



We all hold a piece to the puzzle
Friday 07 January 2011

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News From The Coalition, Inc.

"Communication – Cooperation – Collaboration"

Volume 5, Number 19

Greetings Coalition Family!

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

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

FOR OUR CHILDREN

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

If this publication is being forwarded to you, and you wish to be placed on our mailing list, send an email to TheCoalitionNews@gmail.com with "subscribe" in the subject.

If you are receiving this publication without consent, send an email with "unsubscribe" in the subject to be removed from our database.

If you would like to report on a recent community event, feel free to send us a brief account of what happened in document format, and we will share it with our readers. Send your information to: [News From The Coalition, Inc.](#)

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

Dream Big Literary Arts Festival

JANUARY 14-17, 2011

PHILADELPHIA . PA

The PYPM Dream Big Literary Arts Festival is a four-day weekend of workshops, special events and community service projects that encourage youth to use their voices to create change in their communities. Embracing the words of Dr. Martin Luther King, Jr., Dream Big seeks to promote literacy, social change and community involvement as a means of elevating oneself, intellectually and spiritually, as well as inspiring those around us to do the same. PYPM is committed to helping youth discover the power of their voices, and Dr. King is a key role model of the effectiveness behind one's voice and the power to create change through words. The festival is an opportunity to help youth develop their writing and performance practice, and build upon their leadership skills as active members of the community.

Visit www.pypm215.org for more information about the

Philly Youth Poetry Movement.

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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.

*It is the fool's sheep that
break loose twice. -
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.*

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.

THIS WEEK

The School District of Philadelphia's Parent University and Radio One Philadelphia...Present

A NEW YEAR, A NEW YOU!

'Keeping Parents Engaged and Children Motivated' with Les Brown
Saturday, January 8, 2011

Free continental breakfast served at

Dobbins High School
2150 West Lehigh Avenue
Philadelphia, PA 19132-2699

Doors open at Dobbins 8:00 a.m. Deliverance at 9:30 a.m.
Admission is FREE... You MUST confirm your attendance by calling
215 400 4180 or www.philasd.org/roundtablersvp

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Moorish Unification Council of the World, Inc.

presents their

Annual Unity Day Celebration on

Saturday January 8th 2011,

3pm to 7pm at the

Kingsessing Recreation Center,

49th & Kingsessing Avenue.

For more information contact Wesley Wilson-Bey 215.476.0280

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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

Persons thankful for little things are certain to be the ones with much to be thankful for. - Frank Clark

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.

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,
Councilman Darrell L. Clarke, State Rep. Jewell Williams

www.x-offenders.org

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EMPLOYMENT AND TRAINING OPPORUNITIES

FEMA positions up to six figures available in online [Coalition Group](#) ongoing updates will be posted as they become available.

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CCP Job Ready program offers green-collar training

Community College of Philadelphia's

[Job Ready Training Program](#)

is providing 12 week, career-specific training that will lead to emerging green-collar careers and industry-recognized certificates for program completers.

In the world there is nothing more submissive and weak than water. Yet for attacking that which is hard and strong nothing can surpass it. - Lao Tzu

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

How many of us have lost, or are losing loved ones to the many ailments caused by tobacco use? Having been personally affected, we at News From The Coalition, Inc., will continue to share information on the dangers and present paradigms in efforts to free those intentionally ensnared in these vices.

Quitting smoking improves cholesterol

By Lynne Peeples

NEW YORK | Thu Dec 23, 2010 4:15pm EST

(Reuters Health) - Smokers who successfully quit may enjoy yet another health benefit: improved cholesterol profiles. A boost in "good" cholesterol comes with quitting despite weight gain after putting out the last cigarette, hints a new study.

If confirmed in future research, the finding could shed light on the strong, yet somewhat mysterious relationship between smoking and heart health. Up to 20 percent of heart disease deaths are currently blamed on smoking, but researchers haven't yet had a clear understanding of what lies behind the effect. Smoking likely affects the cardiovascular system in a variety of ways, including lowered oxygen levels and wear and tear on the heart itself.

Some small studies have also shown that smoking lowers good cholesterol (HDL) and raises bad cholesterol (LDL), lead researcher Dr. Adam Gepner of the University of Wisconsin School of Medicine and Public Health, in Madison, told Reuters Health in an e-mail.

To test the impact of smoking on cholesterol levels more rigorously, and in a realistic setting, Gepner and his colleagues recruited more than 1,500 smokers representative of the current U.S. population, including its high proportion of overweight and obese individuals.

