



We all hold a piece to the puzzle
Friday 01 April 2011

The Coalition, Inc.
Board of Directors

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News From The Coalition, Inc.

"Communication – Cooperation – Collaboration"

Volume 5, Number 29

Greetings Coalition Family!

The opportunity to become a member of The Coalition Board of Directors is here again. If you were nominated previously and did not get selected, you are still eligible to present your request again. Members are elected to one-year terms beginning in January or June. We will be accepting nominations for additional board members to fill any vacated seats to be considered in our June 2011 elections. So if working with some of the most progressive minds ever come together for a single cause appeals to you, send in your resume' to The.PA.Coalition@gmail.com

"Our thoughts create our reality. What you imagine, you produce. If you believe you live in a ghetto or thriving community, eventually... you will." - Madu

"Communicate... Cooperate... Collaborate" "We each hold a piece to the puzzle." – Dr. John Elliott Churchville

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TheCoalitionNews@gmail.com

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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.](#)

FOR OUR CHILDREN

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

Franklin Square Opening Day

Apr 1, 2011

10:00 am until 7:00 pm

Franklin Square begins celebrating its fifth birthday season starting today.

Play a round of Philly Mini Golf, ride the Carousel, enjoy the playground & enjoy lunch from SquareBurger.

Special prices & prizes for the first visitors of the season!

Free admission, fees per activity may apply

Franklin Square

6th & Race Sts.

Philadelphia, PA

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The Free Library of Philadelphia

Teen Poetry Slam

Poetry and Spoken Word

Thursday, April 14, 2011 at 3:30 pm

Montgomery Auditorium Central Library

1901 Vine Street

Philadelphia, PA 19103

Rules: Performers must be prepared to present twice

Poems must be performed not read

Performances limited to 1 ½ minutes

No props or audio

Keep it clean!!!

Prizes: 1st prize: \$150, 2nd Prize: \$100, 3rd Prize \$75

Open to all Philadelphia High School Students

Deadline to Register: Monday, April 11, 2011

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To register email or call Aurora at [215.686.5415](tel:215.686.5415) or
teenpoetry@freelibrary.org

*The young can't teach
traditions to the old. –
(Yoruba proverb)*

Event open to the public

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Positive Impact sponsors second conference for adolescent males

The 2nd Annual Young Men's Conference will take place on
Saturday, April 16th from 12:30-5pm at the
Russell Byers Charter School,
1911 Arch Street in
Philadelphia.

The event is for young men between the ages of 11 and 17.
The free event is sponsored by Positive Impact, and its focus is
to change lives, instill integrity and build character so that the next
emerging generation of husbands and fathers will take these
skills and vision to make a positive difference in the world.

Pre-registration is required by calling [215-518-3829](tel:215-518-3829)
or emailing michelejackson@yahoo.com.

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*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.*

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

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

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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](#)

Follow us on [Twitter](#)

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Philadelphia Book Festival: Friday Fun

Make it a day on the Parkway on Saturday, April 16!

Parkway Central Library, Festival Main Stage

A sell-out program at the Philadelphia Book Festival for two years running, this year's Third Annual First Person Arts StorySlam pits a team of top Philadelphia storytellers against Boston's finest raconteurs from the storytelling organization massmouth
In honor of the Philadelphia Science Festival the impact of science on our daily lives, all tales take their cue from the theme "Experiments."

*Enjoy present pleasures in
such a way as not to
injure future ones. -
Seneca*

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UPDATE: Philly's storytellers announced!
Science writer Mary Roach will be guest
storyteller and judge! Visit our [website](#)
for details!

The Philadelphia Book Festival and the
Philadelphia Science Festival

Make it a day on the Parkway on
Saturday, April 16
as the Philadelphia Book Festival
Street Fair coincides with the
Philadelphia Science Festival Carnival
making the Benjamin Franklin Parkway
an unrivaled destination for free family fun!
Highlights include "Silly Science" with the
Franklin Institute's Traveling Science Show
and science songs by

We Kids Rock

on the Shakespeare Park Stage

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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. 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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NASA accepting applications from 'inspired' high-schoolers

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Knowing others is wisdom, knowing yourself is Enlightenment.
Lao Tzu

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High school students have been invited to participate in NASA's Interdisciplinary National Science Program Incorporating Research Experience, or INSPIRE, through an online learning community.

