



We all hold a piece to the puzzle
Friday 04 February 2011

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News From The Coalition, Inc.

"Communication – Cooperation – Collaboration"

Volume 5, Number 22

Greetings Coalition Family!

Help spread the word, that if we are to succeed in saving the planet and improving the quality of life for our families and communities, we will have to do it together. We will all share in the victory, as we are all responsible for the defeats.

There are plenty of teams in every sport that have great players and never win titles. Most of the time, those players aren't willing to sacrifice for the greater good of the team. The funny thing is, in the end, their unwillingness to sacrifice only makes individual goals more difficult to achieve. One thing I believe to the fullest is that if you think and achieve as a team, the individual accolades will take care of themselves.
Michael Jordan

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.](#)

North Stars after school program

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

Saturday, May 7th
with an end of the year performance.

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

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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:

*Do not call the forest that shelters you a jungle.-
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.*

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

Sometimes have trouble finding what you're looking for on the www.cap4kids.org/philadelphia website? Wish the content of the site could be translated into Spanish? French? Polish? Well now things should be a little easier. We have repositioned the search engine to the upper right of the website and have added the Google Translator button just below that allow you to translate all the content of Cap4Kids into over 30 different languages.
Check it out!

Registering children for Kindergarten is an extremely important first step in the path to a successful educational road. On the www.cap4kids.org/philadelphia website, under the Education Resources tab (http://www.cap4kids.org/philadelphia/parent_handouts/education.html) you will find the attached Kindergarten registration document as well as info on what parent need to do to register their child for school in general. There are also many other resources for ESL learners, Out of School youth, Teen parents and college prep and scholarship programs.

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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Obamacare, PA Fair Care, SCHIP, Adult Basic, MAWD, Select Plan and on. These are all various health care options available to Pennsylvanians. These plans help uninsured individuals get care. Help those with pre-existing condition find health care. Helps with family planning, dental care, prescription costs, and others. On the www.cap4kids.org/philadelphia website, under Health Insurance parent handout http://www.cap4kids.org/philadelphia/parent_handouts/health_insurance.html you will find information on these plans under the heading "Listing of Health Care Options for Pennsylvanians". Please become familiar with these options and continue to help families in need find the resources in their communities.

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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.

An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity.
Martin Luther King, Jr.

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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THIS WEEK

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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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Anti-violence Checkmate Chess Marathon

ASAP/After School Activities Partnerships is holding its annual Checkmate Violence 24-Hour Chess Marathon from Saturday, February 5th to Sunday, February 6th at Temple University's Gittis Student Center, 13th Street and Montgomery Avenue.

Students from the Philadelphia Youth Chess Challenge will play chess as an anti-violence activity. Mayor Michael Nutter will stop by at noon on Saturday to play one of the students.

Democracy is not something you put away for ten years, and then in the 11th year you wake up and start practicing again. We have to begin to learn to rule ourselves again. - Chinua Achebe

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To register, contact Windsor Jordan at 215-545-2727 ext 18 or email him [here](#).

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Aeropostale stores collecting jeans for homeless teens

Teens are being urged to donate their gently worn jeans at any Aéropostale store now until February 13th.

The youth activism site DoSomething.org and Aero will make sure that the jeans go to a local teen who needs them through the

Teens for Jeans program.

To locate a store drop-off location, [visit here](#).

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Storytelling: Shared Legends and Rhythms

Tuesday, February 8, 4:00 p.m.

Free Library of Philadelphia,

Lillian Marrero Branch

601 W. Lehigh Avenue,

215-685-9794

African, African-American, and Native American cultures all share similar legends and rhythm stories. Master storytellers Carla Wiley or Ron Carter will narrate some of these stories. The audience will be encouraged to play rhythm instruments as they learn the meanings behind them. This program is intended primarily for children, their families, and their caregivers.

Story Crafts: Women's Adornments

Wednesday, February 9, 4:00 p.m.

Free Library of Philadelphia, McPherson square Branch

601 E. Indiana Avenue,

215-685-9995

Master storytellers Carla Wiley or Irma Gardner Hammond will teach you the art of beading small bags, bracelets, and earrings. You will also learn the stories of the tribes that created these patterns and motifs. This program is intended for children, their families, and their caregivers.

Story Crafts: Women's Adornments

Thursday, February 10, 4:00 p.m.

