

We all hold a piece to the puzzle
Friday 18 March 2011

The Coalition, Inc.
Board of Directors

Gary R. Adams
(President/CEO), John
E. Churchville
(Treasurer),

Members:

Josephine Blow, Stanley
Daniels, Edwin
Desamour, Nijah
Famous, Tom 'Bunny'
Henry, Abdul Malik
Raheem

Table of content

For Our Children ... 02

This Week ... 06

Employment and
Training Opportunities
... 07

Health Matters ...07

Green Piece ... 12

Grants, Scholarships &
Instruction... 14

SpotLight ... 16

Arts for Awareness ...
18

Coming Up ...23

Computers and
Technology ... 24

A Hand Up ... 25

On The Airways ... 26

News From The Coalition, Inc.

"Communication – Cooperation – Collaboration"

Volume 5, Number 27

Greetings Coalition Family!

Welcome to our Women's History Month editions. We invite you to share your favorite facts, bios and quotes throughout this month of March in celebration of strong women everywhere.

"Courage is the most important of all the virtues, because without courage you can't practice any other virtue consistently. You can practice any virtue erratically, but nothing consistently without courage." - Maya Angelou

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](#).

FHI SPRING SATURDAY COMMUNITY ACADEMY

The Frator Heru Institute (TFHI)
in collaboration with
The Men’s Collaborative (TMC)
sponsor this monthly
youth/community engagement session:

Learn about the dynamic history & culture of Philadelphia

Next Session:
Saturday, March 19, 2011 / 1p.m. – 2:30p.m.

Location:
Sharswood Townhouses II Community Center
1450 N. 21st St. (21st & Jefferson Sts.)

Lunch Provided

This month we will delve into a discussion of the historic Uptown Theater on Broad St. and the current efforts to revitalize the theater. The course will involve a development timeline from the 1929 opening of the theater to the present day efforts to renovate and restore the theater.

Join us as we look at the future of a Philadelphia landmark treasure!

Facilitator: Ms. Linda Waters Richardson has been working on community development projects for most of her professional career and currently serves as the President of the Uptown Entertainment & Development Corporation (UEDC, Inc.), owners of the Uptown Theater. She has a Master’s in Science from New Hampshire University and has been an instructor at Temple University and Bryn Mawr University. In 2006, she produced a documentary on the Uptown Theater that was aired on PBS.

Programs Funded by The Wm. Penn North Philadelphia EPIC Stakeholder Group

Mr. Yumy Odom, Founder

*Do not vacillate or you will
be left in between doing
something, having
something and being
nothing. – (Ethiopian
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.*

The Frator Heru Institute
1046 W. Jefferson St. - LL
Philadelphia, PA 19122

Phone: [215.235.1604](tel:215.235.1604)

Fax: [215.235.2403](tel:215.235.2403)

E-mail: yumyodom@thefratorheruinstitute.org

Website: www.thefratorheruinstitute.org

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

John Stephens | The Emerald Atlas

Saturday, April 16 (Time TBA), FREE

Parkway Central Library, Teen Zone: Room 108

The Emerald Atlas is the highly anticipated first book
in a new fantasy trilogy by debut author John Stephens,
the former executive producer of the
Gossip Girls television series
and a producer and writer for
The O.C.
and
Gilmore Girls.

The story follows three orphaned children as they travel through an
enchanted world to collect a lost magical book that may
have the power to alter the course of history.

A reviewer for Publisher's Weekly praises,
"fans of Narnia and Middle Earth will delight in this
kindred volume, greet it as a long-lost cousin, and impatiently
wait for the necessary sequel."

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

2011 Philadelphia Book Festival

Saturday, April 16 - 10:00 a.m.-5:00 p.m.

Now in its fifth year, the Philadelphia Book Festival is the
Free Library of Philadelphia's
annual burst of books, music, and inspiration!

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.

JOIN THE COALITION, INC!

