



We all hold a piece to the puzzle
Friday 14 January 2011

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Table of content

For Our Children ... 02

This Week ... 05

Employment and
Training Opportunities
... 08

Health Matters ...09

Green Piece ... 21

Grants, Scholarships &
Instruction... 23

SpotLight ... 25

Arts for Awareness ...
29

Coming Up ...30

Computers and
Technology ... 31

A Hand Up ... 32

On The Airways ... 34

News From The Coalition, Inc.

"Communication – Cooperation – Collaboration"

Volume 5, Number 20

Greetings Coalition Family!

True individual freedom cannot exist without economic security and independence. People who are hungry and out of a job are the stuff of which dictatorships are made. - Franklin D. Roosevelt

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.

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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.

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

Platt After School Arts at Penn!

Eight Mondays of learning and performing for kids ages 10-15

In the Platt After School Arts at Penn (**PASAP**) program, Penn students from various performing arts groups teach drama, dance, voice, and musical instruments to local middle school students.

All Penn volunteers are subjected to a criminal background check and child abuse clearance through the state of Pennsylvania.

The semester's lessons culminate in a talent show. The students will engage in various group and individual activities that will allow them to achieve the following performing arts objectives:

- Acting and performance techniques
- Confidence building skills
- Hands on practice with various instruments
- Musical and theatrical improvisation
- Voice diction, projection, and intonation
- Dance, movement, and choreography techniques

The program will run on the following Mondays from 3:45-5:45PM in the Platt Student Performing Arts House Located at 3702 Spruce Street, Philadelphia PA 19104. Dates for the Spring program are:

*If things are getting easier,
maybe you're headed
downhill.
- 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.*

January 31
February 7
February 14
NO SESSION ON February 21 School Holiday
February 28
NO SESSION ON March 7-Penn Spring Break
March 14
March 28
April 4th Talent Show and last session

If the Philadelphia Schools are closed for any reason like snow or emergencies, school in-service or holiday, PASAP will NOT occur that day as well.

Students must be at least 10 years old and not older than 15 years old.
Students must have own transportation.

Please be prepared to come on these days to have fun and learn.
There is no cost for this program. Snack provided.

For more information or to apply, please contact Laurie McCall at 215-898-7038 or lmccall@pobox.upenn.edu Space is limited.
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Cap4Kids Hint of the Week

As many of you know from Alfred Lubrano's series in the Inquirer (http://www.philly.com/philly/news/special_packages/104415168.html), food insecurity is a major issue affecting thousands of our children. On the Cap4Kids website, under Food and Nutrition, there are multiple listings of resources for families to find supplemental food and nutrition (http://www.cap4kids.org/philadelphia/parent_handouts/food_and_nutrition.html) as well as resources for Utilities (http://www.cap4kids.org/philadelphia/parent_handouts/housing.html) to help families not have to decide between "heating or eating" during the winter months.

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

The more you sweat in peace, the less you bleed in war. -- Unknown.

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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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.

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Poster contest for Annual Legs Against Arms Run/Walk announced

Philadelphia Physicians for Social Responsibility is holding its

5th annual Legs Against Arms 5K Run this April 10th to raise funds and awareness about gun violence in Philadelphia.

Connected to the event are two contests for area youth.

The Poster Contest is open to youth in grades K - 8.

Participants are asked to create a poster that shows their vision for peace in their community or an anti-violence message. The winning poster design will be incorporated into the 5K race t-shirt.

The Multi-Media Contest is open to youth ages 13 - 19.

Participants will create and submit a message about creating peace in Philadelphia in video, audio, photography, poetry or essay formats.

For more information or to download contest flyers, visit

<http://www.legsagainstarms.org/>.

Physicians for Social Responsibility is a proud member of The Coalition, Inc.

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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:

*Love is of all passions the
strongest, for it attacks
simultaneously the head,
the heart and the senses.
- Lao Tzu*

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

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THIS WEEK

ASAP sets annual MLK Family Chess Day at museum

After School Activities Partnerships will hold its annual
MLK Family Chess Day

at the

African American Museum on

Saturday, January 15th

from 2pm to 4:30pm.