Free Library of Philadelphia, Richmond Branch

2987 Almond Street,

215-685-9992

Master storytellers Carla Wiley or Irma Gardner Hammond will teach you the art of beading small bags, bracelets, and earrings. You will also learn the stories of the tribes that created these patterns and motifs. This

program is intended for children, their families, and their caregivers.

There is a great deal of work to do and it calls for sacrifice and determination on the part of those who are leading, and if men believe that money should be the only consideration for leadership, then there can be no successful achievement. - Marcus Garvey

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Story Crafts: Women's Adornments

Wednesday, February 16, 4:00 p.m.

Free Library of Philadelphia, Independence Branch

18 S. 7th Street,

215-685-1633

Master storytellers Carla Wiley or Irma Gardner Hammond will teach you the art of beading small bags, bracelets, and earrings. You will also learn the stories of the tribes that created these patterns and motifs. This program is intended for children, their families, and their caregivers.

Story Crafts: Women's Adornments

Tuesday, February 22, 4:30 p.m.

Free Library of Philadelphia, Thomas F. Donatucci, Sr. Branch

1935 Shunk Street,

215-685-1755

Master storytellers Carla Wiley or Irma Gardner Hammond will teach you the art of beading small bags, bracelets, and earrings. You will also learn the stories of the tribes that created these patterns and motifs. This program is intended for children, their families, and their caregivers.

Storytelling: Shared Legends and Rhythms

Wednesday, March 2, 4:00 p.m.

Free Library of Philadelphia, Cecil B. Moore Branch

2320 W. Cecil B. Moore Avenue,

215-685-2766

African, African-American, and Native American cultures all share similar legends and rhythm stories. Master storytellers Carla Wiley or Ron Carter will narrate some of these stories. The audience will be encouraged to play rhythm instruments as they learn the meanings behind them. This program is intended primarily for children, their families, and their caregivers.

Story Crafts: Seminole Quilt Pattern

Tuesday, March 8, 4:00 p.m.

Free Library of Philadelphia, Ramonita G. de Rodriguez Branch

600 W. Girard Avenue,

215-686-1768

Master storytellers Carla Wiley or Irma Gardner Hammond will immerse you in The Story of the Seminole quilt patterns. You will also learn to make a paper-pierced journal. This program is intended primarily for children, their families, and their caregivers.

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I had reasoned this out in my mind, there was one of two things I had a right to, liberty or death; if I could not have one, I would have the other. - Harriet Tubman

Andrew Johnson: The American Presidents Series: The 17th President, 1865-1869

Annette Gordon-Reed

Tuesday, February 8, 2011 at
7:30PM, [buy tickets online>>](#)

Thrust into presidential office just six weeks after becoming Abraham Lincoln's vice-president, Andrew Johnson was tasked with leading a country recovering from Civil War. In her new biography, [Annette Gordon-Reed](#)--a leading historian of slavery in the United States--demonstrates how Johnson's vision of reconciliation abandoned the millions of former slaves and had lasting ramifications. A professor of law at New York Law School, Gordon-Reed won the Pulitzer Prize and National Book Award for *The Hemingses of Monticello*. She is the author of *Thomas Jefferson and Sally Hemings: An American Controversy*, co-author with Vernon Jordan of *Vernon Can Read!*, and the editor of *Race on Trial*.

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Inside Buffalo: A Documentary

Wednesday, February 9, 2011 at 7:00 PM, FREE

Parkway Central Library, Auditorium

For more info: 215-686-5414

Inside Buffalo tells the story of the 92nd Buffalo Division, the all-African-American segregated combat unit that fought with outstanding heroism in Italy during World War II. Those who survived found that their contributions went unnoticed upon their return home. Director Fred Kuwornu, an Italian filmmaker of African heritage, seeks out little-known stories, including friendships between the soldiers and the Italian partisan fighters and villagers they liberated from fascist rule.

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Modern Voices in Indigenous Film: The Only Good Indian

Wednesday, February 9, 2011 at
7:30PM, FREE

Broad Street Ministry,

How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and strong. Because some day in life you will have been all these. George Washington Carver

For more info: 215-735-4847

Follow the perilous journey of a young Native American boy in Kansas at the turn of the 20th century as he escapes from the cruel world of a distant Indian boarding school and tries to make his way back home.
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Grand Hank Continues Partnership with the Philadelphia School District for the 4th Annual Black History Month Science Field Trip

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Dear Principal, Teacher, Administrator:

Thanks to the overwhelming participation and success of the Third Annual Black history Month Field Trip: Celebrating African American Scientists and Inventors Through Live Demonstrations, we are pleased to announce that we are accepting registration for this year's event series which will run from FEBRUARY 1 through MARCH 4, 2011.