The average participant smoked about 21 cigarettes per day prior to the start of the study. After a year on one of five smoking cessation programs,

*Boldness, more boldness,
and always boldness! -
George Jacques Danton*

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334 (36 percent) had succeeded in quitting.

The researchers found that those who stopped smoking experienced an average rise of about 5 percent, or 2.4 milligrams per deciliter (mg/dL), in HDL cholesterol.

Abstainers also experienced an increase in large HDL particles, which are important for lowering heart disease risk as well, report the researchers in the American Heart Journal.

The effects were somewhat stronger in women. However, it did not appear to matter how many cigarettes were smoked at the start of the study: heavy smokers enjoyed the same HDL benefit as lighter smokers after they quit.

One downside of kicking the habit can be weight gain. Sure enough, the group that quit gained an average of about 10 pounds compared to one or two pounds in the group that relapsed to smoking. Many participants were already overweight at the start of the study, with an average body mass index (BMI) of 29.6. (A BMI between 20 and 25 is generally considered healthy).

Adding pounds is known to hurt cholesterol levels, both raising the bad kind and lowering the good kind. As a result, the researchers think the weight gain might have offset some of the beneficial effects seen in the abstainers.

"Further benefits on cholesterol levels may have been actually masked by the weight gain seen after quitting," explained Gepner.

"It is important to counsel quitters about weight gain and the need for a healthy diet and regular exercise during the quitting period," he added.

The researchers caution that their results don't prove that smoking cessation causes improvements in cholesterol. Further research is needed to rule out other possible explanations, including the role of changes in alcohol consumption, which is known to affect HDL.

Gepner also noted that it remains unclear exactly how smoking cessation might affect cholesterol levels, although it could have to do with changes in the proteins that control the breakdown of cholesterol. Smoking can damage these proteins.

Regardless, benefits were seen that might translate into better heart health.

Previous studies have shown, for example, that for every 1 mg/dL increase in HDL cholesterol, the risk of a cardiovascular event drops by up to three percent over 10 years.

Therefore, if the link holds, the improvements in blood lipids alone would

*The whole world steps aside
for the man who knows
where he is going. –
Unknown*

decrease the average former smoker's risk of a heart attack or stroke by up to 6 percent over the 10 years after they quit, said Gepner.

SOURCE: link.reuters.com/hup53r American Heart Journal, January 2011.

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10 Strategies for Successful Weight Loss

By: David Schipper

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The great ones have great strategies for success—Odysseus hiding in the Trojan horse, Ali using the rope-a-dope, Bugs Bunny dressing in drag.

Your [weight-loss](#) strategy should be similarly inspired. Willpower alone won't shrink your waist—you need facts and wisdom on your side if you're going to maintain the resolve you showed in January.

There are scientists who study weight loss so the rest of us can keep track of the important stuff, like spring training and Rotisserie drafts. These researchers regularly come up with good advice, the latest and greatest of which we've gathered for you. Pick a few tips, put them in your lineup, and get back in the [weight-loss](#) game.

Weight-Loss Success Strategy #1

Weigh Yourself Often

Time was, experts said to stay off the scale—it can be discouraging. But after studying 3,500 individuals from the National Weight Control Registry (NWCR) who've maintained 60 or more pounds of weight loss for at least a year, researchers found that 44 percent weighed themselves daily.

Unhealthy obsession? No, says James Hill, Ph.D., NWCR cofounder and director of the center for human nutrition at the University of Colorado. "They use it as an early warning system for preventing weight regain," he explains. "If your goal is to keep your weight at a certain level, you have to have feedback to see whether you're successful."

Read more:

http://www.menshealth.com/mhlists/motivation_to_lose_weight/Weight_Loss_Success_Strategy__1.php#ixzz0cBDXPBJp

Weight-Loss Success Strategy #2

What you think of yourself is much more important than what others think of you. - Seneca

Turn Off the TV

Scientists at Brookhaven National Laboratory in New York recently determined that simply seeing food can trigger a physiological "feed me" response. In the study, visual food cues caused brain activity to jump by 24 percent—mostly in the orbitofrontal cortex, the area of the brain related to drive and acquisition. So a constant barrage of pizza-delivery ads on TV could test your limits. And don't get us started on the Food Network.