The museum is located at the corner of

7th and Arch Streets in

Philadelphia.

The event is open to the public and chess lessons will be available that
day.

US Representative Chaka Fattah will play simultaneous chess games with
ASAP's Chess Challenge students.

The event will also feature an historical re-enactment that will feature Dr.
Daisy Nelson Century as Harriet Tubman.

To register, call 215-545-2727, ext 17 or email wjordan@phillyasap.org.

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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
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.

Anger, if not restrained, is frequently more hurtful to us than the injury that provokes it.-- Seneca.

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- 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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Open house for North Stars after school program scheduled

Art Sanctuary's North Stars Afterschool Program is looking for talented, dynamic, and passionate youth ages 12-17 to join the arts and literary movement that is the North Stars Program. The program offers a variety of tuition-free arts classes including African and Modern Dance, Theatre, Poetry, Spoken Word, Guitar and Voice. Award-winning, talented, and veteran artists in their respective fields lead these classes.

The program begins on Tuesday, January 18th and ends

Exceed expectations!

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Saturday, May 7th
with an end of the year performance.
The program will hold an Open House on
Wednesday, January 12th from
6-730pm at
628 S. 16th Street in Philadelphia)
entrance on Bainbridge Street).

For more information, call Bianny Pérez at 215-232-4485 or email
bperez@artsanctuary.org

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15th ANNUAL MESSAGE FROM THE "KING"
and Community Cleanup

Community Cleanup &
Historic Reenactment March and Speech
The violence stops here! "It's time for peace"

January 17, 2011
Bartram Village Community Center- PHA
5404 Gibson Dr.
March begins at 1 p.m. - all are welcome!

For information, contact, Paul "Earthquake" Moore at
call 215-385-2696 or email earth_quake1@hotmail.com

10 a.m.

Community Cleanup

We need your help to cleanup your neighborhood! If you are interested in
participating, please contact Paul "Earthquake" Moore. Equipment will be
provided.

1 p.m.

Historic March -starts at Bartram Village Community Center at 5404
Gibson Dr. Feel free to bring signs, pictures, or anything to commemorate
Dr. Kings. All are welcome.

2:00 p.m.

"I Have a Dream" Reenactment

Following the march, the Reverent Paul "Earthquake" Moore will reenact
Rev. Dr. King's famous speech.

http://www.youtube.com/watch?v=PbUtL_0vAJk

NEEDED DONATION FOR FOOD '100 PEOPLE'
THANK YOU

*To teach is to touch a life
forever. - Unknown*

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**Association of Fundraising Professionals,
Greater Philadelphia Chapter
Networking Night! –**

Wednesday, January 19, 2011

5:00 - 7:00 PM

SoleFood Restaurant - Loews Philadelphia Hotel –

1200 Market Street –

Philadelphia, PA

Cost: \$10 AFP-GPC Member, \$20 Non-Member

(Registrants of the 1/19 Half-Day Seminar may come at half price,
please [register for the seminar](#) first)

Directions: <http://www.loewshotels.com/en/Philadelphia-Hotel/index/map>

First drink is Free! Happy hour drink specials and light hors d'oeuvres
available.

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submission should
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date and in [Press
Release form](#).*

Join your fundraising colleagues for a very special evening of sharing
fundraising challenges, woes, and wisdom. Learn more about all the
exciting opportunities the chapter has to offer you in your career
development. Meet the wonderful people that put ideas into action
throughout the Greater Philadelphia Region!

Confirmations will be sent by e-mail. No-shows will be billed. No refunds
for reservations canceled less than 48 hours before the program. Pre-
registration closes 48 hours prior to the program, registrations after this
time will include a \$10 additional fee.

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EMPLOYMENT AND TRAINING OPPORUNITIES

FEMA positions up to six figures available in our 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

*You cannot raise a man up
by calling him down. -
William Boetcker*

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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

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.