INSPIRE is designed to encourage students in ninth through 12th grades to pursue careers in science, technology, engineering and math (STEM).

Applications are being accepted through June 30th. NASA will make selections for the program in September. The selected students and their parents will participate in an online learning community with opportunities to interact with peers, NASA engineers and scientists. The online community also provides appropriate grade level educational activities, discussion boards and chat rooms for participants to gain exposure to careers and opportunities available at NASA.

INSPIRE is part of NASA's education strategy to attract and retain students in the STEM disciplines critical to NASA's missions. For more information, visit www.nasa.gov/education/INSPIRE.

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America's Promise Alliance publishes new monthly youth newsletter

[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

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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're not ready to die for it, put the word 'freedom' out of your vocabulary." – Malcolm X

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Cap4Kids Hint of the Week

A cold winter means large utility bills for many that cannot afford them. This year there is a 2 week extension for the Low Income Energy assistance Program in PA until April 15th.

On the www.cap4kids.org/philadelphia under the **Housing/Utilities** parent handout, you will find links to various ways to apply for LIHEAP as well as several other options for utility assistance.

Click here

http://www.cap4kids.org/philadelphia/parent_handouts/housing_utilities.html

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THIS WEEK

Camden summit to issue a call to service

Camden Mayor Redd, former Governor Florio, Rutgers-Camden Chancellor Wendell Pritchett, and Cooper Hospital President John Sheridan will sponsor the Camden Call to Service Summit on Friday, April 1st at 6:30pm at the Campus Center Multipurpose Room, 326 Penn Street, in Camden.

The event is being organized by the [Citizens' Campaign](#), a non-partisan organization that provides people with the tools to find a constructive voice in their community and beyond.

To RSVP or for more information, call Renee at [\(609\) 499-1860](tel:6094991860) or register [online\(https://citizenscampaign.wufoo.com/forms/camden-call-to-service-summit/\)](https://citizenscampaign.wufoo.com/forms/camden-call-to-service-summit/).

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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 and Globalcitizen.us.com.

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*"One who lacks courage
to start has already
finished" - Unknown*

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

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!

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Quality Community Health Care, Inc

will show some love to the community on

Saturday, April 2, 2011

by participating in the

4th Annual Philly Spring Clean Up.

Quality Community Health Care, Inc is a

Federally Qualified Health Center located

2501 W. Lehigh Ave.

Philadelphia, PA 19132

For more information or if you would like to volunteer,

call Jonathan at [215.227.0300](tel:215.227.0300) ext 327.

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Japanese Cherry Blossom Celebration

Apr 2, 2011

11:00 am

Celebrate Japanese culture. Origami for Kids, 11am.

Hoh Daiko Drummers, 1pm & 1:30pm.

Morris Arboretum

100 E. Northwestern Ave.

Philadelphia, PA

Free with admission, \$7-\$16

Phone: 215-247-5777

<http://www.morrisarboretum.org>

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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

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Seminar highlights Philadelphia food partnerships

The [Health Promotion Council](#)

in Partnership with the

[Philadelphia Social Innovation Journal](#)

will present

“Connecting to Philadelphia's Food System Movement:
How Organizations Working Together Can Make a Difference
in the Health of Philadelphians.”

The event will be held on

Monday, April 4th from 8:30am to noon at the

College of Physicians of Philadelphia.

19 South 22nd Street

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*You can't hold a man
down without staying
down with him. - Booker
T. Washington*

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Philadelphia, PA 19103-3001

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*The harder you fall, the
higher you bounce. -
Doug Horton*

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This event is free and open to the public.

For more information, go [here](#)

(<http://t.ymlp186.net/mewmavajusapaysqaxaeseyh/click.php>).

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THE DAY DIPLOMACY DIED

A new documentary revealing the inside story behind the arrest of Cuban
“dissidents”

Wednesday, April 6, 7pm - Film & Discussion

Robin's Bookstore 110A South 13 St., Philadelphia, PA

[215-735-9600](tel:215-735-9600)

In the spring of 2003, the Cuban government set off a firestorm of international criticism when it arrested and jailed a group of so-called dissidents. Were these 75 individuals simply innocent independent journalists and librarians as they claimed, and as our media reported? Or were they mercenaries recruited and paid by the U.S. Interest Section in Havana?