To join The Coalition go to: TheCoalitionInc.net and download a copy of the Pledge of Commitment and return it to us the.pa.coalition@gmail.com

Packed with programming for all ages, the Festival features talks by bestselling authors, poetry readings, musical performances, tours of the Library's special collections, programming for children and families, and a vibrant Festival Street Fair featuring a wide array of literary exhibitors.

Connect with us for Festival news and updates:

Find us on Facebook

[\http://r20.rs6.net/tn.jsp?llr=mnf6hkbbab&et=1104569006051&s=14537&e=001c667Xc8aJP7cmXYbxB0zIdYho7S-XOJe5f4TQtRCT4GtvEk2Guwsz-PBUwqWq9lfyTh85oOD2inHJbehxK0Ie0Hi6S4erQov-MDfY_G4b09f4N1Zi4WJXGGivlCbK7ygRWX50aRtvZSo00e0ILR4pA=
≡]

Follow us on Twitter

[\[http://r20.rs6.net/tn.jsp?llr=mnf6hkbbab&et=1104569006051&s=14537&e=001c667Xc8aJP7cF5D1Nx2uu8GXw3hZ6UW6kyQx4AF19GgZ_nV85C-bsTJrc-ouEuKvWOqJ5sIgd62wqbnRDC-QJTvctNyvDMCpTfd-FJ0jh4KxWFOZml8tKIQRFHvMPs7\]](http://r20.rs6.net/tn.jsp?llr=mnf6hkbbab&et=1104569006051&s=14537&e=001c667Xc8aJP7cF5D1Nx2uu8GXw3hZ6UW6kyQx4AF19GgZ_nV85C-bsTJrc-ouEuKvWOqJ5sIgd62wqbnRDC-QJTvctNyvDMCpTfd-FJ0jh4KxWFOZml8tKIQRFHvMPs7)

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

Children's Trust Fund to announce grant process

The Pennsylvania Children's Trust Fund provides grant funds annually to community-based agencies for the implementation of primary child abuse and neglect prevention programs.

This year's funding focuses on the provision of comprehensive support services to pregnant and parenting teens and young adults using evidence-based methods that will strengthen families and build protective factors in order to prevent child abuse and neglect.

The 2011 CTF Request for Application will be issued online in late February or early March. Email Carrie Collins to be added to the electronic mailing list.

Applicants may apply for up to \$40,000 each year for three years. A 25 percent local match is required in the first year, and a 50 percent local match is required in the second and third years each.

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

Cephalon Internships

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

JOIN THE COALITION, INC!

To join The Coalition go to:

TheCoalitionInc.net and download a copy of the Pledge of Commitment and return it to us the.pa.coalition@gmail.com

The College of Physicians of Philadelphia's is currently recruiting 8 to 10 high school students from the School District of Philadelphia for its 2011 Cephalon Summer Internship.

Selected students will improve the design of the group's youth-focused website, write articles, and produce videos to educate and inform their peers about important health issues.

This is a four week summer internship program, from July 11, 2011- August 5, 2011.

Students will work four days a week (Tuesday through Friday) from 10am-4pm (24 hours/week).

The stipend is \$10/hour.

Any rising 11th or 12th grader from the School District of Philadelphia is welcome to apply. Each student must complete an application form, provide a resume, write a 1-2 page essay, submit one letter of recommendation from his or her school or after-school program, and get a parent's or guardian's permission to apply.

Complete applications must be postmarked by March 31st.

Go here for an application: <http://www.collphyphil.org/Cephalon2011.pdf>

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

Young people sought to produce documentary on child obesity

The Community Enrichment Fitness Network, which for five years has broadcast on community access channels, is preparing a special on childhood obesity and is looking for young people between 8 and 25 to participate in the production.

The program will focus on the dangers of obesity and how young people can make the lifestyle choices to avoid it.

Volunteer opportunities abound for acting roles, TV production, and promotions and public relations.

For more information, call 215-858-4957

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

Cap4Kids Hint of the Week

Subfreezing temperatures outside, but not too soon to get the families we served thinking about summer plans.

On the Cap4Kids website, under After School Programs/Camps http://www.cap4kids.org/philadelphia/parent_handouts/after_school_programs_camps.html you will find a whole sub-section on Summer Camps.