Why smokers have smoker's cough?

Cigarette smoke contains chemicals that irritate the air passages and
lungs. When a smoker inhales these substances, the body tries to protect
itself by coughing. The well-known "early morning" cough of smokers
happens for a different reason. Normally, cilia (tiny hairlike formations
lining the airways) beat outward and sweep harmful material out of the
lungs. Cigarette smoke, however, decreases the sweeping action, so some
of the poisons in the smoke remain in the lungs. When a smoker sleeps,
some cilia recover and begin working again. After waking up, the smoker
coughs because the lungs are trying to clear away the poisons that built up
the previous day. Unfortunately, prolonged exposure to smoke completely
destroys the cilia's ability to function. Then the smoker's lungs are even
more exposed and susceptible than before, especially to bacteria and
viruses in the air.

Source: <http://www.quitsmokingsupport.com/everwonder.htm>

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The 20 Worst Kids Foods in America

The worst foods for kids in America—and some smart alternatives.

By the Editors of Children's Health

Worst sweetened cereal

*"Have the courage to live.
Anyone can die." - Robert
Cody*

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20. Cap'n Crunch (1 cup)

- 146 calories
- 2 g fat (1 g saturated)
 - 16 g sugars
 - 1 g fiber

The Cap'n's cereal is the archetypal hypersweetened breakfast. It didn't make our list by its abundance of fat or calories; it made the list by being among the dominant sources of empty calories in a child's diet. Aside from the small amount of added vitamins, which are mandated by the government, this cereal is a food scientist's concoction of worthless food-like particles and chemicals. Corn flour makes up the bulk of each crunch, and sugar, brown sugar, and coconut oil hold it together. This cereal is also coated with loads of the food colorings yellow 6 and 5, which have been linked to irritability and poor behavior in children.

Eat This Instead!

Cascadian Farm Clifford Crunch (1 cup)

- 100 calories
- 1 g fat (0 g saturated)
- 25 g carbohydrates
 - 6 g sugars

Tip: Always avoid [the worst breakfast foods in America](#).

Worst packaged snack

19. Austin Cheese Crackers with Cheddar Jack Cheese (1 package)

- 210 calories
- 10 g fat (2 g saturated, 4 g trans)
 - 370 mg sodium

The [calorie count](#) is the least of your concerns with these ubiquitous orange cracker snacks. They made the list because each package contains two days' worth of trans fats. Most of the food industry has figured out how to make foods free of these nasty lipids (which have been proved to raise bad cholesterol); we suggest Austin do the same.

Eat This Instead!

Laughing Cow Mini Babybel

*"Without change,
something sleeps inside us,
and seldom awakens. The
sleeper must awaken." -
Frank Herbert*

- 70 calories
- 6 g fat (4 g saturated)
- 170 mg sodium

Tip: Beware of [America's worst "healthy" snacks](#).

Worst beverage

18. SunnyD Smooth Style (16 ounces)

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Inc. web site

- 260 calories
- 60 g sugars

Remember those commercials where the kid with SunnyD in the fridge always had the coolest mom? What they didn't tell you was that mom's love of the orange stuff was quietly undermining her kid's well-being.

Don't mistake SunnyD for OJ; there's just 5 percent real juice in this bottle, which means the other 95 percent is well-marketed sugar water. Do you really want your child slurping down the sugar equivalent of a dozen

[Chips Ahoy cookies](#)?

Drink This Instead!

Capri Sun Tropical Fruit Roarin' Water (6.8 ounces)

- 35 calories
- 0 g fat
- 9 g sugars

Tip: Avoid [the 20 worst drinks in America](#).

Worst side

17. Bob Evans Smiley Face Potatoes

- 524 calories
- 31 g fat (6 g saturated)
- 646 mg sodium

These incessantly smiling potatoes are more than just creepy; they're more fat- and calorie-packed than Bob's Sirloin Steak. Let this be a lesson to you youngsters: Just because they're smiling doesn't make them nice.