This new film by Irish journalist Bernie Dwyer exposes the facts behind the headlines and diplomatic denials. Through interviews with four undercover Cuban agents who infiltrated the groups, as well as two former heads of the U.S. Interest Section and several other figures who took part in this drama, the film reveals in detail how the U.S. created and financed civil disobedience and an internal opposition in Cuba. It also places the dissident movement as integral in the U.S. covert war against Cuba which has been ongoing since the beginning of the revolution.

Discussion following the film with film director Bernie Dwyer, a Havana-based journalist, and Enrique Sacerio-Garí, Bryn Mawr professor just back from Cuba.

The program is free, donations are welcome.

Sponsored by The Philadelphia-Cardenas Sister City Project and Moonstone Arts Center (<http://www.moonstoneartscenter.org>) at Robin's Bookstore.

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Dance Theatre of Harlem at Art Sanctuary

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*Mediocrity means always
getting along with the
world and with others. -
Madu*

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Join us to meet members of Dance Theatre of Harlem

who are here in Philadelphia performing at the

Annenberg Center and in residence at Cheyney University.

Art Sanctuary members and friends get up close and personal with these
extraordinary dancers and their director.

Come hear how it feels to dance in this company loved throughout the
world.

Free admission
5:30PM to 7:00PM
Thursday, April 7 at

Art Sanctuary's visual arts space
628 South 16th Street

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

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.

In the midst of winter, I found there was within me an invincible summer. - Albert Careb

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](mailto:carolinecahill@verizon.net).

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.

YOU CAN QUIT!

It doesn't matter whether you've tried to quit a dozen times. You are not a bad person or a failure if you slip. You are taking on a big challenge. Learn from it and start again. If you take time to prepare and plan and get support from others, you can break free from smoking.

Here are some questions to think about as you get ready to quit.

(Write down your answers.)

1. Why do I want to quit?

2. When I tried to quit in the past, what helped and what didn't?

3. What will be the most difficult situations for me after I quit? How will I plan to handle them?

4. Who can help me through the tough times? My family? Friends? Health-care provider?

5. What pleasures do I get from smoking? What ways can I still get pleasure if I quit?

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He who devotes sixteen hours a day to hard study may become at sixty as wise as he thought himself at twenty. - Mary Wilson Little

Quoted from: The U.S. Public Health Service;
www.surgeongeneral.gov/tobacco/quits.htm

You can do it

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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,

Freedom is not the right to do what we want, but what we ought. Let us have faith that right makes might and in that faith let us; to the end, dare to do our duty as we understand it.

Abraham Lincoln

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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 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

"If you stand up to be counted, someone will take your seat." - Unknown

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.

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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).

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.
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

Page 16

*"Say little, and love much;
give all; judge no man;
aspire to all that is pure
and good."*

White Eagle

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](#).

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 -----

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Hereeeeeeeeeeeeeees...
Kathy's Korner!

An absent-minded professor was on board a train and he was unable to find his ticket.

The conductor said, "Take it easy. You'll find it."

When the conductor returned, the professor still couldn't find the ticket.

The conductor said, "I'm sure you bought a ticket. Forget about it."

"You're very kind," the professor said, "but I must find it, otherwise I won't know where to get off."

(Kathy Parsons is a regular contributor.)

How To Cut Office Water Waste

Do something grand for Earth Month by fixing a leak in your office or home. Or, just save water and money in your office year-round with these conservation tips from EarthShare.

Office Water Facts

According to the EPA, water-efficient appliances would help the country save more than 3 trillion gallons of water and more than \$18 billion per year. Of course, using water also uses another precious resource: **energy**.

Letting your faucet run for just five minutes uses as much energy as running a 60-watt light bulb for 14 hours.

When you equate those figures to commercial buildings, which account for 40 percent of the country's energy usage, you're talking about a substantial amount of energy and water that could be saved with simple efficiency practices. Of course, these costs can also significantly reduce the operating costs of your business.

