunteers are needed for approximately one semester (or 12 weeks) to help out between the hours of 3 to 6pm, Monday through Friday.

Background checks are required.

For more information, call Alyson Honsa at 215.545.2727 ext. 12
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750 new scholarships available to Philadelphia elementary schools

Children’s Scholarship Fund Philadelphia has announced that recent contributions from Wawa, Comcast, URBN, Verizon Wireless, PNC, CIGNA, ACE INA, Aramark, Airgas, Mellon, The Phillies and PECO, totaling more than \$1,000,000, will make it possible for the organization to 750 new, four-year scholarships for the 2011-2012 school year for Philadelphia K-8th grade students from low-income families.

CSFP currently has 3,000 children in kindergarten through eighth grade who are receiving an average of \$1,390 per child, per year.

Scholarships are need-based and awarded by random lottery.

Applications are available online as well as at all branches of The Free Library of Philadelphia, YMCA’s, Police Athletic League and Philadelphia Park and Recreation Centers.

Completed applications must be received by CSFP no later than March 1, 2011.

Only the first 7,000 applications received will be processed and entered into the lottery. Scholarship award selections (by lottery) will be made in mid-March.

For more details, [visit here](http://www.csfphiladelphia.org/). (<http://www.csfphiladelphia.org/>)

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\$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

*One camel does not make
fun of another camel's
hump. - 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.*

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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Cap4Kids Hint of the Week

Obamacare, PA Fair Care, SCHIP, Adult Basic, MAWD, Select Plan and on. These are all various health care options available to Pennsylvanians. These plans help uninsured individuals get care.

Help those with pre-existing condition find health care. Helps with family planning, dental care, prescription costs, and others.

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

http://www.cap4kids.org/philadelphia/parent_handouts/health_insurance.html you will find information on these plans under the heading "Listing of Health Care Options for Pennsylvanians".

Please become familiar with these options and continue to help families in need find the resources in their communities.

You will always miss 100 percent of the shots you don't take.

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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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 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.

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

*He who obtains has little.
He who scatters has much.
Lao Tzu*

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.

- 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)

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There is no elevator to success. You have to take the stairs. - Unknown

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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 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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*There is only one success -
to be able to spend your life
in your own way. -
Unknown*

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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 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

North Stars Winter Showcase

Friday, December 17, 2010

6:30PM

Church of the Advocate

1801 Fr. Paul Washington Ave. (W. Diamond Street)

(Entrance on Gratz Street)
Free Admission/Donations Accepted

*"Father, may these people
have the vision to see, the
faith to accept the truth, the
courage to stand by that
which they know is right." -
Unknown*

Join this season's youth from Art Sanctuary's North Stars After School Arts Program as they present their talent in a variety of forms: African Dance, Modern Dance, Vocals, Guitar, Poetry and Spoken Word.

Light food and refreshments are available for sale.

For more information visit www.artsanctuary.org or 215-232-4485.
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**FunTimes Magazine Presents an African/Caribbean Business
Networking and Client Appreciation Party**

Philadelphia, PA

FunTimes Magazine

presents an

African/Caribbean Business Networking and Client Appreciation Party

in collaboration with the

African and Caribbean Business Council (ACBC),

Sikira Management and

Coalition for Jamaica on

December 19, 2010 at 6pm.

Sikira Banquet Hall,

1040 S. 57th Street,

Philadelphia, PA 19143.

DJ Gary Papa will be spinning and we will

raffle out limited free memberships of

African American Chamber of Commerce

FunTimes Magazine serves Africa, Caribbean and the Americas.

It discusses issues of social and community concerns and our mission is to enlighten, educate and entertain using humor and real life stories.

We bridge cultures and bring communities together.