*A scientist is testing how far a frog can jump. He places the frog down and yells, "JUMP!" The frog jumps 12 feet. Then the scientist cuts off one of the frog's legs and runs the test again. "JUMP!" The frog jumps 6 feet. He cuts off the second leg, places the frog down and yells, "JUMP!" The frog goes nowhere.
Conclusion: when both of frog's legs are cut off, frog cannot hear. (thx. Peyton Ivy)*

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

Eat This Instead!

Home Fries

- 159 calories
- 3 g fat (1 g saturated)
- 533 mg sodium

Worst PB&J

16. Atlanta Bread Company Peanut Butter & Jelly

- 550 calories
- 15 g fat (3.5 g saturated)
- 690 mg sodium
- 34 g sugars

Apparently it's a bad idea to stick an American classic on French bread.

How else could we explain a 550-calorie [peanut butter and jelly](#) sandwich? Toss some chips onto that plate and you've got a meal that can quickly make a small child big. Make this meal at home instead and you not only save a ton of money, but you can also cut the caloric load by half.

Eat This Instead!

Kids Cheese Pizza

- 300 calories
- 7 g fat (3.5 g saturated)
- 660 mg sodium

CONTINUED: [Worst mall snack](#)

Worst mall snack

15. Auntie Anne's Pepperoni Pretzel Pocket

- 650 calories
- 27 g fat (12 g saturated)
- 1,120 mg sodium
- 11 g sugars

Oversize pretzels are already precarious, because they pack a ton of empty carbohydrates. So stuffing a [pretzel](#) with sausage is wrapping

Seven-year-old John had finished his summer vacation and gone back to school.

Two days later his teacher phone his mother to tell her that John was misbehaving. "Wait a minute," said the mother. "I had John here for two months and I never called you once when he misbehaved."

barbed wire around a fire ax. It will take more than a day of walking around the mall for your kid to burn off all the fat in this greasy fat sponge. (Better warm up that credit card!)

Eat This Instead!

Pretzel Dog

- 360 calories
- 20 g fat (9 g saturated)
- 740 mg sodium

Worst sandwich

14. Au Bon Pain Kids' Grilled Cheese

- 670 calories
- 41 g fat (25 g saturated)
- 1,060 mg sodium

You wouldn't even consider feeding your child this if they called it by its real name: an oil sandwich with cheese. So soaked is this sandwich that you'd need to eat 25 strips of cooked bacon to equal the amount of [saturated fat](#) found between the two slices. Wait until you get home—in about five minutes you can make a pretty mean 300-calorie grilled cheese sandwich.

Eat This Instead!

Kids' Macaroni and Cheese

- 250 calories
- 14 g fat (9 g saturated)
- 690 mg sodium

Tip: Watch out for [the worst sandwiches in America](#).

Worse prepared lunch

13. Oscar Mayer Maxed Out Turkey & Cheddar Cracker Combo Lunchables

- 680 calories
- 22 g fat (9 g saturated)
- 61 g sugars

Four years ago... No, it was yesterday. Today I... No, that wasn't me. Sometimes I... No, I don't.- Steven Wright

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- 1,440 mg sodium

Lunchables has established itself as the prepackaged lunch choice for kids, but just because your kids love Lunchables doesn't mean Lunchables loves your kids. The Maxed Out line is the worst of the lot; Oscar Mayer packs this one with nearly half of an 8-year-old's daily calorie allotment and sweetens it with more than twice the sugar and fat of most candy bars.

Eat This Instead!

Hillshire Farm Deli Wrap Smokehouse Ham & Swiss Wrap Kit

- 260 calories
- 11 g fat (4 g saturated)
- 960 mg sodium

CONTINUED: Worst dessert

Worst dessert

12. Uno Chicago Grill Kid's Sundae

- 860 calories
- 38 g fat (20 g saturated)
- 94 g sugars

Consider the repercussions of slapping three Baby Ruth bars' worth of fat and sugar onto the end of your child's meal. Weighing in at an astounding three-quarters pound, this abominable sundae is twice as big as the Kid's Pasta, and twice as caloric as a child's entire meal should be.