The event series consists of live science demonstrations, where each lesson features a biographical look at an African-American scientist and/or inventor who influenced the science behind the experiment. The activities are aligned with the School District of Philadelphia's Science Core Curriculum for grades 4-8 and 9-12. One of the goals of this event series is to peak the interest of hard-to-reach and even harder-to-interest, at-risk students, and provide them with a foundation on how science has evolved over the years with the help of African-American scientists and inventors. Another goal is to cultivate more scientifically literate students as we enter a new phase of Standardized testing in science education.

As an added bonus this year, the first 25 classes to register will receive a free autographed 24" X 36" wall poster of the highlighted African-American Scientists and Inventors (A \$10 Value). The event will be held at the Grand Hank Production's Studios located at 7153 Sprague Street, Philadelphia, Pennsylvania. Registration will be on a First-Come-First-Serve Basis. Last year's tour was a complete sell-out. Please see attached trip flyer for more details and contact us immediately and we will forward you the registration packet right away.

We encourage you to register your students for this historical event as we move to the next level in science education.

Both tears and sweat are salty, but they render a different result. Tears will get you sympathy; sweat will get you change. Jesse Jackson

REGISTRATION DEADLINE: FEBRUARY 11, 2011

Contact Us Immediately At

Email: blackhistory@grandhank.com or call us at 215-247-1109

Please Circulate To All Principals, Administrators, Teachers, Parents and Families

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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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JOB OPPORTUNTIY

Interviews by appointment only.

National marketing firm is seeking individuals to be trained and build marketing teams for new territories throughout NYC & surrounding territories.

Field Sales/Marketing Agent

Location: New York City (5 Boroughs)

Details: Full-Time

Compensation: \$30 to \$45 commissions per new account opening, and bonus incentives

Start Date: Immediately

Age: 18+

Additional information available in our Google group

<http://groups.google.com/group/coalition-the>

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Citizens Bank Park is currently accepting applications for the below open positions for the upcoming season. Please may refer someone yourself or forward the email to anyone you know that may be interested.

Cashiers; Concessions Stand Workers; Concessions Supervisors; Food Servers; Food Vending; Line Cooks; Retail Sales Associates; Utility Workers; Warehouse Workers.

· All applicants must be at least 16 years of age or older.

Now I don't believe in black separatism, I'm against it...But I do say this. It seems that our white brothers and sisters don't want to live next door to us... So...they're pinning us in central cities...We're hemmed in. We can't get out. They won't pass the fair housing bill here. And that's true in every city in this country. Now, since they're just going to keep us in here...what we're going to have to do is just control the central city. We got to be the mayor's of these big cities. And the minute we get elected mayor, we've got to begin taxing everybody who works in the city who lives in the suburbs. I know this sounds mean, but I just want to be realistic. - in a speech in Louisville titled "Which way Its Soul Shall Go": by Dr. Martin Luther King

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on The Coalition,
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Applicants applying for Cook and Utility positions should be 18 years or older due to the nature of the job.

(Working papers are required for those under 18 yrs of age prior to starting work.

We can assist in applying for working papers.)

- All positions are union positions and require payment of union dues.
- All applicants should be available to work every home game however there is no guarantee of being scheduled for every game. We are able to work with students who have limited availability due to school. (see attached schedule)
- All positions will be scheduled to start March 29th or March 30th with the 2011 preseason games with new hire orientations being scheduled from late February to mid March.
- Employee report times are normally 3.5 hours prior to the start of the game but may be earlier depending on special events taking place that day.
- We will provide orientations and necessary training for new employees including alcohol service training.

(Note: employees must be 18 yrs or older for alcohol serving positions.)
· We will be conducting onsite interviews on January 22nd for all open positions.

Please submit resumes for consideration.

Resumes can either be emailed to Quashan Lockett qlock@cardangroup.com or faxed to 267-570-2301.

He can be reached via email or by phone at 267-570-2307 with any questions.