One cannot consent to creep when one has an impulse to soar. – Helen Keller

JOIN THE COALITION, INC!

To join The Coalition go to:

TheCoalitionInc.net and download a copy of the Pledge of Commitment and return it to us the.pa.coalition@gmail.com

Already Dragonfly Forest Camp and others are beginning their application process for Summer 2011.

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.

Did you know that Early Childhood Caries (cavities) are the MOST common chronic childhood disease in America?

Did you also know that the American Academy of Pediatrics and American Academy of Pediatric Dentists recommends that children start seeing a dentist at 1 year of age?

To promote dental health and to advocate for the oral health of children Public Citizens for Children and Youth (PCCY) are having their Give Kids a Smile day with FREE dental care at over 20 sites around Philadelphia (see fliers in [The Coalition Group](#)).

Also, on the www.cap4kids.org/philadelphia website, under Physical Health

http://www.cap4kids.org/philadelphia/parent_handouts/physical_health.html you will find several resources for finding a dental home for children, including a printable listing of children dentists that accept Medicaid and SCHIP.

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

THIS WEEK

Jazz buffet benefits Dignity housing programs

Dignity Housing is a non-profit organization whose mission is to break the cycle of homelessness and poverty that confronts low-income families and individuals in Philadelphia by providing affordable housing, promoting self-sufficiency, and creating opportunities beyond expectations.

Dignity's 6th Annual Beyond the Beat Jazz Buffet will be held at the Commodore Barry Club,
6815 Emlen St.
in Mount Airy on
Sunday, March 20th.

*A woman is like a tea bag.
You never know how strong
she is until she gets into hot
water.*

-- Eleanor Roosevelt.

JOIN THE COALITION, INC!

To join The Coalition
go to:

TheCoalitionInc.net
and download a copy
of the Pledge of
Commitment and
return it to us
the.pa.coalition@gmail.com

The event will feature a live performance, dinner, raffles, and salsa dancing. Ticket prices are \$45 and table sponsorships are \$500. The event brings together city and community leaders, businesses, the general public, and Dignity residents in recognizing their successes and the importance of affordable housing and services for the homeless.

Tickets are available online <http://dignityhousing.eventbrite.com/>
---- Coalition members! Activate 'Your' [web link](#) on The Coalition, Inc. web site ----

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.

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.

Staying Smoke-Free

For most people, quitting is not the biggest challenge; it's staying quit. The final key to successful quitting is being prepared to handle difficult situations and to recover if you slip.

According to the Centers for Disease Control and Prevention, you are at greatest risk for relapse in the first three months after quitting. Plan ways you can cope when you are around other smokers or in difficult situations where you're tempted to take a puff.

If you used to smoke to handle stress or calm your nerves, it's important to find other ways to do that—because stressful things will always happen sooner or later. Try to integrate stress reduction into your daily life. Some people find it helpful to meditate, to do yoga or tai chi, or to go for a run.

If you do slip and have a smoke, don't beat yourself up, and don't give up. Instead, think of what you can learn from this. Review what led you to smoke. Were you alone, or with others? How were you feeling before and after that cigarette? Did something happen that triggered the slip, such as


Courage is the price that life exacts for granting peace. -- Amelia Earhart

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

a stressful time at work or a family fight? Was the trigger a time or place you used to smoke: drinking in a bar, driving in the car, talking on the phone? Plan how you'll avoid or cope with that the next time.

Ask for help from friends or experts.

Limit or monitor your use of coffee and alcohol; these trigger the urge to smoke for many people.

Eat healthy foods and get some exercise to manage your weight and moods. Just walking for ten minutes three times a day can do it. 

[14](#)While some people do gain weight when they quit smoking, research shows that large weight changes are unusual. Using medication also helps limit weight gain.

Remind yourself of the benefits of not smoking. Think about smoother skin and healthy lungs. Picture yourself not smoking at important events—your friend's wedding, your family reunion.