Eat This Instead!

Kid's Slush

- 70 calories
- 0 g fat
- 17 g sugars

Tip: Go ahead, indulge in [the 15 healthiest desserts in America.](#)

Worst burger

11. Ruby Tuesday Kids Turkey Minis & Fries

*That which we are capable
of feeling, we are capable
of saying. - Cervantes*

- 873 calories
- 46 g fat
- 88 g carbohydrates

When we first pointed out how bad this restaurant kids' meal was, [Ruby Tuesday](#) sprang into action, shrinking the meal down to save ... a total of 20 calories. That's not going to help your child fight obesity and all the health problems that can come with it, not when these mini burgers still have more calories than a Wendy's formidable Baconator. The best solution? Avoid Ruby's burgers entirely. Chicken and broccoli, at just 201 calories, is best, but the chop steak plate is like eating a burger without the bun (not to mention all those excess calories).

Eat This Instead!

Chop Steak & Mashed Potatoes

- 403 calories
- 30 g fat
- 15 g carbohydrates

Tip: Avoid [the nine worst burgers in America](#).

Worst homestyle meal

10. Boston Market's Kids' Meat Loaf with Sweet Potato Casserole and Cornbread

- 890 calories
- 46.5 g fat (17.5 g saturated)
- 131 g carbohydrates
- 1,500 mg sodium

This is not your mother's meat loaf—and that's too bad. This slab-o-meat begins as beef and ends as a science project with 55 ingredients that include the understandable (cheese cultures), the detestable ([partially hydrogenated cottonseed oil](#)) and the unpronounceable (azodicarbonamide). Stack the amalgamation next to a sugar-and-cream-injected sweet potato and a starchy piece of cornbread and you're asking your kid to be the lab rat. We can tell you right now, the results will be big. Roast turkey provides a safe haven for discerning eaters.

Eat This Instead!

There are some defeats more triumphant than victories. - Michel de Montaigne

- 390 calories
- 9 g fat (3 g saturated)
- 36 g carbohydrates
- 1,045 mg sodium

Worst pasta meal

9. Romano's Macaroni Grill Fettuccine Alfredo

890 calories

- 67 g fat (38 g saturated)
- 1,480 mg sodium

This plate of noodles has two days' worth of saturated fat—for a full-grown adult! For a kid, this could serve as a precursor for obesity. And to make matters worse, [Macaroni Grill](#) likes to throw in a free ice cream with every kids' meal. They sure don't make it easy to be a responsible parent.

Eat This Instead!

Cheeseoli

- 440 calories
- 20 g fat (12 g saturated)
- 1,280 mg sodium

CONTINUED: Worst Mexican meal

Worst Mexican meal

8. On the Border Kids Bean and Cheese Nachos

- 980 calories
- 57 g fat (29 g saturated)
- 1,850 mg sodium

On the Border's Beef Soft Taco meal has been downsized just enough to keep it from topping our list this year. But we've spotted several other troubling dishes in the kids' domain, especially this plate of nachos. It's hard to imagine how chips, cheese and beans are transformed into a day and a half's worth of [saturated fat](#), but once you see the train wrecks on

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the adult side of the menu, you begin to understand.

Hereeeeeeeeeeeeeees...
Kathy's Korner!

*Dalai Lama is in New York visiting the UN. Goes up to a hot dog vendor and says, "Make me one with everything."
Dalai Lama gives the vendor a \$20. After a minute the vendor has not given him his change, so he asks, "where's my change"?
"Change must come from within."*

(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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Eat This Instead!

Kids' Grilled Chicken with Black Beans

- 310 calories
- 9 g fat (3 g saturated)
- 1,230 mg sodium

Tip: These [Mexican staples](#) should be part of every kid's diet.

Worst pizza

7. Uno Chicago Grill Kid's Deep Dish Pepperoni Pizza

- 980 calories
- 70 g fat (20 g saturated)
- 1,860 mg sodium

We analyzed every kids' pizza in every chain restaurant in America, and these sloppy slices beat out the next closest competitor by 27 grams of fat. Calorie-wise, it's like eating more than two whole boxes of [Bagel Bites](#).