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CCP Job Ready program offers green-collar training
Community College of Philadelphia's
[Job Ready Training Program](#)

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

The College and its partners will provide education and training to qualified veterans, unemployed workers, ex-offenders and other residents who live in portions of North Philadelphia, Kensington and Port Richmond for entry-level jobs in the green manufacturing and weatherization industries.

For more information, call 215-496-6148 or [email here](#).

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HEALTH MATTERS

“To the ordinary American or Englishman, the race question at bottom is simply a matter of ownership of women; white men want the right to use all women, colored and white, and they resent the intrusion of colored men in this domain.” W.E.B. DuBois

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.

If you smoke, watch out for low back pain

New York (Reuters Health) - If you needed another reason to cut the cigarette habit: Smokers, especially younger smokers, are more likely to report low back pain than people who have never smoked, according to a new analysis.

After examining existing research, Finnish researchers concluded smoking is "modestly" associated with the risk of low back pain and the effects may be "at least partly reversible." Their findings are published in the January issue of the American Journal of Medicine.

Dr. Rahman Shiri of the Finnish Institute of Occupational Health and colleagues wanted to know if smoking increases the risk of low back pain, a problem that affects an estimated 8 in 10 adults during some point in their lives.

Previous analysis of the existing research came to different conclusions, with one study suggesting an association between smoking and low back pain and the other reporting "unclear findings."

The Finnish researchers identified and reviewed 81 studies from around the world involving smokers, former smokers, or never-smokers and low back pain conducted between 1966 and 2009. Of those, 40 studies involving more than 300,000 adults and adolescents met the standards for the analysis.

The Finnish team subjected the data of the individual studies to further statistical analysis to tease out the strength of relationships even as the studies reported various outcomes.

They determined that even though the data did not prove smoking leads to low back pain, the analysis of previous the literature suggested a "fairly modest" association between smoking and low back pain.

"Current smokers (adolescents or adults) are at only 31% higher risk of

What does it profit the freedmen seeking to please the former master? What sense does it make to seek the approval of those who wish you no good?— Madu

low back pain compared with never smokers but this estimate is only for low back pain for one day or more during the past 12 months," Shiri told Reuters Health in an email.

The smoking/low back pain association was strongest for "chronic or disabling low back pain" but, Shiri cautioned, none of the studies were designed to determine if there was a cause and effect relationship.

Scientists don't know why smoking may be associated with lower back pain, although there are a number of possible explanations, including reduced blood supply to the spine, increased risk of osteoporosis, and the increased circulation of pain conducting chemicals in the blood from smoking.

The research suggests the young "might be more vulnerable to the effects of smoking than adults" because the low back pain/smoking association was stronger in adolescent smokers than adult smokers. Another explanation, the authors said, may be that it's easier to identify and study true rate of low back pain in young people than in adults.

The research does suggest "the effects of smoking may be at least partially reversible," since former smokers were less likely to seek care for low back pain than current smokers. More research into former smokers will be needed to make a more definitive claim, the authors said.

SOURCE: The American Journal of Medicine, January 2010.

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GOOD NEWS JUST IN TIME FOR VALENTINE'S DAY

A box of chocolates may be more of a heart-felt gift than you thought. Studies indicate Americans have a shortage of copper in their diets, a problem especially acute in those who take zinc supplements to ward off illness. Zinc inhibits the body's ability to absorb copper, an essential component in maintaining sufficient level of red blood cells which also protects against free radical damage and contributes to the heart's ability to pump blood. Copper deficiency can resemble iron-deficiency anemia, and long-term copper deficiency can result in high blood cholesterol. The good news is that studies indicate chocolate is a good source of copper. A 1-ounce square of sweet or semi-sweet chocolate has about 0.2 to 0.3 milligrams of copper. "Americans who eat chocolate get an average of about 10 percent of their copper from chocolate foods," said Nancy Betts, professor of nutritional science and dietetics at the University of Nebraska

For light I go directly to the Source of light, not to any of the reflections. - Peace Pilgrim

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in Lincoln. "Some people get over 50 percent of their copper from chocolate foods."