So how can you get your workplace into greener pastures?

Conduct a Water Audit

A water audit analyzes a facility's water use and identifies opportunities to make it more efficient.

According to the National Resources Defense Council (NRDC), a water audit of your office building includes a review of domestic, sanitary and landscaping processes and can sometimes be performed for free by your utilities company. Water audits can also be performed by a hired contractor (NRDC recommends consulting the American Water Works Association's Guide to Suppliers before hiring a contractor), or done by your office manager using free water audit software from the AWWA.

Upgrade to Water-Saving Appliances and Fixtures

Water-efficient appliances, often referred to as low-flow fixtures, include faucets, showers and toilets, and can save water while adding to your bottom line.

For example, after performing a water audit, the Veterans Affairs Hospital in Portland, Ore., implemented a variety of water-saving measures, including low-flow appliances. Savings from these fixtures alone

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A young monk arrives at the monastery.

He is assigned to helping the other monks in copying the old canons and laws of the church by hand.

He notices, however, that all of the monks are copying from copies, not from the original manuscript. So, the new monk goes to the head abbot to question this, pointing out that if someone made even a small error in the first copy, it would never be picked up! In fact, that error would be continued in all of the subsequent copies.

The head monk, says, 'We have been copying from the copies for centuries, but you make a good point, my son.' He goes down into the dark caves underneath the monastery where the original manuscripts are held as archives in a locked vault that hasn't been opened for hundreds of years. Hours go by and nobody sees the old abbot.

So, the young monk gets worried and goes down to look for him. He sees him banging his head against the wall and wailing.

"We missed the R !

We missed the R !

We missed the R !"

His forehead is all bruised

and he is crying uncontrollably. The young monk asks the old abbot, 'What's wrong, father?' With a choking voice, the old abbot replies, 'The word was...'

Celeb R ate !!!

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There is a destiny that makes us brothers, No one goes his way alone; All that we send into the lives of others, Comes back into our own. - Edwin Markham

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

amounted to more than \$50,000 per year.

If your business is struggling to come up with the initial capital to make the green investment, the U.S. Department of Energy's Energy Efficiency and Renewable division should be your next stop—in 2007 alone, the EERE awarded \$574 million in financial assistance to help businesses, universities and industry upgrade to renewable and energy efficient technologies. And don't forget to contact your utilities company to learn about available incentives and tax credits for increasing your building's efficiency.

Consider Native Plants and Advanced Irrigation Systems

Planting native and drought-tolerant plants can help reduce water use as they are "well-adapted to regional climates, soils and pests," and thus require less watering and fewer pesticide treatments, says NRDC. Check out the Plant Conservation Alliance to learn what plants are native to your region, and make sure your preferences are made clear to your property landscaper.

Of course, vegetation needs water to survive. Upgrading to a more advanced irrigation system, such as one that senses the soil's watering needs and is equipped with rain sensors can save millions of gallons of water and drastically cut utility bills. Just look at Harvard Business School—an initial investment of \$250,000 now brings the school a \$50,000 annual water savings and conserves about five million gallons of water every year.

The Green Benefits of Water Efficiency

Increasing your workplace's water efficiency is one of the best long-term strategies for cutting costs and giving back to the environment. The next time you run the faucet in the company kitchen, consider the green benefits of auditing your current water usage, upgrading to low-flow fixtures and creating a more sustainable landscape for your workplace.

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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

----- 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>

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At- Risk Youth

Annie E. Casey Foundation

<http://www.aecf.org>

A private charitable organization dedicated to helping build better futures for disadvantaged children in the United States. The foundation offers community-focused grants. The site also has several publications.

Provides funding to both 501(c)(3) and local/state government.

Organizations wishing to send a proposal to the Foundation should submit a letter of no more than three pages explaining the organization and its

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It is a painful thing to look at your own trouble and know that you yourself and no one else has made it. - Sophocles

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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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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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SpotLight On Our Efforts

BLOOM

is a mentoring program that will provide guidance, support, and opportunities for young girls, enabling them to develop their creative, independent voices, and learn how to make healthy choices in all areas of their lives.

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

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

Just as seeds start small and flourish into beautiful flowers, BLOOM's focus is to help transform young girls into spectacular women.