Read more:

http://www.menshealth.com/mhlists/motivation_to_lose_weight/Weight_Loss_Success_Strategy_2.php#ixzz0cBDdOMK0

Weight-Loss Success Strategy #3

Pray the Fat Away

Christian men who report feeling greater intimacy with God through prayer are more likely to be physically active than other men, according to research from Cornell University. "Studies have shown that those who have more social support move more, and being closer to God may give men that support," says lead researcher Karen Kim.

Another possible reason: "General religion in the United States encompasses theological teachings about the body as a temple, which may also lead to the consumption of a healthier diet and increased physical activity," she adds. Amen to that.

Read more:

http://www.menshealth.com/mhlists/motivation_to_lose_weight/Weight_Loss_Success_Strategy_3.php#ixzz0cBDjTqLP

Weight-Loss Success Strategy #4

Beware Tastebud Betrayal

"Hunger increases healthy men's taste sensitivity to sweet and salty substances," says researcher Yuriy Zverev, of the University of Malawi. This means vending-machine snacks (which come in two flavors: sweet or salty—coincidence?) will taste even better when you're hungry.

You could trust that you'd savor the flavor by eating only a small amount.

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"When the conduct of men is designed to be influenced, persuasion, kind unassuming persuasion, should ever be adopted. It is an old and true maxim that 'a drop of honey catches more flies than a gallon of gall.' So with men. If you would win a man to your cause, first convince him that you are his sincere friend. Therein is a drop of honey that catches his heart, which, say what he will, is the great highroad to his reason, and which, once gained, you will find but little trouble in convincing him of the justice of your cause, if indeed that cause is really a good one." - Abraham Lincoln

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(Right.) Or you could sidestep this land mine altogether. "Eat offensively," says Katherine Tallmadge, M.A., R.D., a spokeswoman for the American Dietetic Association. "Eat regularly during the day to stave off cravings and the bingeing that can result."

Read more:

http://www.menshealth.com/mhlists/motivation_to_lose_weight/Weight_Loss_Success_Strategy_4.php#ixzz0cBD0qPL7
Weight-Loss Success Strategy #5

Snack on Almonds

Seventy per day, to be exact. That's the number that people in a City of Hope National Medical Center experiment ate daily for 6 months, in conjunction with a reduced-calorie diet, to drop 18 percent of their body weight.

Study author Michelle Wien partially credits the satiety factor. "Almonds are a nutrient-dense food that provides healthful monounsaturated fat, protein, and fiber, which together contribute to feeling full," she says.

Go for whole almonds in their unsalted, raw, or dry-roasted state. Fifteen to 20 will do the trick for a quick snack. Try 50 as a meal replacement.

Read more:

http://www.menshealth.com/mhlists/motivation_to_lose_weight/Weight_Loss_Success_Strategy_5.php#ixzz0cBDuh2HH
Weight-Loss Success Strategy #6

Grab the Day

Long summer days can help you lose weight. "The best time to start a diet is in May, because the days are very long, which makes your energy levels go up and your food cravings go down," says Judith Wurtman, Ph.D., a nutrition researcher at MIT. "You'll eat less and exercise more." So if you get home and it's still light, go for that run.

Conversely, resolution-crazed January is the worst time to diet—the short days knock your serotonin levels out of whack, causing cravings. An Apollo Health goLite P1 lamp can help your body adjust to the dark days of winter.

Read more:

http://www.menshealth.com/mhlists/motivation_to_lose_weight/Weight

"Let me not pray to be sheltered from dangers, but to be fearless in facing them. Let me not beg for the stilling of my pain, but for the heart to conquer it."
- Rabindranath Tagore

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[Loss Success Strategy 6.php#ixzz0cBE0L3Gd](#)

Weight-Loss Success Strategy #7

Pour a Bowl of Cereal for Lunch

A study from Purdue University shows that eating cereal in place of meals helps you lose weight. Participants consumed an average of 640 fewer total daily calories and lost roughly 4 pounds during the 2-week intervention.

According to study author Richard Mattes, M.P.H., Ph.D., R.D., the approach teaches portion control with a convenient, easy-to-use food. Stick to filling, high-fiber cereals, like All-Bran or Fiber One, and eat them with low-fat milk.

Read more:

http://www.menshealth.com/mhlists/motivation_to_lose_weight/Weight_Loss_Success_Strategy_7.php#ixzz0cBE5beIk

Weight-Loss Success Strategy #8

Go Under the Needle

When Polish researchers examined acupuncture as a diet aid, they found that people who got needled lost 10 more pounds and ticked 2 additional points off their BMIs compared with those who merely cut calories.