FILL UP ON COPPER THIS COLD AND FLU SEASON: Doctors say during the cold and flu season people who take a zinc pill a day to keep illness away should be careful about depleting their copper levels. Zinc can inhibit the body's ability to absorb copper, they said. "Studies show that supplementing your diet with 15 milligrams a day of elemental zinc over time can adversely affect copper absorption," said Nancy Betts, professor of nutritional science and dietetics at the University of Nebraska in Lincoln. During the winter, people also increase their intake of herbal teas that contain tannins such as black cohosh, grape seed, St. John's Wort and saw palmetto. These herbs have an acid substance that can possibly alter the absorption of copper, as well as other minerals the body needs like iron, magnesium and zinc. Maintaining sufficient copper levels in the body is important because copper is key to proper functioning of the cardiovascular system, Betts said. "People taking zinc to ward off colds should simultaneously supplement with a vitamin and mineral supplement with 1.5 to 3 mg of copper per day," Betts said. "Copper is found in a wide variety of foods, including chocolate, liver, shellfish, meats, nuts, legumes, whole grain cereals and raisins."

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Elderly at risk from cold stress can get help

The elderly population is disproportionately affected by hypothermia (commonly known as cold stress), caused by excessive body heat loss and exposure to cold. Those who don't dress warmly enough; live in a cold room or house; lack shelter from the snow, rain, wind, and water; eat poorly and take certain prescription medications are at risk for cold stress.

Cold stress can happen indoors, even at temperatures as mild as 60°-70°F. Neighbors, friends and relatives are urged to check in on elderly persons since they may be especially vulnerable to cold stress.

People can protect themselves by following these simple guidelines, according to Sharon Congleton, RN, BSN, health promotion nurse supervisor at Philadelphia Corporation for Aging –

- Stay warm and dry, indoors and outdoors
- Avoid exposure to snow, wind, rain and water/dampness
- Dress warmly
- Wear loose layers of clothing, especially woolens
- Cover head and neck (wear a hat and scarf)
- Wear gloves or mittens
- Change socks and long underwear if they become damp or wet

"Every segment of our population, and every individual, has a right to expect from his government a fair deal." Speech to Congress 6th September 1945. – Elijah Muhammad

- Wear warm shoes and socks
- Keep skin and clothing dry to lessen the chance of frostbite
- Eat nutritious meals on a regular basis, especially a hot meal
- Drink a lot of fluids

Congleton also says that among things not to do in an emergency are giving hot drinks, hot food, alcohol, medications, baths or showers and do not rub or massage arms or legs

Senior citizens in Philadelphia can call the PCA Helpline Monday through Friday, from 8:30am to 5pm at 215-765-9040. Information on assistance programs and tips for keeping warm is available on the [web here](#).

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Get Fresh!

Volunteer with Philabundance Fresh for All

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

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

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

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

Looking for something physical?

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

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

For more information, go to www.philabundance.org

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Revolution is not something that is created by political elites, but rather by ordinary people when they change the way they think and live. Unknown

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.

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

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!

Energy Costs

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

*I know I got it made while
the masses of black people
are catchin' hell, but as
long as they ain't free, I
ain't free. - Muhammad Ali*

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.

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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](#)

GRANTS, SCHOLARSHIPS & INSTRUCTION

See: *For-profit colleges prey on low-income students*
in our online group

<http://groups.google.com/group/coalition-the>

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Pathways offers English language courses in Darby

PathWays PA is offering a course meant for those interested in learning and improving their English while also covering United States history, work skills, the citizenship process, employment, math and reading.

The course is held on

Mondays & Wednesdays from

9:30 to noon or Tuesdays & Thursdays from 5-7:30pm at the

Darby Borough Hall,

821 Summit Street in Darby.

For more information about the class,

call Kelly Binder at 610-543-5022 X 227 or email her

kbinder@pathwayspa.org

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MetLife supports community, police partnerships

The Community-Police Partnership Awards, sponsored by the MetLife Foundation and the Local Initiatives Support Corporation, recognize innovative partnerships between community groups and police to promote

The thing worse than rebellion is the thing that causes rebellion. - Frederick Douglass

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neighborhood safety and revitalization.

Six Neighborhood Revitalization Awards, ranging from \$15,000 to \$25,000, will celebrate exemplary collaboration between community groups and police that yield crime reduction as well as economic development outcomes such as real estate development, business attraction, and job growth. Five Special Strategy Awards of \$15,000 each recognize exemplary collaboration between community and police partners who have achieved significant public safety outcomes in six specific categories. The preliminary application deadline is February 28, 2011. Program details are available on the LISC [website](#).

