



We all hold a piece to the puzzle  
Friday 25 March 2011

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# *News From The Coalition, Inc.*

*"Communication – Cooperation – Collaboration"*

Volume 5, Number 28

## **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.

*"Every time you state what you want or believe, you're the first to hear it. It's a message to both you and others about what you think is possible. Don't put a ceiling on yourself." - Oprah Winfrey*

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*

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### **America's Promise Alliance publishes new monthly youth newsletter**

*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](mailto: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](#).*

[American's Promise Alliance](#) has announced the launch of the [Impact Network Monthly](#), a newsletter written by youth for youth interested in taking action in their communities. Each issue will have a different theme and include a poll, words of wisdom from a leader or expert, a youth profile, and an Impact scale of ways to get involved.

The first issue was published March 1 with an overview of [Grad Nation](#). Youth are encouraged to subscribe, contribute newsletter theme ideas, share stories, or join the writing team.

For more details, go [here](http://www.americaspromise.org/How-To-Help/Young-Leaders/Impact-Network-Monthly.aspx). [www.americaspromise.org/How-To-Help/Young-Leaders/Impact-Network-Monthly.aspx](http://www.americaspromise.org/How-To-Help/Young-Leaders/Impact-Network-Monthly.aspx)

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### **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."

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## 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!

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?lir=mnf6hkbbab&et=1104569006051&s=14537&e=001c667Xc8aJP7cmXYbxB0zIdYho7S-XOJe5f4TQrRCT4GtvEk2Guwsz-PBUwqWq9lfyTh85oOD2inHJbehxK0Ie0Hi6S4erQov-MDfY\\_G4b09f4N1Zi4WJXGGivlCbK7ygRWX50aRtvZSo00e0ILR4pA=](http://r20.rs6.net/tn.jsp?lir=mnf6hkbbab&et=1104569006051&s=14537&e=001c667Xc8aJP7cmXYbxB0zIdYho7S-XOJe5f4TQrRCT4GtvEk2Guwsz-PBUwqWq9lfyTh85oOD2inHJbehxK0Ie0Hi6S4erQov-MDfY_G4b09f4N1Zi4WJXGGivlCbK7ygRWX50aRtvZSo00e0ILR4pA=≡)  
≡]

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### 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.

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*If you live in the river  
you should make friends  
with the crocodile.  
(Indian 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.*

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.  
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## Cephalon Internships

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>

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### **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

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If you have a favorite relevant quote, why not share it with our readers. send to [TheCoalitionNews@gmail.com](mailto:TheCoalitionNews@gmail.com)  
We will credit you with the submission.

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## Cap4Kids Hint of the Week

Smoking directly affects the smoker but also, whether second hand, or third hand (just on a smoker's clothes), affects contacts all around them as well. This unfortunately means many children whose asthma worsens, whose infection rates go up and who are affected even prior to birth.

On the [www.cap4kids.org/philadelphia](http://www.cap4kids.org/philadelphia) website,  
under Physical Health Resources

([http://www.cap4kids.org/philadelphia/parent\\_handouts/physical\\_health\\_resources.html](http://www.cap4kids.org/philadelphia/parent_handouts/physical_health_resources.html)), you will find several *Smoking Cessation Programs* including the new and improved Smoke Free Philly Site, which now has more services for low-income smokers.

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*I did take the blows [of life], but I took them with my chin up, in dignity, because I so profoundly love and respect humanity. -  
Josephine Baker*

## THIS WEEK

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

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:2158207571) or [\(267\) 230-0317](tel:2672300317)  
[mauricebrianhenderson@yahoo.com](mailto:mauricebrianhenderson@yahoo.com)

## 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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## **HEALTH MATTERS**

### **CORP seeks members for urban farm project**

The [Community Outreach Partnership](#) is entering the third year of its Community Supported Agriculture (CSA) project and is now open for the purchase of shares for the coming year.

The project provides the opportunity to receive a weekly vegetable and fruit farm share, support a local farm, and eat wonderful and organic produce.

Once again, CORP is partnering with

[Landisdale Farm](#) located in Jonestown, Lebanon County.

Landisdale Farm is a certified organic farm that has been participating in the CSA movement for 10+ years. All fruit and vegetables arrive fresh, and stay cool in a bag within the cardboard pick-up container.

Both full and partial shares are available.

For the 2011 season, pick-up is on

Wednesdays from 12 noon- 5:30 pm at

Trinity Church,

2212 Spruce Street in

Center City Philadelphia.