Marie Cargill, a licensed acupuncturist in the Boston area, explains that pressure points on the body—mostly on the ear—work as a switchboard to the brain, triggering electrical pulses that suppress appetite. "The ear system is very effective for addiction treatment," she says.

Read more:

http://www.menshealth.com/mhlists/motivation_to_lose_weight/Weight_Loss_Success_Strategy_8.php#ixzz0cBEFPcMs

Weight-Loss Success Strategy #9

Eat a Cow's Worth

Of dairy, that is. Reports of the benefits just keep coming.

Recently, a University of Tennessee study found that people who ate a daily 1,200 milligrams (mg) of calcium from dairy lost an average of 24 pounds, or 11 percent of their total body weight. "When you don't have enough calcium in your diet, you're more efficient at making fat and less

"The world hates change,
yet it is the only thing that
has brought progress." -
Charles Kettering

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efficient at breaking down fat, causing a bigger, fatter fat cell," says lead researcher Michael Zemel, Ph.D.

Get the just-right amount by taking in two 8-ounce glasses of low-fat milk (699 mg), a cup of low-fat yogurt (338 mg), and an ounce and a half of cheese (287 mg).

Read more:

http://www.menshealth.com/mhlists/motivation_to_lose_weight/Weight_Loss_Success_Strategy_9.php#ixzz0cBEL72G5

Weight-Loss Success Strategy #10

Gamble on Yourself

Take a cue from the poker craze and wager against a buddy to see who can shed the most pounds. "Men do really well when they make [weight loss](#) a competitive game," says New York City nutritionist Joy Bauer, M.S., R.D., author of *Cooking with Joy*. "Have a 6-month and a 1-year check-in—none of that 2-week garbage."

Or try it in teams, as on NBC's *The Biggest Loser*, and you'll double the incentive—you'll want to win the bet and avoid letting down your team. "Healthy competition can bring out the absolute best in people," says the show's red-team trainer, Jillian Michaels, owner of SkySport and Spa in Beverly Hills.

She recommends that the team take on a swimming relay or a 5-K run. "That way, it's not a scenario like 'Who can lift the most?'" she says. "Losing weight is ultimately about better health. For \$100, somebody might do a pulldown that's way too heavy and end up tearing a rotator cuff." It'd be a shame if, after you'd lost all that weight, you still couldn't button your pants.

Read more:

http://www.menshealth.com/mhlists/motivation_to_lose_weight/Weight_Loss_Success_Strategy_10.php#ixzz0cBERPRHU

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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

What's missing from gun control requirements?

Two hunters are out in the woods when one of them collapses. He doesn't seem to be breathing and his eyes are glazed. The other guy takes out his phone and calls the emergency services.

He gasps: "My friend is dead! What can I do?" The operator says: "Calm down, I can help. First, let's make sure he's dead." There is a silence, then a gunshot is heard. Back on the phone, the guy says: "OK, now what?"

IQ tests.

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

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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GREEN PIECE

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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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](#)

Two boys are playing catch in Central Park when one is suddenly attacked by a rabid Rottweiler. Thinking quickly, the other boy takes his stick and shoves it under the dog's collar, twists it breaking the dog's neck and saving his friend.

A reporter, who was strolling by, sees the incident. "Giants Fan Saves Friend From Vicious Animal," he starts writing in his notebook.

"But I'm not a Giants fan," the little hero replied.

"Sorry, since we are in NYC I just assumed you were," said the reporter and he starts writing again. "Yankees Fan Rescues Friend From Horrific Attack."

"I'm not a Yankees fan either," the boy said.

"Oh, I assumed everyone in NYC was either for the Yankees or the Giants. What team do you root for?" the reporter asked.

"I'm a Eagles fan," the child said.

The reporter starts a new sheet in his notebook and writes, "Michael Vick Fan Kills Beloved Family Pet."

(thx. Ro Herrera)

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.

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?

I like to skate on the other side of the ice.- Steven Wright

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.

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.](#)

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 own protection:

www.selfdefensewithanattitude.com

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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](#).

"Remember not only to say the right thing in the right place, but far more difficult still, to leave unsaid the wrong thing at the tempting moment." - Benjamin Franklin

200 Free Scholarships For Minorities

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

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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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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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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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"The most important day of my life: Today!" - Unknown

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.