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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>

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

The Aspen Institute Program on Philanthropy and Social Innovation in

I know no national boundary where the Negro is concerned. The whole world is my province until Africa is free. Marcus Garvey

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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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*“Fear is, I believe, a most effective tool in destroying the soul of an individual - and the soul of a people.
Anwar Sadat*

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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

*Revolutions are brought
about by men, by men who
think as men of action and
act as men of thought.
Kwame Nkrumah*

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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 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

What I think the political correctness debate is really about is the power to be able to define. The definers want the power to name. And the defined are now taking that power away from them. - Toni Morrison

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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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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

The major job was getting people to understand that they had something within their power that they could use, and it could only be used if they understood what was happening and how group action could counter violence. - Ella Baker

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

Here's how!

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

"Tunnel of Remembrance"

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

"Brick of Remembrance".

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

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

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ARTS FOR AWARENESS

Power doesn't have to show off. Power is confident, self-assuring, self-starting and self-stopping, self-warming and self-justifying. When you have it, you know it. - Ralph Ellison

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

Poetry Workshop with Drexel University

Wednesday, February 9, 2011 at
2:00PM,
FREE

Drexel Intercultural Center,
30 S. 33rd St.

For more info: 215-895-6485

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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If you were inspired by what you read in War Dances, come learn what makes a good poem and what it takes to write one at a free poetry workshop with Harriet Millan, director of the Drexel University Writing Program and author of Girl in Cap and Gown, a finalist for the 2009 National Poetry Series Award.

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The Philadelphia Social Science Forum
in honor of Black History Month presents

"An evening with Martha Prescod Norman Noonan"

co-editor of the recently published

"Hands on the Freedom Plow: Personal Accounts by Women in SNCC"

Martha Noonan is an experienced Civil Rights activist and teacher of history. She was active in the Student Nonviolent Coordinating Committee.

Additional Remarks by
Debbie Amis Bell, Founding Member of SNCC
District Organizer, Communist Party of Eastern PA & DE

Friday, February 18, 2011 7:00 P.M.

The brotherhood of man is evoked by particular men according to their circumstances. But it seldom extends to all men. In the name of our freedom and our brotherhood we are prepared to blow up the other half of mankind and to be blown up in our turn.
- R. D. Laing

Tabernacle United Church
3700 Chestnut Street
Philadelphia, Pennsylvania

\$5.00 admission/\$2.00 students and unemployed
\$10.00 for the 3 winter/spring forums (Feb. 18, March 18, April TBA)
(Light refreshments will be served)

For more information:
(215) 222-8895 or rperna@cpusa.org

Sponsors:

Friends of the People's World; Communist Party of E. PA and Delaware
United for Peace and Justice/Delaware Valley Network (UFPJ/DVN)
Education Committee
Philadelphia Black Radical Congress
National Writers Union Philadelphia Chapter

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Endorsed by: Brandywine Peace Community

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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

Africa is Wow - Celebrate Black History Month

Monday, February 14 at 10:00am - February 19 at 3:00pm

Church of the Advocate,
1801 Paul Washington Ave. (W. Diamond St)
Philadelphia, PA 19102

Enhance your Knowledge about Africa

February 14-19th 2011

I leave you love. I leave you hope. I leave you the challenge of developing confidence in one another. I leave you respect for the use of power. I leave you faith. I leave you racial dignity. - Mary McLeod Bethune, Last Will & Testament of Dr. Mary McLeod Bethune

Time: 10am - 12pm & 1pm - 3pm

Monday and Tuesday - Exhibit on Africa

Wednesday - Video on Zimbabwe

Thursday - Mastering the Continent

Friday and Saturday - Exhibit on African American

Come and be excited about your heritage.

Exhibition sponsored by
Milfred Hall

If you need more information about this event please call the church: 215-26-0568 and ask for Milfred Hall.

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**The Clark Park Flea Outdoor Market is Going Indoors!!
For Three Days!!**

February 19th - 21st. Saturday, Sunday & Monday at the
Cookman United Methodist Church
1201 W. Lehigh Ave.

Get your shop on inside where it's warm.

Over twenty five vendors with an variety of goods for you to purchase.