Eat This Instead!

Macaroni and Cheese

- 480 calories
- 16 g fat (5 g saturated)
- 1,200 mg sodium

Tip: Here are [the best and worst pizzas in America.](#)

Worst chicken meal

6. Chili's Pepper Pals Little Chicken Crispers with Ranch and Homestyle Fries

- 1,010 calories
- 75 g fat (13 g saturated)
- 1,780 mg sodium

A moderately active 8-year-old boy should eat around 1,600 calories a day. This single meal plows through about 65 percent of that allotment.

Q: What do you call an intelligent, good looking, sensitive man?

*A: A rumour
- Brett Butler*

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Unless he plans on munching on nothing but celery the rest of the day, he ought to plan on skipping the country-fried crispers.

Eat This Instead!

Pepper Pals Grilled Chicken Platter with Cinnamon Apples

- 340 calories
- 8 g fat (2.5 g saturated)
- 755 mg sodium

Worst finger food

5. Denny's Little Dipper Sampler with Honey Mustard Dressing Dipping Sauce and Deep Space French Fries

- 1,030 calories
- 61 g fat (15 g saturated)
- 1,590 mg sodium

Nuggets, mozzarella sticks and fries make an unholy trinity of sodium and saturated fat. Parents can choose the convenience of giving their tots something that doesn't require a fork to eat, but not if it delivers two-thirds of the kid's daily calories.

Eat This Instead!

Moons & Stars Chicken Nuggets with BBQ Sauce and Moon Crater Mashed Potatoes and Gravy

- 430 calories
- 17 g fat (3.5 g saturated)
- 1,480 mg sodium

Worst drink

4. Baskin-Robbins Small Snickers Shake

- 1,040 calories
- 50 g fat (26 g saturated, 1 g trans)
- 112 g sugars

Baskin-Robbins has a whole line of these candy-themed shakes to help nudge your child toward a lifetime of **elevated blood sugar**. How they manage to fit so much fat and sugar into a 16-ounce cup is a mystery of

modern food science. This one's the equivalent of nearly four whole Snickers bars. You're better off giving your kid the real candy.

The Bible, Through the Eyes of a Child

On the Subject of Angels

Angels have lots to do and they keep really busy. Like when you lose a tooth, an angel comes in through the window and leaves money under the pillow. Then when it gets cold outside, they go south for the winter.

Angels live in cloud houses. These are made by God and His son, who is a really good carpenter.

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Drink This Instead!

Small Strawberry Citrus Fruit Blast

- 350 calories
- 1 g fat (0 g saturated)
- 85 g sugars

Worst drive-thru meal

3. Burger King Kids' Double Cheeseburger with Small Fries and Coke

- 1,100 calories
- 52 g fat (17.5 g saturated, 1.5 g trans)
- 1,870 mg sodium

BK's double beef earns the distinction of being the fattest meal for an on-the-go kid. It has 18 more grams of fat than the same meal at [McDonald's](#). The meal might be quick, but it takes a long time for a 90-pound child to burn all those calories.

Eat This Instead!

Kraft Macaroni and Cheese with Apple Fries, Caramel Dipping Sauce and Low-Fat Milk

- 340 calories
- 8 g fat (3 g saturated)
- 505 mg sodium

Tip: Watch out for [the worst drive-thru meals in America](#).

Worst Chinese entree

2. P.F. Chang's Crispy Honey Chicken on Brown Rice

- 1,210 calories
- 51 g fat (9 g saturated)
- 610 mg sodium

Although [P.F. Chang's](#) doesn't offer a proper kids' menu, this is the item

"Not what we have, but what we enjoy, constitutes our abundance." - Epicurus

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it identifies on its menu as the "Kids' #1 Favorite." As a single entrée, this dish will saddle your child with two-thirds of her day's calories and nearly an entire day's worth of fat. They put the lazy Susan on the tables at Chang's for a reason; these dishes need to be shared.