You'll find many more ideas to help you cope with cravings and tough times at the www.smokefree.gov website's [Forever Free™ booklet series](#) for smokers who have recently quit.

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

Childbirth deaths from spinal anesthesia rising

By Amy Norton

NEW YORK | Fri Dec 24, 2010 2:09pm EST

(Reuters Health) - The number of U.S. women who die from anesthesia complications during childbirth has fallen sharply in recent decades. But deaths specifically related to so-called regional anesthesia, which includes epidurals and spinal blocks, have crept upward since the mid-1990s, a new study finds.

Researchers stress that such deaths remain rare. But they also say the results point to an area where anesthesia can be made safer for women.

Regional anesthesia numbs the lower portion of the body and allows women to stay awake during childbirth. Most cesarean sections are done under regional anesthesia, but emergency C-sections often require general anesthesia.

Regional anesthesia is considered quite safe. But in rare cases, patients can have a severe allergic reaction to the anesthetic, or the drug can cause breathing or heart problems.

In the new study, researchers found that between 1979 and 2002, childbirth deaths related to any anesthesia complication dropped by 59 percent among U.S. women.

There were three such deaths for every million live births between 1979 and 1990, compared with just over one death per million births between

I think the legacy of the civil rights movement is that now whites are more open to being represented by people of color or people who are women or, again, non-traditional candidates.
- Carol Moseley Braun

JOIN THE COALITION, INC!

To join The Coalition go to:
TheCoalitionInc.net
and download a copy of the Pledge of Commitment and return it to us
the.pa.coalition@gmail.com

1991 and 2002 -- the most recent year for which data were available -- the researchers report in the journal *Obstetrics & Gynecology*.

However, while deaths related to general anesthesia kept falling in the 1990s, those related to regional anesthesia rose slightly, from 2.5 deaths for every million C-sections between 1991 and 1996 to 3.8 per million between 1997 and 2002.

"It is concerning," said lead researcher Dr. Joy L. Hawkins, of the University of Colorado School of Medicine in Aurora.

She stressed that women should remember that anesthesia-related deaths during childbirth are a rare event. But there are steps that women can take themselves to minimize any risks.

"I think the main thing is to get good prenatal care, and keep any medical conditions you have under control during pregnancy,"

Hawkins said in an interview.

That's because chronic health conditions, like high blood pressure and diabetes, can make women more vulnerable to childbirth complications in general.

Hawkins also suggested that women make sure their anesthesiologist knows about any health conditions they have or medications they have been taking.

For their study, Hawkins and her colleagues used a U.S. government database that collects information on pregnancy-related deaths nationwide. Between 1991 and 2002, the system received 56 reports of anesthesia-related deaths during childbirth.

Most of the women who died - 48 of the 56 -- had undergone a C-section.

In the rest of the cases, the type of delivery was not reported.

Deaths related to general anesthesia during C-section declined markedly over the decade. From 1991 to 1996, there were 17 such deaths per one million C-sections; that rate fell to 6.5 per million for the years 1997 to 2002.

In contrast, deaths related to regional anesthesia during C-section inched up.

The reasons for the increase are not known.

According to Hawkins, the overall drop in anesthesia-related deaths since the 1970s is likely related to factors like safer drugs, better monitoring of women's heart rates, blood pressure and oxygen while under anesthesia, and an improved understanding of how individuals can react to anesthesia.

But, she speculated, the medical profession may have become too narrowly focused on preventing deaths related to general anesthesia, which typically is more risky.

Research in the 1970s and 80s, Hawkins said, showed that

We believe in loving our brothers regardless of race, color or creed and we believe in showing this love by working for better conditions immediately and the ultimate owning by the workers of their means of production. - Dorothy Day

JOIN THE COALITION, INC!

To join The Coalition go to:

TheCoalitionInc.net
and download a copy of the Pledge of Commitment and return it to us
the.pa.coalition@gmail.com

pregnant women were 17 times more likely to die from general anesthesia than regional. And people reacted to that. "A good part of our energy was tunnel-visioned toward general anesthesia," Hawkins said. "Maybe we've let the pendulum swing a bit in the other direction."