The season starts in late May or early June and runs for 22 weeks. To register, go to their website <http://www.landisdalefarm.com/> and sign up for the Trinity Memorial Church pick-up site.

For more information, email [Caroline Cahill](#).

[carolinecahill@verizon.net](mailto:carolinecahill@verizon.net)

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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.

### **Learn New Skills and Behaviors**

You may not think of quitting smoking as a skill, but in some ways, it's like riding a bike. You figure out how to move forward, keep your balance, and get where you want to go. And if you should fall, you can get up and keep on going.

### **Learn and Practice New Routines and Behaviors**

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*If you judge people, you will have no time to love them. -- Mother Teresa.*

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*There is a very fine line  
between loving life and  
being greedy for it. -  
Maya Angelou*

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Plan ways to distract yourself when the urge to smoke strikes: Take a 2-minute walk, call a friend. Use nicotine gum or lozenges.

Have other things nearby that you can hold in your hands (or put in your mouth), like a pen, carrot sticks, or fat-free popcorn.

Look for fun activities that don't include smoking to reward yourself and reduce stress: a hot bath, a walk with a friend.

For more help with changing your routines, go to the [My Clear Horizon](#) website's Getting Ready section and click on Try Habit Breaking.

### **Be Prepared to Manage Withdrawal Symptoms**

The first few days after quitting, your throat may feel dry and your cough may get worse. This is actually a good sign; your body is clearing mucous from your airways. You may even feel dizzy from the extra oxygen!

Keep a glass of ice water or juice handy, and stock up on sugarless hard candy or gum to handle cravings for something in your mouth.

In the first week or two, you may have trouble sleeping or be bothered by constipation or gas. Cut out caffeine in the afternoon and evening, and eat more raw fruits and vegetables or high-fiber cereal.

Irritability and tiredness can last for two to four weeks. Don't push yourself too hard at this stage. Take naps if you can. You'll feel better as soon as the nicotine clears from your system and your body adjusts

Cravings for cigarettes are usually the worst during the first two or three days. You can wait out the urge by distracting yourself with something else. You might picture the urge as a big wave; if you can surf along with it and keep your balance, it will ebb away in a few minutes.

Consider taking a class or reading a book about relaxation techniques or meditation. Or just take a ten-minute break: Close your eyes. Check for tense spots from head to toe, and relax those muscles. Now, breathe in and out naturally, and mentally repeat some calming words such as "relax, relax."

For more help with withdrawal symptoms and activities that might help, go to The National Cancer Institute website's ["Clearing the Air: How to Quit Smoking...and...Quit for Keeps."](#)

8: National Cancer Institute, NIH publication no. 03-1647: "Clearing the Air: Quit Smoking Today." September 2003, p. 17.

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## **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 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

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*Believe me, the reward is not so great without the struggle. - Wilma Rudolph*

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



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 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](http://link.reuters.com/gyp63r)

Obstetrics & Gynecology, online December 20, 2010.

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*We're not thought of in terms of color because we are entertainers. We are there to entertain you not because we are black, white, pink, or green or gay or straight or because we are Catholic or Protestant. - Eartha Kitt*

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## 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 @ [215-991-8458](tel:215-991-8458) or email @ [sreels@drexelmed.edu](mailto:sreels@drexelmed.edu)

*Candace Robertson-James, MPH  
Drexel University College of Medicine  
Women's Health Education Program  
2900 Queen Lane  
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[215-991-8450](tel:215-991-8450) (p)

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[croberts@drexelmed.edu](mailto: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

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*"How wonderful it is that nobody need wait a single moment before starting to improve the world." - Anne Frank*

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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
- 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](mailto:tgarnett@philabundance.org)).

For more information, go to [www.philabundance.org](http://www.philabundance.org)

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*One can never pay in gratitude; one can only pay "in kind" somewhere else in life. - Anne Morrow Lindberg*

## **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.
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.

*The world needs anger.  
The world often  
continues to allow evil  
because it isn't angry  
enough -- Bede Jarrett*

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

**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>

----- 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](mailto:kbinder@pathwayspa.org)

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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](http://www.fns.usda.gov/fns/outreach/grants/hfc_grants.htm)>

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

### **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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### **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

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*Winning is great, sure,  
but if you are really  
going to do something in  
life, the secret is learning  
how to lose. Nobody goes  
undefeated all the time.  
If you can pick up after  
a crushing defeat, and  
go on to win again, you  
are going to be a  
champion someday. -  
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*

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.