Eat This Instead!

Almond and Cashew Chicken on Brown Rice

- 294 calories
- 10 g fat (2 g saturated)
- 1,694 mg sodium

The worst kids' meal in America

1. Uno Chicago Grill Kids' Kombo with French Fries

- 1,250 calories
- 79 g fat (11.5 g saturated)
- 2,850 mg sodium

For food marketers, the color of money isn't green—it's beige. Any parent knows that most foods kids clamor for, from fries to white bread to chicken nuggets, come in beige. It's also a marker of cheap, calorie-rich, nutritionally bankrupt foodstuffs. So when you see this monochromatic cluster of cheese sticks, dinosaur-shaped chicken and fried potatoes, you know your kid's in trouble. Make it a rule when eating out: All dishes must come with at least two colors (and ketchup doesn't count).

Eat This Instead!

Kids Pasta

- 300 calories
- 3 g fat (0 g saturated)
- 270 mg sodium

Best and Worst Choices for Kids:

- [Cereal](#)
- [Snacks](#)
- [Drinks](#)
- [Desserts](#)
- [Amusement Park Foods](#)

*Sage Advice from Children
(Thanks, Tom)*

*Never try to baptize a cat.
Laura, Age 13*

Ref: http://www.msnbc.msn.com/id/37855226/ns/health-diet_and_nutrition

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Get Fresh!

Volunteer with Philabundance Fresh for All

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

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

And you can help by volunteering.

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

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

Looking for something physical?

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

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

For more information, go to www.philabundance.org

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GREEN PIECE

B.Y.O. Flatware for a Green Workplace

Plastic silverware might be convenient, but consider this: an office of 100 people can contribute nearly 250 pounds of plastic waste to our landfills each year. Reduce meal-time refuge by bringing your own lunch utensils—and encourage your office to replace plastic forks with their biodegradable counterparts.

The Problem with Plastic

Plastic has its advantages—it keeps our shampoo bottles from breaking when we sleepily drop them; it's lightweight (which helps reduce

shipping and oil costs), cheap and easy to throw away.

Biodegradability

The pleasantest things in the world are pleasant thoughts: and the great art of life is to have as many of them as possible. – Montaigne

It's the disposable nature of plastic products that leads to clogged landfills. According to the 2006 Environmental Protection Agency's report on municipal waste, Americans threw away 25,500,000 million tons of plastic. That's the weight of nearly five of Egypt's great pyramids.

Aside from the sheer mass of adding that much garbage to our landfills, the problem with plastic is that it breaks down at a snail's pace—and some plastic doesn't break down at all. In fact, a plastic soda bottle can take between 450 and 500 years to decompose!

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Energy Costs

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In addition to taking centuries to decompose, producing plastics like the flatware found in our offices uses up a precious commodity: energy. A study by the American Chemistry Council found that **10 percent of U.S. oil consumption is used to make plastics.** Furthermore, the Metabolix National Online Survey on Plastic, the same study, found that over **70% of Americans are unaware that plastic is made from oil.**

Innovation in Plastic

To meet the demand of lunchers on the go, scientists have come up with new, biodegradable plastic products which are made from eco-friendly sources. Take SpudWare—disposable flatware made of potatoes and soy. This cool cutlery decomposes in a mere 180 days and is to be bought in bulk, creating an affordable, earth-responsible solution for offices everywhere.

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

"We are made strong by the difficulties we face not by those we evade." - Unknown

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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/>

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

For sustainable enterprise go to Green Jobs Philly

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

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

GRANTS, SCHOLARSHIPS & INSTRUCTION

Starbucks offers youth action grants

The Starbucks Foundation is accepting applications from organizations that provide young people a continuum of opportunities to develop creative approaches to address pressing concerns in their communities.

Grants are 10,000 to \$30,000 on average.

Funding will be considered based on numbers of beneficiaries served, geographic reach, organizational capacity, and size of operating budget.

Please complete a letter of inquiry for your organization.