It is hard to study the potential reasons for the increase in deaths linked to regional anesthesia, precisely because they are so rare, Hawkins said. But information from malpractice claims suggests that a number of deaths in recent years were related to a lack of emergency resuscitation equipment in the delivery room. So it's possible, according to Hawkins, that having such equipment nearby could make a difference.

SOURCE: link.reuters.com/gyp63r

Obstetrics & Gynecology, online December 20, 2010.

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

Call for Focus Group Participants

Focus Group on Men's Health: What Do We Need? What Can We Do Now?

What:

Drexel University College of Medicine is currently looking for **MEN** to participate in a focus group to identify priority health issues and problems impacting men as part of the *Philadelphia Ujima Coalition for a Healthier Community*. Your opinions, thoughts and perspective will assist in developing gender-informed approaches, strategies and interventions to improve the health of men in Philadelphia.

Who Are We Looking For?

If you are a male between the ages of 18-65, we would love to hear from you.

When:

Monday, March 28, 2011 – 7-8pm

Where:

Drexel University College of Medicine,
2900 Queen Lane, Philadelphia, PA 19129

Food will be provided

For more information:

To confirm your attendance or if you prefer to arrange a one-on-one interview, please contact Serita Reels @ <tel:215-991-8458>

Why is it that many contemporary male thinkers, especially men of color, repudiate the imperialist legacy of Columbus but affirm dimensions of that legacy by their refusal to repudiate patriarchy? - Bell Hooks

***Candace Robertson-James, MPH
Drexel University College of Medicine
Women's Health Education Program
2900 Queen Lane
Philadelphia PA 19129***

<tel:215-991-8450>[215-991-8450](tel:215-991-8450) (p)

<tel:215-843-0253>[215-843-0253](tel:215-843-0253) (f)

croberts@drexelmed.edu

<http://www.philadelphiaujima.com/>

<http://www.philadelphiaujima.blogspot.com>

<http://www.whepducom.blogspot.com>

...“Those who think they have no time for healthy eating, will sooner or later have to find time for illness.” – Edward Stanley

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

Coalition members!
Get ‘Your’ [web link](#)
on The Coalition,
Inc. web site

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
- 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,

While I know myself as a creation of God, I am also obligated to realize and remember that everyone else and everything else are also God's creation. - Maya Angelou

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](#).

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

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

GREEN PIECE

Repurposing Tips

1. Repurpose an old frame for a vanity tray that's pretty as a picture. Place a piece of colored paper or fabric inside as a finishing touch.
2. A toothbrush's bristles lift away stray threads of silk from fresh ears of corn quickly and efficiently.
3. At a party, stash ice in a colander set on top of a bucket or a bowl. Water will drain out, and guests will get only the solid stuff.
4. Make no-mess pancakes with the help of a ketchup bottle: Pour in batter, and then squeeze out precise portions.
5. Stop searching high and low for hair clips and elastics: Store them tidily on an empty Toilet Paper tube.

I've learned that you shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw something back. - Maya Angelou