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*History, despite its wrenching pain, cannot be unlived, but if faced with courage, need not be lived again. - Maya Angelou*

### **SpotLight On Our Efforts**

#### **NAT TURNER PLENARY/PRELIMINARY MEETING FOR 2011 NAT TURNER CONVENTION**

By The Newport Newservice

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

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

Nat Turner got to Cabin Pond early and waited. But, reportedly in his own words, "the only ones who came were white men on horses." He still didn't give up, for he is also recorded as saying, "I knew all was lost for

the present.” This meant he had to go into a deeper retreat. He used several ‘safe houses’ he’d established during the planning.

**MUCH IS AUTHENTICALLY KNOWN AND RECORDED BUT MUCH ABOUT NAT TURNER IS ‘STOLEN, LOST & DISTORTED’**

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

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

#### THE NAT TURNER TRAIL

The land was purchased in the fall of 1990: It is a long, evolving, successful, inspiring story. But in brief, Khalifah researched, and with the assistance of “Local Historians,” he found most of the “battle sites” at many of the structures (still standing at the time) and mapped out a tour route that he has used over the past 20 years have given several individuals and groups “Living History Tours.” This is a tour and lecture 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



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

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](http://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](mailto: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

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, 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

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

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:

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*I think it pisses God off  
if you walk by the color  
purple in a field  
somewhere and don't  
notice it. - Alice Walker*

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

For more information contact:

Dr. Maurice Henderson  
National Support Agency for Schools, Communities & Agency Providers  
2340 Tasker Street  
Philadelphia, PA. 19145  
[mauricebrianhenderson@yahoo.com](mailto: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)  
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*I was the only person of color in the Senate, and my colleagues were Strom Thurmond, Jesse Helms and Trent Lott. - Carol Moseley Braun*

## **JOIN THE COALITION, INC!**

To join The Coalition go to:

[TheCoalitionInc.net](http://TheCoalitionInc.net) and download a copy of the Pledge of Commitment and return it to us [the.pa.coalition@gmail.com](mailto:the.pa.coalition@gmail.com)

### **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](mailto:hipcinema23@yahoo.com) to register.

to [hipcinema23@yahoo.com](mailto: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.
- 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

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*"After the verb 'to Love,'  
'to Help' is the most  
beautiful verb in the  
world."- Bertha von  
Suttner*

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

*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.

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](mailto:manayunk@muralarts.org) for information.

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*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*

## **JOIN THE COALITION, INC!**

To join The  
Coalition go to:

[TheCoalitionInc.net](http://TheCoalitionInc.net)

and download a  
copy of the Pledge  
of Commitment and  
return it to us

[the.pa.coalition@gmail.com](mailto:the.pa.coalition@gmail.com)

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](mailto: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

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## **COMING UP**

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*Nobody is as powerful as  
we make them out to be.  
- Alice Walker*

### **4th Annual Philly Spring Clean Up**

at

#### **Cobbs Creek Park**

Saturday, April 2, 9AM – 2PM  
Lara Sims Skatehouse & Vicinity  
63rd & Walnut Streets, Philadelphia

For more information go to

[keepamericabeautiful.org](http://keepamericabeautiful.org) and [Globalcitizen.us.com](http://Globalcitizen.us.com).

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

### **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](http://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 -----

### **Bread and Roses town hall to discuss response to threats to poor**

The [Bread and Roses Community Fund](#) will hold a town hall meeting to gather input from its supporters on what its roles should be in helping the whole Delaware Valley respond to the economic crisis and attempts to reduce government support for those in need.

The organization wants to “figure out how to build support for grassroots organizing that can get our region back on track.”

The event, *Hope, Change, and the Delaware Valley*, will be held on Sunday, April 3rd from 1-3pm at First Unitarian Church, 2125 Chestnut Street in Philadelphia.

To RSVP, go [here](http://www.Breadrosesfund.org/go/townhall). [www.Breadrosesfund.org/go/townhall](http://www.Breadrosesfund.org/go/townhall)

----- 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](mailto:jacobs19132@yahoo.com)

On Facebook as: xoffendersempowerment

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

[www.x-offenders.org](http://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](http://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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### **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](http://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](mailto:mwmsistahood@aol.com) to chat on line.

## **WORD-OF- THE-WEEK**

**solace** \SOL-is\  
Comfort in time  
of grief;  
alleviation of grief  
or anxiety; That  
which relieves in  
distress; that  
which cheers or  
consoles; a source  
of relief.