FunTimes was established in 1992 in Monrovia, Liberia.

www.funtimesmagazine.us

Contacts: Noelle E. Sewell

Media & Community Relations Consultant

FunTimes Magazine

noellesewell@funtimesmagazine.us

(215) 500-2899

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submission should
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"A good cause can become bad if we fight for it with means that are indiscriminately murderous. A bad cause can become good if enough people fight for it in a spirit of comradeship and self-sacrifice. In the end it is how you fight, as much as why you fight, that makes your cause good or bad." - Freeman Dyson

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BTAN Philadelphia is planning a series of ten (10) free three-hour HIV/AIDS trainings to be held once-per-month beginning in February, 2011. Pre-registration for the series will open on December 15th. We are accepting early registrations beginning December 15th. The registration deadline is Friday, January 14, 2011. Since spaces are limited, we are giving preference to people, who commit to attend the entire series of 10 three-hour trainings, held once-per-month from February to November, 2011. Registration can be completed online by following this link:

<https://spreadsheets.google.com/viewform?hl=en&formkey=dFJnRnUwTkRGMIiwNUhNU3U4VUZ6RVE6MQ#gid=0>

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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.

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"Life becomes real only when we begin to face and solve our own problems. Until then we only swim in circles in a large fantasy world which tends to make us very tired of living. Don't waste energy! Face life now!" - Unknown

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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

Friends, the season is upon us. In order to fight back, it is helpful to know the symptoms of the presence of the flu. Following are symptoms to look for.

The Flu:

Sudden onset of symptoms

High fever (102-104 degrees) that lasts 3-4 days

Loss of appetite

Muscle aches

Chills

Severe headache

Severe muscle and body aches

Severe fatigue, weakness, exhaustion

Possible sore throat

Severe dry cough

Symptoms can last 4-7 days

Lingering fatigue and weakness can last 2-3 weeks

Complications include bronchitis and pneumonia
(potentially life-threatening)

Now What?

Once you've started experiencing symptoms, stay in bed, minimize your contact with others, and get as much rest as possible. A few days off of

"It's your ability to inspire and uplift other people that matters, not your ability to outdo them." - Unknown

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work are not only needed for recovery, but to prevent you from infecting others -- you can be contagious 3-7 days after you start feeling sick.

Take ibuprofen or aspirin for body aches and fever. But DON'T give aspirin to children or teenagers with a fever, due to its risk of contributing to a rare but sometimes fatal illness called Reye Syndrome that develops during recovery from viral infections.

Don't force yourself to eat, but drink as many liquids as you can -- a high fever will dehydrate your body. Also try taking zinc, vitamin C, and echinacea to bolster your immune system, which takes a beating from the flu and make you more vulnerable to secondary infections, especially during your recovery period.

Influenza facts and statistics from the Centers for Disease Control and Prevention, World Health Organization, and the National Institutes of Health.

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Flu comes from outer space, claim scientists

Stuart Millar

Wednesday January 19, 2000

It made the festive season a misery for many and threw NHS policy into crisis. But the flu may have worse in store, according to scientists who claim to have discovered an alarming explanation for the epidemic - a virus from outer space.

Dismissing as dogma the conventional medical wisdom that flu is a virus passed by human contact, the distinguished astrophysicist Sir Fred Hoyle, and his colleague at Cardiff University, Chandra Wickramasinghe, warn that we may be on the brink of a global epidemic.

In a report to be published in the journal Current Science, they claim the outbreak was caused by dust deposited high in the atmosphere by passing comets being forced down to earth by energy generated by cooler patches on the sun's surface, known as sunspots.

They reach the peak of their activity, the maxima, every 11 years, coinciding, the scientists say, with all major flu outbreaks since 1761, including the 1918 Spanish flu pandemic blamed for 20m deaths worldwide. The latest cycle began to peak in September and the maxima is due sometime this year.

A man calls home to his wife and says, "Honey I have been asked to go fishing at a big lake up in Canada with my boss and several of his friends. We'll be gone for a week. This is a good opportunity for me to get that promotion I've been wanting, so would you please pack me enough clothes for a week and set out my rod and tackle box. We're leaving from the office and I will swing by the house to pick my things up. Oh! And please pack my new blue silk pajamas." The wife thinks this sounds a little fishy but being a good wife she does exactly what her husband asked. The following weekend he comes home a little tired but otherwise looking good. The wife welcomes him home and asks if he caught many fish. He says, "Yes! Lots of Walleye, some Blue gill, and a few Pike. But why didn't you pack my new blue silk pajamas like I asked you to do?" The wife replies; "I did, they were in your tackle box."