6. The cardboard tube from a spent roll of toilet tissue is a wonderfully simple tool for keeping extension cords tangle-free.
7. Pick up interesting cardboard coasters at restaurants and bars you visit along your travels. Punch a hole near the edge, thread some ribbon through, and voilà!: homemade gift tag.
8. Chalk is a moisture absorber: Tie up a few pieces in cheesecloth and store them with your good silver to slow any tarnishing.
9. Vegetable oil will put a shine on leather shoes. Use a damp cloth to remove any dirt, then run a soft cloth with a drop of oil over the surface to (literally) add polish. Tuck a few needles, pins, and thread into a matchbox for an instant sewing kit.
10. Transform a six-pack holder into a condiment tote that's ideal for summer picnics.
11. Have an old cassette case hanging around? (Oh, you know you do.) Coil iPod earphones and tuck them in to keep wires uncrossed.
12. Forget unruly plastic bags that seemingly regenerate under your sink. An empty tissue box keeps them neatly corralled and ready for use.
13. A giveaway shower cap becomes the perfect wrapper for shoes when traveling, preventing them from dirtying clothes packed in your suitcase.
14. A hard plastic soap case is the perfect size to protect a camera stashed in a carry-on bag.
15. Warehouse your shoes in an empty wine-bottle carton wrapped in pretty paper. A lemon works to remove tough food stains from a plastic or light-colored wood cutting board. Squeeze on the juice of one half, rub it in, and let sit for 20 minutes before rinsing.
16. Silence cabinet doors that slam with cork sliced into thin disks and glued onto the inside corners.
17. Organize bills—arranged in the order in which they need to be paid off—in an unused napkin holder.
18. A paint chip strip makes a dandy place card: Cut off a length of two colors, then fold.
19. Shower-curtain hooks provide sturdy storage for heavier items, like purses.
20. Liberally apply cooking spray to both sides of a plastic or metal shovel before clearing away snow, and ice will slide right off instead of building up.
21. Attach a magnet to the inside of a metal medicine cabinet, and you can promptly pluck tweezers (or nail clippers) when needed.

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

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

And I know what struggle is. I have spent a lifetime trying to share what it has meant to be a woman first in the world of sports so that other young women have a chance to reach their dreams. - Wilma Rudolph

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

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

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

For sustainable enterprise go to Green Jobs Philly

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

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

[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>

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

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

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

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>

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

Manners are a sensitive awareness of the feelings of others. If you have that awareness, you have good manners, no matter what fork you use. - Emily Post.

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

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

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.

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

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.

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

Black women must learn to rear sons who will learn from the cradle that their major function as men is not to get a good job and a fine car, but to defend, protect and support their people (in that order), even should death be the consequence. - Dr. Frances Cress Welsing, THE ISIS PAPERS

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

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

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

NAT TURNER 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

Without black, no color has any depth. But if you mix black with everything, suddenly there's shadow - no, not just shadow, but fullness. You've got to be willing to mix black into your palette if you want to create something that's real. - Amy Grant

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

**NAT TURNER ADVOCATES CALLED AS PER
REPARATIONS ADVOCATES WERE TO SOLIDIFY
AND UNIFY TO A LARGER GROW THE MOVEMENT**

“Today, the history about Nat Turner is like and the history about 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.

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

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.

You will be wounded many times in your life. You'll make mistakes. Some people will call them failures but I have learned that failure is really God's way of saying, "Excuse me, you're moving in the wrong direction." It's just an experience, just an experience. - Oprah Winfrey

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.](#)

In combination with a creative, fun and writing activities, BLOOM will foster positive relationships and provide opportunities for girls to build self-esteem and discuss issues that are important to their overall development.

For more information: Ph: 267-386-8204 ext. 2 or nyapinc@gmail.com.

Just as seeds start small and flourish into beautiful flowers, BLOOM's focus is to help transform young girls into spectacular women. ----- Coalition members! Activate 'Your' [web link](#) on The Coalition, Inc. web site -----

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

National Black Arts Spoken Word Tour

The following performances and staged adaptations are available at the group rate of 50% discount (1/2 price) - \$5.00 per person

National Black Arts Spoken Word Tour
&
Adelphia Repertory Touring Company

Presents

Friday, March 18, 2011 7pm
"PEACE IN THE STREETS"

a staged adaptation about violence and crime prevention through positive youth development.

Friday, March 18, 2011 8pm
"OBAMA: Straight No Chaser"

a one man play about the the trials and tribulations of being the First Black President of the United States

Friday, April 8, 2011 7pm
"TO BE YOUNG AND GIFTED WITH RAP"
An staged adaptation engaging the problems and issues surrounding positive youth development

Friday, April 9, 2011 8pm

"WORDS 2 MY LIFE"

A poetic performance about using writing
as a change agent
and positive community development

*Emancipation from every
kind of bondage is my
principle. I go for
recognition of human
rights, without distinction
of sect, party, sex, or color.
- Ernestine L. Rose*

Location: Paul Robeson House Museum
50th & Walnut Street
Philadelphia, PA. 19139

Wednesday, March 30, 2011 6:30pm & 8:00pm
"A HISTORY OF THE BLACK MAN IN AMERICA"
a staged adaptation engaging the struggles of
a black in a changing world

**JOIN THE
COALITION,
INC!**

To join The Coalition go
to:

TheCoalitionInc.net
and download a copy of
the Pledge of
Commitment and
return it to us
the.pa.coalition@gmail.com

Moonstone Arts Center
110-A 13th Street
(off 13th & Samson Street - 2nd Floor)
Philadelphia, PA.