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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

NAT TURNER PLENARY/PRELIMINARY MEETING FOR 2011 NAT TURNER CONVENTION

By The Newport Newservice

SOUTHAMPTON COUNTY, VIRGINIA – 179 years ago, at this time, in this place, one of the great men in the history was safely underground. Nat Turner was underground because the Black Liberation Army he'd led, in a noble effort to free Black people from Chattel Slavery, Second-class Citizenship and all other forms of oppression, had suffered defeats in the last two, after 16 consecutive victories battles.

This is history about a revolt that Nat Turner and his closest associates, Hawk, Henry, Nelson and Sam had planned and executed over six years, 1825 to 1831, in a place called Jerusalem, in Southampton County, Virginia. Since retreating is as much a part of warfare as is advancing, after the last defeat, Nat Turner sent a message to the surviving four, to meet him at the place from where the final plans had been staged for the revolt. This is at a place called Cabin Pond.

Hereeeeeeeeeeeeeees...
Kathy's Korner!

When I was a child, my parents told me never to open the cellar door. "Never open the cellar door," the said, and for many years, I obeyed them, although I always wondered what it was that was so dangerous behind the cellar door. And then one day, when there was no one around, I finally got up my courage... I slowly walked over... I put out my hand... and I opened the cellar door. And I saw wonderful things! Amazing things! Trees! The sky! Other children!

(Kathy Parsons is a regular contributor.)

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

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

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

Nat Turner got to Cabin Pond early and waited. But, reportedly in his own words, "the only ones who came were white men on horses." He still didn't give up, for he is also recorded as saying, "I knew all was lost for the present." This meant he had to go into a deeper retreat. He used several 'safe houses' he'd established during the planning.

MUCH IS AUTHENTICALLY KNOWN AND RECORDED BUT MUCH ABOUT NAT TURNER IS 'STOLEN, LOST & DISTORTED'

There is great mystery about Nat Turners' activities while he was underground. But because of what H. Khalif Khalifah, the Senior Tour Guide for "The Nat Turner Trail" (Cabin Pond is a stop on the Trail) calls one the greatest documents in human history, "The Confession of Nat Turner," much of the authentic history about both Nat Turner and his estimated Army of Freed Captive Afrikan soldiers is known.

In a determined, dedicated Commitment to preserve and promote this precious, inspiring history, several Black organizations have stepped up their efforts in recent years. Technology, such as the internet, explains some of this growing phenomenon – Annual Celebrations of "Nat Turner Day" in several cities on the anniversary of the Revolt, August 21, is others. But the event that many feel is the single most important efforts was when H. Khalif Khalifah, purchased a 123 acre tract of land that is part of the birth plantation of Nat Turner; reportedly, The Land where he built a home is the Birth Place of Nat Turner.

THE NAT TURNER TRAIL

The land was purchased in the fall of 1990: It is a long, evolving, successful, inspiring story. But in brief, Khalifah researched, and with the assistance of "Local Historians," he found most of the "battle sites" at many of the structures (still standing at the time) and mapped out a tour route that he has used over the past 20 years have given several individuals and groups "Living History Tours." This is a tour and lecture about the exploits, aims and objectives for the Nat Turner Revolt in 1831. Since a part of every aspect about the history of Black people in America have been "Stolen, Lost, Strayed," of Distorted, much of the work to preserve the history Black history is in correcting the erroneous accounts that are still perpetrated. With the understanding that the job will not be done properly unless the work is institutionalized, The Khalifah personal library is the temporary home for The Nat Turner Reference Library. Nat Turner Day is celebrated here annually. Nat Turner Day is also celebrated in Philadelphia, Baltimore and at the "largest" city park in Newark, New Jersey is officially named Nat Turner Park.

NAT TURNER ADVOCATES CALLED AS PER REPARATIONS ADVOCATES WERE TO SOLIDIFY AND UNIFY TO A LARGER GROW THE MOVEMENT
"Today, the history about Nat Turner is like and the history about

Q: How do you keep your husband from reading your e-mail?

A: Rename the mail folder "Instruction Manuals" - Brett Butler

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Reparations was in 1987,” stated Khalifah

“Then one of the great minds in history, Dr. Imari A. Obadele called a meeting of all advocates to consolidate their efforts.” He continued, out of several meetings N’COBRA (The National Coalition of Blacks For Reparations in America) was formed.”