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

Shed pounds... develop a fine physique... look ten years younger.... IN JUST ONE MINUTE!!!

OK you're not going to fall for it. These 'get-fit-quick' health claims are a tad outrageous. But not if we're talking IMPROVED POSTURE. Your posture is something you can dramatically enhance right now.

We spend hours agonizing over bulges, dimples, pounds, and pimples - yet ignore the dramatic results for health and appearance of an improved posture.

Think about the position you are in at the moment as you read this note. Are you sitting hunched over the key-board with your neck straining forward at the screen? Is your lower back curled up like a frightened armadillo?

I bet we can fix your posture in a few seconds. Try this:

Push your behind into the back of the seat. If you have a good seat the curve of the backrest should support your lower back. Next unroll your shoulders and drop them into a relaxed, square position. Lean your upper body forward so your center of gravity is squarely above your hips. Your fingers should comfortably touch the keyboard with elbows bent at 90 degrees.

Now tell me you haven't gained two inches in height, lost four around the middle and relieved some of the tension in your neck and lower back!

I have a friend who I have always thought of as short - well shorter than me at any rate. One evening I betrayed this perception in idle conversation - upon which I was challenged to a 'back-to-back' dual. You can image my surprise when he in fact turned out to be over an inch taller than me. This fellow had unrolled himself from a chronic slouch. He suddenly affected an image that was remarkably taller and slimmer. It was obvious to everyone present: he looked great!

Your spine is comprised of three parts, corresponding to three

*After being married 25 years, a man looked at his wife one day and said, "You know, 25 years ago we lived in a cheap apartment, drove a cheap car, had only a sofa bed and watched a 14" black and white television. BUT, every night I got to sleep with a hot 25 year old blonde."
"Now," he continued, "We have a nice house, a new car, a big flat-screen TV, but I have to sleep with a 50 year old woman. It doesn't seem fair."
His wife was a reasonable woman. She replied, "Well, why don't you go out and get yourself a hot 25 year old blonde? Then I'll make sure you will once again live in a cheap apartment, drive a cheap car, have only a sofa bed and watch a 14" black and white television."
The man rethought his priorities.*

(Thx Coco Newman)

natural curves:

- * The neck, or cervical, region curves naturally inwards to a small degree.
- * The upper back, or thoracic region, curves outwards slightly.
- * The lower back, or lumbar region, curves inwards, but more gradually than the cervical curve.

These natural curves should be maintained both in movement and while sitting or standing still. Also, your body is not meant to stay stationary for too long without the muscles starting to spasm. In work or while devoting time to hobbies, or just watching TV, stand up and move around from time to time to relieve stiffness.

The ideal posture, as well as various poor postures are described at: <http://www.chiropractic.org/consumerInfo/Posture.htm>

Poor posture can come about in a number of ways - injury is an obvious cause; but lifestyle, mood and general disposition are others. For instance, anxiety and stress can translate into rounded, tense shoulders. Poor self-image can lead to a closed and guarded bearing. Long hours in transit or sitting at your computer can cause a bad posture to develop out of habit.

Posture is an integral part of a healthy functioning system. Eastern meditation techniques teach that a good posture facilitates the body's energy flows. Posture influences the functioning of muscles, ligaments, joints, organs and circulation, ultimately affecting the efficiency of the body's systems.

A poor posture puts strain on your muscular and skeletal systems, leading to aches and stiffness in the short run, and possibly contributing to Cumulative Trauma Disorder over the longer term (see: <http://www.sechrest.com/mmg/ctd/#introduction> for more on this topic).

The respiratory and digestive systems may be similarly affected. For instance, when you are hunched over your chest you are not able to use your full lung capacity. This reduces the depth of your breathing and the amount of oxygen circulating to the muscles and organs of your body. A poor supply of oxygen will

"I put tape on the mirrors in my house so I don't accidentally walk through into another dimension.." - 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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lead to poor concentration and feelings of tiredness. Slouching forward can put pressure on the organs inside your abdominal cavity - particularly your intestines. This can lead to poor digestion and even constipation.