Each Performance is 1 Hour

Tickets available for each performance @ \$5.00 per
person
General Admission Tickets are \$10 (50% Discount)

For more information contact:
Maurice Henderson @ [\(215\) 820-7571](tel:(215)820-7571) or [\(267\) 230-0317](tel:(267)230-0317)
mauricebrianhenderson@yahoo.com

**National Support Agency for Schools and Communities and the
National Black Arts Spoken Word Tour seek venues and sponsors**

We are seeking your organizations as a site and venue host or sponsor of
one or more events and activities which will highlight a supportive
scheduling about Non-Violence and PEACE. Schools(public, parochial,
charter, boarding & Independent), Social Agencies, Community Groups,
Juvenile Detention Facilities, College Campuses, Recreation Centers and
Churches have all become the wealth of respondents and provided the
necessary support for insuring the success of these convening's as a part
of the National Support Agency for Schools and Communities and the

National Black Arts Spoken Word Tour.

There's a place in me that can really relate to being the underdog. I'm always fighting to overcome the obstacle. I can really understand what that's about. - Halle Berry

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

For more information contact:

Dr. Maurice Henderson
National Support Agency for Schools, Communities & Agency Providers
2340 Tasker Street
Philadelphia, PA. 19145
mauricebrianhenderson@yahoo.com

(267) 230-0317 Cell

(215) 987-7918 Cell

(215) 820-7571 Office

(856) 691-8600 ext 814

Faculty office at

Cumberland County College (New Jersey)

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

**Writing 4Film Workshop
March/April 2011!**

You are invited to a four-week workshop with award winning independent filmmaker [Nadine Patterson](#) that explores the process of writing for film. Various methods for writing screenplays, treatments and outlines will be explored. Recommended for writers, poets, directors and producers who have an idea for a writing project or a film, whether it be documentary, experimental or narrative. Space is limited to 5 participants per class. Please send short synopsis of project to hipcinema23@yahoo.com to register.

Writing 4Film

Day and Time: March 26th, April 2nd, 9th, 16th. Saturdays 11am to 1:30pm

Cost: \$95

Location: TBA in Mt. Airy

Public Transportation: 23 Bus and Chestnut Hill Rail Line

Preparations for Workshop:

1) Have a journal/notebook that you can use for in-class notes and notes in the field.

If we lose love and self respect for each other, this is how we finally die. - Maya Angelou

JOIN THE COALITION, INC!

To join The Coalition go to:

TheCoalitionInc.net and download a copy of the Pledge of Commitment and return it to us the.pa.coalition@gmail.com

2) Avoid cliches in your script. See this blog by [Roberta Monroe](#) about what to avoid in writing a short film script. Then read her book listed below.

3) Your script, treatment, or outline has to be in a format that other people can read and comprehend. Please be prepared to submit weekly assignments in one of the following formats: Microsoft Word, Final Draft or Movie Magic Screenwriter.

4) If you want to write for film you should understand the process of making films. A film is "written" three times by three people: the writer, the director, and the editor. Here are books on the creative process from those points of view.