As a colleague of Dr. Obadele in the forming of N’COBRA, Khalifah often uses some of his methodology in his work. Now he is calling Nat Turner Day coordinators, historians, journalist, and anyone else so interested, to join him in a “Preliminary/Plenary Conference” to plan for a Nat Turner Convention in 2011.

The meeting will be both Virtual and Physical. It will be Virtual via Nationally Black Owned Radio Stations. And it will be physical because it will be coordinated from The Nat Turner Library over the weekend of October 30 and 31 (the date of Nat Turners re-capture in 1831).

Anyone wanting to participate and attend the conference should call 434-378-2140. Go to www.natturnertrail.com for more information.

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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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*The Bible, Through the
Eyes of a Child*

On the Subject of Angels

*It's hard to become an
angel. First, you have to
die. Then you go to heaven
and go through flight
training. And then they
make you agree to wear
those angel clothes.*

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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

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

Here's how!

We of www.lwfslavermuseum.com
are having a "Fundraiser to remember and honor those who passed thru
the 'doors of no return' by the building of a

"Tunnel of Remembrance"

To our ancestors and all those who fought and died for the great cause of
"freedom". This tunnel is dedicated to those devoted to the freedoms for
all people and the eradication of that awful slave trade. As we share our
memories with in this tunnel, we ask that you place a piece of your history
in it also, by the purchase of a

"Brick of Remembrance".

Bricks can be purchased on our web site, www.lwfslavermuseum.com

Strong-minded, resolutely-willed, you can create out of nothing a great business, a huge empire, a New World! Others have - and they have no monopoly. - Charles Bristol

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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

People's Tribunal Against Police Brutality and Misconduct

Saturday, January 15th 11am-4pm

Songhai City

3117 Master St.

Philadelphia, PA

MISSION STATEMENT

The People's Tribunal is the outgrowth of The Askia Coalition Against Police Brutality (ACAPB), a collective of community members, organization affiliates, and activists brought together in support of assault victim Askia Sabur.

We are united in the interest of eliminating the scourge of unlawful practices and offences committed by law enforcement officers against citizens. As such, ACAPB developed The People's Tribunal as a platform

*Sage Advice from Children
(Thanks, Tom)*

*Never tell your little brother
that you're not going to do
what your mom told you to
do.*

Hank, Age 12

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return it to us
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for community members and victims of police brutality to speak out and be involved in the legal process to address these concerns.

The mission of The People's Tribunal is to:

- 1) Inform and educate people on their basic, civil, and human rights.
- 2) Provide an outlet for victims of police brutality and misconduct to report such offenses via testimony and the filing of formal complaint documents;
- 3) Pressure city, state, federal, and international institutions and officials to stop unlawful practices of law enforcement officers and end all oppressive procedures such as "Stop and Frisk", and
- 4) Pursue legal action against law enforcement officials and their affiliates who engage in these unlawful practices.

VISION STATEMENT

The vision of the People's Tribunal is to create an environment in which the misuse of power and the violation of human rights by those whose duty it is to protect the rights of all United States citizens are eradicated; so that residents can safely commune in their neighborhoods without the fear of being harassed and brutalized by law enforcement officials, scrutinized by oppressive procedures, and denied the right to fair judiciary processes.

**Special Invited Guests: Progressive Lawyer's Guild Suing NYPD over
"Stop and Frisk" Tactics**

**Councilman Curtis Jones, Philadelphia City Council District 4
Councilwoman Jannie Blackwell, Philadelphia City Council District 3
Ramona Africa, Survivor of May 13, 1985 police bombing and
plaintiff in murder case vs. City of Philadelphia**

**Join the Askia Coalition Against Police Brutality! Attend weekly
Community Meetings on
Mondays at 6pm at
5301 Media St.**

**For information call 267-231-9639
visit <http://www.acapb.com> or email: weareaskia@hotmail.com**

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*** * * Outside PA * * ***

Have patience with all things,
but especially with yourself. -
Unknown

COMPUTERS AND TECHNOLOGY

Group offers low-cost web access to nonprofits

*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.](#)*

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.

"Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, I will try again tomorrow." - Mary Anne Radmacher Hershey

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the.pa.coalition@gmail.com

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

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The Crisis in Haiti is Not Yet Over!

Please continue to contribute whatever you can 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

Don't tell me how hard you work. Tell me how much you get done. - Unknown

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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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

prescient \PREH-shuhnt; -shee-uhnt; PREE-shuhnt; -shee-uhnt\ Knowing or anticipating the outcome of events before they happen.

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.