In the short-term improved posture can lead to:

- * increased energy,
- * improved self-esteem,
- * fewer muscular pains or skeletal injuries, and
- * greater benefits from your workout.

Over the longer-term you can discipline your muscles to hold a good posture without as much of a conscious effort.

Besides the personal health effects of a good posture - your body language communicates your disposition to the rest of the world. A lazy posture tells others that you are tired, bored or not up for the challenge. A square, upright, but relaxed (not military) bearing gives you a strong presence and builds others' confidence in you. This can have a self-reinforcing effect.

...or your money back.

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MORE GOOD NEWS ON GREEN TEA:

Two new studies support recent findings that swallowing green tea either as a beverage or an extract is good for your health.

One study, published in the American Journal of Clinical Nutrition, concludes green tea extract increases energy levels and fat oxidation in humans. The extract consists of concentrated compounds such as catechin-polyphenols, an antioxidant.

The second study, published in the Journal of Nutrition, used cultures of human leukemia cells to establish that green tea protects cells from oxidative damage. Such injury often harms DNA, the genetic blueprints cells use to assemble every compound that makes up the body.

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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

An elementary school teacher, well versed in educational jargon, asked for a small allotment of money for "behavior modification reinforces." Her superior saw the item and asked, "What in heaven's name is that?" "Lollipops," the teacher explained

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](#)

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

Stumpy Grinder and his wife Martha were from Portland, Maine. Every year they went to the Portland Fair and every year Stumpy said, "Ya know, Mahtha, I'd like ta get a ride in that theah aihplane." And every year, Martha would say "I know, Stumpy, but that aihplane ride costs ten dollahs .. and ten dollahs is ten dollahs." So one year Stumpy says, "By Jeebers, Mahtha, I'm 71 yeahs old, and if I don't go this time I may nevah go." Martha replies, "Stumpy, that there aihplane ride is ten dollahs ... and ten dollahs is ten dollahs." So the pilot overhears then and says, "Folks, I'll make you a deal. I'll take you both up for a ride. If you can stay quiet for the entire ride and not say ONE WORD, then I won't charge you. But just ONE WORD and it's ten dollars." They agree and up they go... the pilot does all kinds of twists and turns, rolls and dives, but not a word is heard. He does it one more time, and there is still no word... so he lands. He turns to Stumpy as they come to a stop and says, "By golly, I did everything I could think of to get you to holler out, but you didn't." And Stumpy replies "Well, I was gonna say something when Mahtha fell out ... but ten dollahs is ten dollahs."

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 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

Hereeeeeeeeeeeeeees...
Kathy's Korner!

A three-year-old boy went with his father to see a litter of kittens. On returning home, he breathlessly informed his mother that there were 2 boy kitties and 2 girl kitties. "How do you know?" his mother asked. "Daddy picked them up and looked underneath," he replied, "I think it's printed on the bottom."

(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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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 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

*A couple is lying in bed.
The man says, "I am going
to make you the happiest
woman in the world."*

*The woman replies, "I'll
miss you..." "... Brett Butler*

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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.

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.

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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) –

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

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The world leaders in innovation and creativity will also be world leaders in everything else. - Harold R. McAlindon

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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.

"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.

I come bearing an olive branch in one hand, and the freedom fighter's gun in the other. Do not let the olive branch fall from my hand. - Yasser Arafat

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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 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

"A person who walks in another's tracks leaves no footprints." - Unknown

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them ER-negative.

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

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

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

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

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

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

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

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

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Get Fresh!