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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

Page 21

In a controversy the instant we feel anger we have already ceased striving for the truth, and have begun striving for ourselves. - Buddha

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

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

Page 22

*To err is human, but to
really foul things up
requires a computer.
Unknown*

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

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*Misery is almost always
the result of thinking. -
Joseph Joubert*

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

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Monday prior to
publish date and in
[Press Release form.](#)*

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
(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 -----

THE NATIONAL BLACK ARTS SPOKEN WORD TOUR

&

THE NATIONAL BLACK AUTHORS TOUR

With

R.E.A.L. (Research of Exemplary African Literature)

Presents

S. L. A. M. FESTIVAL

(SPOKEN LANGUAGE ALIVE MUSINGS)

THEME: "WHOSE GONNA TAKE THE WORD: EPIC MEMORY OF WINGS NOT MADE TO BROKEN.....ABIDE PROPHETICAL ENVISIONING OUR INFORMED DESTINY BACK TO THE OLD LANDMARKS"

Pre-event Friday, April 8, 2011 6pm

HBO' s DEF Poet Television Series and Broadway Stage star,

Tony Award and Peabody Award Winner **BLACK ICE** in Performance

Rotunda – 40th & Walnut Street (FREE)

Rsvp – Africana@sas.upenn.edu

OPENING Friday, April 8, 2011 8pm-10pm

“POWER OF WORDS” – Old School Poetry: Revival Performance of Word Sorcery/We Be BADD People"

(A Discourse on Miracles and First Person Arts conjuring of Juke Joint, Jazz June, Juba, Kuntu, Nommo and Simple Signification forerunner framing the Academy of Being as African Continuum Contemporary).

Awardees: Dr. Kimmika Williams & Black Ice

Featuring: Lois Moses, James Johnson (Osayimwese Nadir Karume) ,

Kyle Morris, Maurice Henderson and other members from the R.E.A.L.,

National Black Arts Spoken Word Tour, National Black Authors Tour,

Poetic Ventures who have been invited as highlight for the celebrated 10th Anniversary reclamation and historical opus publication of

"MINE EYES HAVE SEEN INTO THE MILLENIUM" - an anthology that has been prosperous suggested as the backstory and precursory branding for "

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Democracy... while it lasts is more bloody than either aristocracy or monarchy. Remember, democracy never lasts long. It soon wastes, exhausts, and murders itself. There is never a democracy that did not commit suicide. - John Adams

"9/11: Witness and Testimonials" - a staged production scheduled to kick off New York's Theater season during September 2011. OPEN MIC follows featured Performance Poets. Reception, Booksigning, Record Release and autograph session also included with self guided tour of Museum Exhibition.

PAUL ROBESON HOUSE MUSEUM – 4951 Walnut Street (FREE)

Rsvp- [\(215\) 820-7571](tel:2158207571) or mauricebrianhenderson@yahoo.com

(This is a must see performance and time capsule capturing of those who have served as preceptors for Spoken Word, Neo-Soul and the current summoned of Ancient Hip Hop - Dream Deferred of WorldaNew)

WORKSHOP Saturday, April 9, 2011 10am-1pm

Title – “ RICH OR ALMOST FAMOUS: How to Break into The Entertainment Business, Music Industry, Performing Arts Field, Print and Broadcast Media”

Walnut Street Library – 201 S. 40th Street (FREE)

Rsvp – [\(215\) 820-7571](tel:2158207571) or mauricebrianhenderson@yahoo.com

Workshop participants will be presented with the potentiality of career development success techniques by learning about the serial rights option and artistic licensing of their writings as an illumination for the stage, books, television, film and the print media. Guidance will also include strategies for getting bookings on the touring circuit locally and nationally, mass marketing and merchandising branding of their talents, skills and abilities. Help hints will engage attendees with the best kept secrets and hidden agenda for becoming a celebrity. outstanding media personality, public speaker, renowned lecturer and prominent figure recognized as a pop culture phenomenon by mainstream America.