Recommended Reading:

[Poetics of Cinema](#) by Raul Ruiz

Screenwriting by Ray Frensham (a Teach Yourself Publication)

The Screenwriter's Bible by David Trottier

Letters to A Young Artist by Anna Deavere Smith

Catching The Big Fish by David Lynch

The Conversations: Walter Murch and the Art of Film Editing by Michael Ondaatje

Making Movies by Sidney Lumet

On Directing Film by David Mamet

Filmmaking for Dummies by Bryan Michael Stoller

Essential DEREN, Collected Writings on Film by Maya Deren

How Not To Make A Short Film: Secrets From A Sundance

Programmer by Roberta Monroe

5) Read scripts, good ones and bad ones. Read scripts of films you have seen or haven't seen. Click And then you can try this one, written by a famous director/writer [click here :\)](#) What is the fundamental difference between these two scripts?

6) See films, shorts, documentaries, online, on TV, on the big screen. Each format is a different experience. Become a critical viewer. Become aware of what you like or don't like, and figure out why.

7) Write your story, your script, your dreams, and your thoughts. Write your blog, your report, something. Write everyday. Use your hands and write with pen & paper whenever possible.

We wanted to step off our island and add the color of the third world. We got gold cigarette paper and stuck it around our teeth. We really did look like pirates and dressed to look the part. – Vivienne Westwood

Nadine Patterson

[Harmony Image Productions](#)

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

New Artist Opportunities in Manayunk

Artists are being invited to submit qualifications for three new public art projects in Manayunk - a "Roving Gallery" of art panels that will be placed along major walking streets, "Street Medallions" that will be painted at key intersections along Main Street, and a site-specific, temporary installation along the Manayunk Canal Towpath which explores renewable energy.

The projects are being organized by the the Manayunk Special Services District (MSSD) and the Manayunk Development Corporation (MDC), in collaboration with the Philadelphia Mural Arts Program.

The Deadline for Submitting Qualifications For:
The "Roving Gallery" & "Street Medallions" is
4 pm, Friday, March 25

The "Manayunk Canal Art Installation" is
4 pm, Tuesday, April 8

For More Information

Interested artists can download the RFQs from the websites of the Manayunk Development Corporation or the Mural Arts Program. Or, artist can email manayunk@muralarts.org for information.

MDC / MSSC / Mural Arts will hold
two artist open houses

(6-7:30 p.m., Thursday March 10; and
10-11:30 a.m., Monday March 14)

to which all artists are invited to come and ask questions. The open houses will be at the MDC offices,

4312 Main Street (corner of Cotton Street). At other times, contact manayunk@muralarts.org

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

Jus' Words at Dowlings Place

1310 No. Broad St. Phila
Every Thurs. 9pm to 1am

- Poets
- Rappers
- Singers
- Spoken Word Artists

COMING UP

The Philly Spring Clean Up

is scheduled for

Saturday, April 2 from 9am to 2 pm.

We will meet at 9am at the

African American United Fund Conference Center

to sign in and receive instructions for the day and team assignments.

This year our goal is to clean in the following boundaries as plant our garden at 2229 N. Broad Street:

Broad and Susquehanna to York (North and South)

13th Street to 15th Street on Susquehanna

13th Street to 15th Street on Dauphin

2200 Block of Carlisle

2200 Block of Watts

2200 Block of Park Avenue

I hope you will join us and lend a hand to beautify our neighborhood and city.

Aissia Richardson, President

African American United Fund

2227 N. Broad Street

Philadelphia, PA 19132

215-454-2583 phone/fax

Website: www.aauf.org

Blog: <http://aaufpa.blogspot.com/>

Twitter: akoben

You can find AAUF on MySpace and Facebook too!

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

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:

Apr. 11, 2011

May 10, 2011

June 14, 2011
Sept. 12, 2011
Oct. 10, 2011
Nov. 8, 2011
Dec. 13, 2011

Contact Wayne Jacobs of X-offenders for Community Empowerment
Phone:

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

On Facebook as: xoffendersempowerment

Sponsored by Bread Roses Fund, Univ.of Penn.Law School,
Councilman Darrell L.Clarke, State Rep.Jewell Williams

www.x-offenders.org

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

* * * Outside PA * * *

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

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 -----

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 -----

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.

WORD-OF- THE-WEEK

recalcitrant \rih-
KAL-sih-truhnt\
Stubbornly resistant
to and defiant of
authority or
restraint.