Volunteer with Philabundance Fresh for All

"Courage is not limited to the battlefield or the Indianapolis 500 or bravely catching a thief in your house. The real tests of courage are much quieter. They are the inner tests, like remaining faithful when nobody's looking, like enduring pain when the room is empty, like standing alone when you're misunderstood." - Unknown

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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://advision.webevents.yahoo.com/mompowergroup/>

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GREEN PIECE

Website Offers Revolutionary Green Alternatives for Communities/Nations

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

I would like to invite everyone to visit

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

I am one of the co-founders of this organization. While the initiative of this organization focuses on improving the lives of the African Diaspora and building up eco-friendly, peaceful, self sustaining and

Nothing is quite so annoying as to have someone go right on talking while you're interrupting.

prosperous communities in their ancestral lands, we extend a welcome hand for all to check a part of our vision out by visiting our site. Our site was put in video format for simplicity and visuals to keep the interests of our visitors. When you first click on the provided website address, you will notice that we begin with our goals on dealing with electricity. There are actually two clips explaining the same technology, we recommend the second clip for a more detailed explanation on how this technology works. The following two clips deals with how we plan on providing clean water to the citizens and then water recycling.

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

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

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

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Here are some interesting facts that might make your world spin!

- The garbage in a landfill stays for about 30 years.
- In 1995 over 200 of the world landfills were full.
- Each person throws away approximately four pounds of garbage every day.
- One bus carries as many people as 40 cars!
- More than 1/3 of all energy is used by people at home
- Most families throw away about 88 pounds of plastic every year
- We each use about 12,000 gallons of water every year
- 1/3 of all water is used to flush the toilet.
- The 500 million automobiles on earth burn an average of 2 gallons of fuel a day.
- Each gallon of fuel releases 20 pounds of carbon dioxide into the air.
- Approximately 5 million tons of oil produced in the world each year ends up in the ocean.
- The energy we save when we recycle one glass bottle is enough to light a traditional light bulb for four hours
- For every 2000 pounds of paper (1 ton) recycled, we save 7,000 gallons of water free from chemicals.
- Recycled paper requires 64% less energy than making paper from

"It's not that some people have willpower and some don't. It's that some people are ready to change and others are not." - James Gordon

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- virgin wood pulp, and can save many trees
- Every ton of paper that is recycled saves 17 trees
- The amount of wood and paper we throw away is enough to heat 50 million homes for 20 years
- Earth is 2/3 water. But all the fresh water streams only represent one hundredth of one percent.
- 14 billion pounds of trash is dumped into the ocean every year
- It takes 90% less energy to recycle aluminum cans than to make new ones
- 5 billion aluminum cans are used each year
- 84 percent of all household waste can be recycled.
- Computers pose an environmental threat because much of the material that makes them up is hazardous. A typical monitor contains 4-5 pounds of lead.
- Each year billions of used batteries are thrown away in the United States. This constitutes 88% of the mercury and 54% of the cadmium deposited into our landfills
- Approximately only 10 percent of every landfill can be cleaned up.
- Ivory comes from dead elephants, its best not to buy it.
- Fur coats often come from endangered animals, it's best not to buy them.
- One gallon of motor oil can contaminate up to 2 million gallons of water. So dispose of properly!
- Here is an example of the water we use everyday:
 - 3-7 gallons for toilet,
 - 25-30 gallons for tub,
 - 50-70 gallons for a 10 minute shower,
 - 1 washing machine load uses 25-40 gallons,
 - 1 dishwasher load uses 9-12 gallons
- Here is an example of how long it takes some things take to break down: plastics take 500 years, aluminum cans take 500 years, organic materials, take 6 months, cotton, rags, paper takes 6 months.

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Don't throw your old TVs away!

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

Weavers Way #5 plastics recycling resumes

*Sage Advice from Children
(Thanks, Tom)*

*Never try to hide a piece of
broccoli in a glass of milk.
Rosemary, Age 7*

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

Having lost most of his hearing a number of years ago, this elderly man goes to the doctor to be fitted with hearing aids which promise to allow him to hear 100%. A month later, he returns to the doctor for a check up on his progress. The doctor tells him that his hearing is perfect and asks if his family is pleased. The man says, "Oh, I haven't told them about the hearing aids yet. I just sit around and listen to them talk. I've changed my will three times!"

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

Being safe in the big city

contributed by: Jessica B.