The foundation reviews the submissions on an annual basis; letters of inquiry submitted between by January 31st will be reviewed and considered for the spring 2011 grant round.

For more information, visit

<http://www.starbucks.com/responsibility/community/youth-action>.

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USDA offers Hunger-Free Communities grants

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

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

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

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

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

*There'll be two dates on
your tombstone/ And all
your friends will read 'em/
But all that's gonna matter
is that little dash between
'em... Kevin Welch*

*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
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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

<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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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.

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

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An Antartian named Babbette finds herself in dire trouble. Her business has gone bust and she's in serious financial trouble. She's so desperate that she decides to ask God for help. She begins to pray... "God, please help me. I've lost my business and if I don't get some money, I'm going to lose my house as well. Please let me win the lotto." Lotto night comes and somebody else wins it. Babbette again prays... "God, please let me win the lotto! I've lost my business, my house and I'm going to lose my car as well." Lotto night comes and Babbette still has no luck. Once again, she prays... "My God, why have you forsaken me?? I've lost my business, my house and my car. My children are starving. I don't often ask you for help and I have always been a good servant to you. PLEASE just let me win the lotto this one time so I can get my life back in order." Suddenly there is a blinding flash of light as the heavens open and Babbette is confronted by the voice of God Himself: "Babbette, meet Me halfway on this. Buy a ticket."

(Thx Damarys Ortega)

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 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

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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

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

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"Brick of Remembrance".

Bricks can be purchased on our web site, www.lwfslavermuseum.com or mail in the brochure, Be sure to print legibly, Each brick will be etched with the names and memories of loved ones, Friendship, Sacrifice, Courage, and those who are gone but not forgotten, those brave abolitionists White and black, whose lives were not spared but suffered the same fate, Let us also keep in mind those still with us on the front lines letting us know for sure, Freedom is not free "Lest We Forget".

J. Justin Ragsdale Director/Chief Curator
LWF/Lest We Forget Museum of Slavery
Telephone: 215-397-6060
Email: lwfmuseum@gmail.com

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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

Painful as it may be, a significant emotional event can be the catalyst for choosing a direction that serves us--and those around us -- more effectively. Look for the learning. - Eric Allenbaugh

Please Touch Museum

will present

Wellness Mamma

a six-week workshop for new mothers and their babies, birth to six months old, beginning on Friday, February 4th.

Classes will be held each Friday through March 11th from 11am to 12:30pm.

Wellness Mamma sessions are led by Donna Ellenbogen, M.S.Ed, LCSW, ABD, founder of Family Wellness Solutions. Ellenbogen is a clinical social worker, parenting coach, professor, wife and mother of two. All sessions feature expert advice along with moms sharing tips on how to tackle the new job of motherhood... a job which often comes with no training.

Each 90-minute class takes place in Please Touch Museum's galleries, with one hour of support and 30 minutes of interactive play appropriate for each child's developmental stage.

Registration for the complete six-week workshop is \$200, which includes admission to Please Touch Museum each day.

For more information or to register, call 215-581-3165.

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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:

Feb. 14, 2011

March 14, 2011

Apr. 11, 2011

May 10, 2011

June 14, 2011

Sept. 12, 2011

Oct. 10, 2011

Nov. 8, 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

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* * * Outside PA * * *

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COMPUTERS AND TECHNOLOGY

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

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.](#)

Hunger Coalition starts Adopt-A-Pantry project

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

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

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

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

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

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 (Espanol)

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

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

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

America's Original Savings Network

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

<http://nofullprices.net>

FREQUENTLY ASKED QUESTIONS

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

computer?

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

Q: Can these coupons be doubled?

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

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

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

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

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

Q: How do I choose the coupons I want?

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

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

IT'S HERE!!

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

[A HAND UP!](#)

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

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

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

WORD-OF- THE-WEEK

stanch \STONCH;
STANCH\ To stop
the flowing of; to
check in its course;
also, to stop the
flowing of blood
from; as, "to stanch
a wound."

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.