Open from 9:00am - 5:00pm

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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

I can't? are two words that have never been in my vocabulary. I believe in me more than anything in this world. - Wilma Rudolph

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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* * * Outside PA * * *

DeVry University
Careers for the 21st Century
National Open House
Saturday, February 12th, 2011

In today's competitive world it's important to stay one step ahead.
Learn about today's fastest growing career fields and
how the right degree can help prepare you for them.

Find out more by attending DeVry University and its
Keller Graduate School of Management's Careers for the 21st Century
National Open House on Saturday,
February 12th at our Charlotte Campus.

For more information, or to register, please call
Daiba Tozay at 704.697.1053 or email dtozay@devry.edu

Charlotte Campus
2015 Ayrley Town Blvd., Ste. 109
Charlotte, NC 28273-4068

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COMPUTERS AND TECHNOLOGY

The greatest discovery of all time is that a person can change his future by merely changing his attitude.

Oprah Winfrey

Workshop: Bring A Computer, Ask A Question

Saturday February 19th, 2011

2:00 PM till 5:00 PM

Nonprofit Technology Resources

1524 Brandywine Street

Philadelphia PA 19130

Registration: Fifteen Dollars (\$15) (\$5 for K-12 Students)

Pay in advance to register.

Call or Write for Information:

215-564-6686 or pokras@ntronline.org

Due to the popularity of this workshop please don't walk in.

We're nearing the end of our sixth year offering this unique hands-on workshop. It continues to be extremely popular. We offer to help you repair, upgrade or use your own computer. That's right, bring in your computer from home. Also bring any specialized components such as external power supplies for laptops or USB keyboards or mice. For most desktop computers, we'll supply a monitor, keyboard, mouse, power cords and an Ethernet connection to the Internet.

This event is often noisy and very busy. It's a room full of people who love to work on computers. Come prepared to ask a question, solve a problem, or learn how to do something specific. We won't be "teaching" in the usual sense.

The previous times we offered this workshop were all great successes. The growing number of participants have had most of their problems and issues solved.

In fact, this workshop has become so useful, the School District of Philadelphia gave NTR a grant to provide this service for K-12 school students and we continue to offer the workshop at reduced registration cost for K-12 students and their families. Please bring a report card to prove that your family is eligible for this discount.

You may bring new components, accessories, or software to install which you have purchased elsewhere or in our Computer Thrift Store. An instructor and volunteers will be in the workshop to help answer your questions and guide you in working on your computer.

My attitude is that if you push me towards something that you think is a weakness, then I will turn that perceived weakness into a strength. - Michael Jordan

VERY IMPORTANT DISCLAIMER:

This workshop is an opportunity to learn more about your computer. It should not be used in place of having professional repair people work on your computer. You should not bring a computer which is critical to your studies or your work. While we will take precautions against creating problems, anything could happen to the computers at this session.

We will not take responsibility for any mistakes made or problems created during this workshop. We don't have the capacity to backup your computer for you at this time.

Please backup your computer data before coming.

VOLUNTEERS INTERESTED IN HELPING WITH THIS WORKSHOP SHOULD CONTACT ME.

Space is limited. Register early by paying your fee in person (cash, credit or money order) or by mail (money orders only).

Stanley R. Pokras, Executive Director, Nonprofit Technology Resources

pokras@ntronline.org

1524 Brandywine Street

Philadelphia PA 19130

215-564-6686 (day) 215-564-6642 (fax)

267-968-0407 (cell)

<http://NTRweb.org>

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Group offers low-cost web access to nonprofits

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

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

- 12 months of service from Mobile Citizen extended to 15 months at no additional charge. With this, nonprofits receive three free months of service per account.
- Dedicated Mobile Citizen Customer Care customized for non-profit organizations.

I have never had much patience with the multitudes of people who are always ready to explain why one cannot succeed. I have always had high regard for the man who could tell me how to succeed. - Booker T. Washington

- A free one-year membership to NTEN, a nonprofit technology network, ongoing information and news as well as access to a support community.
- A choice of additional benefits including an educational webinar series.

For more information, email [Free Trial](#).
www.mobilecitizen.org/grantphiladelphia

A HAND UP!

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

Hunger Coalition starts Adopt-A-Pantry project

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

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

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

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

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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>

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

Presumption should never make us neglect that which appears easy to us, nor despair make us lose courage at the sight of difficulties. - Benjamin Banneker

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

doff \DOF\ : To take off, as an article of clothing; To tip or remove (one's hat); To put aside; to rid oneself of.

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.