Let's be honest, crime doesn't just happen in the big city, it happens everywhere.

And being a single girl living in the city without a car, sometimes walking home after dark or bar time, you *always* have to be careful.

Friends and I have a strict system when we split from the group after dark. We text one another when we get home, and make sure that if a street is dark, we walk down the middle of it (watching for cars) so we're always in a well-lit area. And of course, if we feel unsafe, just get in a cab and make sure the driver waits until you walk into your building.

This isn't a perfect system but it works for us.

In Chicago, I always thought that "incidents" were more likely to happen after bar time, because, well my judgment has been clouded in beer and...more beer. But while reading the RedEye last week, it turns out that the early hours of the morning aren't actually peak time for crime. The time with the highest amount of incidents is 9:00 – 10:00 p.m.

I re-read the story twice and I found that shocking and almost unnerving. The idea that I'm more vulnerable early in the evening really took me by surprise. So why is the Top Chef time such a hotbed for crime? According to the story, it says that people drink more in the evening and may reach an "optimal level of intoxication" early.

Hmm, drunk by 9 p.m.? Yes, I've been there but I still always feel more

on guard when I'm leaving the bar, stumbling around, digging through my purse, giggling and making one last-ditch effort to make out with a guy.

But what I got overall from this article, always be on guard because there is no really "safe" time.

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That means, being aware of your surroundings, walking in well-lit areas and not listening to your iPod or talking on the phone. Sadly though, I am guilty of these last two items on a regular basis. My boss even gave me pepper spray to carry around and I thought about taking a self defense class, but do they actually work in an emergency?

So do you have a system when you're out with your friends? This applies to even non-major city people. In Wisconsin I definitely wasn't safe when walking to my car. Fortunately (knock on wood) I've been lucky so far.

Source: <http://www.myeverydayadventures.com/2009/10/27/being-safe-in-the-big-city/>

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For a more aggressive role in your protection:
www.selfdefensewithanattitude.com

GRANTS, SCHOLARSHIPS & INSTRUCTION

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.

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:

Prosperity is a life experience in health, wealth and love. You are prosperous when you have the resources to do what you truly want to do at the time you want to do it. - Scott Sherman

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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 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

*It's not the load that breaks
you down, it's the way you
carry it. - Unknown*

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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/neaafd>

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.

"You are under the unfortunate delusion that simply because you run away from danger, you have no courage. You're confusing courage with wisdom." - Unknown

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Best Buy Children's Foundation

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

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

Healthy Community Outreach Program

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

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

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

http://www.aetna.com/foundation/grants_reg/guidelines.html>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

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.](#)

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.

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.
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Lest We Forget Slavery and Holocaust Museum

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

Here's how!

We of www.lwflaverymuseum.com 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

Page 35

*The Bible, Through the
Eyes of a Child*

On the Subject of Angels

*The only two angels I know
of are Hark and Harold.*

*Everyone has it all wrong.
Angels no longer wear
halos. I don't remember
why, but scientists are
working on it.*

*My guardian angel helps
me with science, but he's no
good for math.*

- Rappers
- Singers
- Spoken Word Artists

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COMING UP

SANKOFA ASSOCIATION of ROXBOROUGH

PRESENTS OUR
6th ANNUAL KWANZAA CELEBRATION

Umoja –Unity

*One Day community event to share, learn, and celebrate family,
Unity, and heritage.*

Free Admission

Featuring Kinara Lighting Ceremony ~ Storytelling ~ Essay Contest
Awards Black Market Place ~ Refreshments ~ Door Prizes and more

Sunday December 26th, 2010 2- 5 PM
Kendrick Recreation Center
5822 Ridge Ave Phila, 19128

Youth Arts and Crafts 12:30 -1:30PM

Special Guests:
Storyteller Baba Kala Jojo
Harambee World African Cultural Drum Ensemble
School of Dance Arts
N.A.A.C.P Membership Drive

for additional information please call 215-327-4976 or email at
sankofrox@aol.com

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X-OFFENDERS FOR COMMUNITY EMPOWERMENT
Pardon Me Clinic Meeting Schedule
Assisting the formerly convicted who are no longer on probation or

parole and who are seeking Clemency and a Second Chance at employment

opportunities, etc. through the Governor Pardon Process

Location: African-American United Fund

2231 N. Broad St, Philadelphia, PA 19132

Time: 6pm to 8pm

Meeting Dates:

Jan. 10, 2011

Feb. 14, 2011

March 14, 2011

Apr. 11, 2011

May 10, 2011

June 14, 2011

Sept. 12, 2011

Oct. 10, 2011

Nov. 8, 2011

Dec. 13, 2011

Contact Wayne Jacobs of X-offenders for Community Empowerment

Phone:

215-668-8477, E-mail: jacobs19132@yahoo.com

On Facebook as: xoffendersempowerment

Sponsored by Bread Roses Fund , Univ.of Penn.Law School

,Councilmam

Darrell L.Clarke, State Rep.Jewell Williams

www.x-offenders.org

* * * Outside PA * * *

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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

Life is pleasant. Death is peaceful. It's the transition that's troublesome. - Isaac Asimov

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

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Group offers low-cost web access to nonprofits

Mobile Citizen, a provider of mobile broadband for education and nonprofits, will offer a Technology Assistance Grant program beginning in January to provide non-profit organizations with affordable access to the Internet.

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

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

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

www.mobilecitizen.org/grantphiladelphia

A HAND UP!

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

Hunger Coalition starts Adopt-A-Pantry project

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

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

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

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

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Skip A Meal For Haiti

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

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

The cost of lunch at almost any affordable restaurant in America is between \$5.00 and \$14.00. Some restaurants have menus that serve four and five course dinners that can cost as much as \$100.00 per person, not including beverages. For as little as two dollars a day, you can help provide food, drinking water and some sanitation supplies for a Haitian child or adult. A \$14.00 contribution can help feed and hydrate a Haitian child for a week. We can all afford to make a difference!

The Black Star Project is asking you to miss at least one meal this week for the people of Haiti and to send the money that you would have spent on your breakfast, lunch or dinner to a relief fund that is on the ground working in Haiti.

Many people say they want to go to Haiti to help those affected by the earthquake. The cost of a round trip flight from New York City to Port-au-Prince, Haiti is more than \$2,000.00. Decent hotel lodging, which is virtually impossible to find in Haiti, might cost another \$2,000.00 for one week. And your mouth would become another mouth to feed of more than 2 million people who need food and water day.

Instead of going to Haiti, will you miss a lunch for Haiti and send the money you would have spent on that lunch to one of the on-the-ground relief agencies listed below:

The Black Star Project (773.285.9600) recommends that you send your contributions to:

Yele Haiti (Wyclef Jean's Relief Effort) at www.yele.org or text YELE to 501501 to donate \$5.00 on your phone bill

UNICEF at www.unicefusa.org or call 800.367.5437

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

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

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

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

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America's Original Savings Network

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

<http://nofullprices.net>

FREQUENTLY ASKED QUESTIONS

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

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

Q: Can these coupons be doubled?

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

Q: What are the face values and the expiration dates of these coupons?

A: Being manufacturer coupons, the manufacturer determines the face values of the coupons. We currently stock coupons ranging in value from 40 cents to 5.00 dollars. The coupon expiration dates are generally valid for 90 days.

Q: How can I use \$1,000.00 worth of coupons in 90 days?

A: With our program, you get to choose the coupons you want, when you want them. This way you never have to worry about the coupons expiring.

Q: How do I choose the coupons I want?

A: Each coupon book contains coupon request slips which you fill out and send in. Those coupons are then mailed to you.

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Volunteer In Africa

Explore a Continent of Contrasts while Volunteering in Africa

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

CCS volunteers work side-by-side with local people in community organizations focused on supporting social services, education, and health initiatives.

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

Go to: www.cross-cultural-solutions.org

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

yen \YEN\: A strong desire or inclination; a longing; To have a strong desire or inclination; to long.

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.