Evidence leadership and intellectual heritage proprietorship as an outcome based measurement will be demonstrated as the publicity and promotional device for attracting and sustaining the millions in audience reach and patron context of viewers, listeners, readers, theatergoers and

live attendees. This workshop can be audio and videotaped by participants and is a continuum of presentations made for the Tavis Smiley Youth 2 Leadership Summit, Hip Hop Conferences in Atlanta and Wisconsin, Hurston-Wright Foundation Writers Week and the Annual Celebration of Black Writing. Specific details and previous

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.](#)

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Annual Celebration of Black Writing. Specific details and previous respondents to this workshop can be viewed at www.creativesocialmedia.org or mauricehenderson.org and www.art-reach.org. (co-sponsored by the Hip Hop Business School for the Arts, Bridging Worlds, Association of African-American Young Entrepreneurs, the Alternative Learning Institute, National Support Agency for Schools and Communities, New Arts Productions Publications, Adelphia Company Records, LOTS (Life Outside the Streets) and Keith Mungin of Walk Down Entertainment - producer of the Hit Series "Baby Mama Drama" , which has been adapted as an award winning and critically acclaimed Film Documentary, Talk Show, staged adaptation, Traveling Photo Exhibit, Fashion and Accessories Merchandising, Print Media publication, CD record release and institutional advancement for the non-profit inauguration of the House of Reconciliation).

SEATING IS LIMITED FOR ALL EVENTS

RSVP strongly suggested!!!!!!!!!!

(The Honorees, Performers and Presenters for this weekend event planned hosting of the S.L.A.M. Festival is an encouraged requiem of the Global Creative Economy pathways formerly highlighted on MTV, BET, HBO, TVone, PBS, every major Television and Cable Network. Constituency and associated collaborative procurement has also served as the enticement allure and optimum nominee categorization for the Emmy Award, Tony Award, Grammy Award, Academy Award, Writers Digest Award, Pew Award, American Book Award, NAACP Image Award, Library of Congress Award, Obie Award, Audelco Award, Kappa Alpha Psi Black Voices Award, Daimler Chrysler Poetry Award, Washington Post National Poetry Competition Award, Independent Music Award and almost every other distinction except for the Nobel Peace Prize.)

----- 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

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

COMING UP

College, Vocational & Labor Information Fair

Enon Tabernacle Baptist Church

2800 W Cheltenham Ave,
Philadelphia, PA 19150

Venue Phone: 215-276-7200 Phone: (215) 242-7300 Fax: (215) 242-7303

Saturday, April 9

10:00 a.m. - 2:00 p.m.

State Representative Cherelle L. Parker along with Future Minds, Inc &
Enon Tabernacle Baptist Church would like for you to join them for their

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*Those people who think
they know everything are
a great annoyance to
those of us who do.
Isaac Asimov*

Enon Tabernacle Baptist Church would like for you to join them for their 2011 Annual College, Vocational & Labor Information Fair.

All major colleges and universities and labor unions/apprenticeship programs will be in attendance. There will be financial aid workshops, and someone on hand to complete the 2011-2012 FAFSA forms.

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

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An Antartian died and went to heaven. When he got to the pearly gate Saint Peter told him that new rules were in effect due to the advances in education on earth. In order to gain admittance a prospective heavenly soul must answer three questions:
1. Name two days of the week that begin with "T".
2. How many seconds are in a year?
3. What is God's first name?

The Antartian thought for a few minutes and answered...

1. The two days of the week that begin with "T" are Today and Tomorrow.
2. There are 12 seconds in a year.
3. God has two first names, and they are Andy and Howard."

Saint Peter said, "OK, I'll buy the Today and Tomorrow, even though it's not the answer I expected, so your answer is correct. But how did you get 12 seconds in a year, and why did you ever think that God's first name was either Andy or Howard?"

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

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

On Facebook as: xoffendersempowerment

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

www.x-offenders.org

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* * * Outside PA * * *

2011 CLOSING THE ACHIEVEMENT GAP SERIES

**Embracing Boys of Color: Raising Expectations,
Increasing Engagement and
Promoting Empowerment**

Thursday, April 7, 2011

*The Antartian replied,
"Well, January 2nd,
February 2nd, March 2nd,
etc...."*

*"OK, I give," said Saint
Peter, "but what about the
God's first name stuff?"
The Antartian said, "Well,
from the song....Andy
walks with me, Andy talks
with me, Andy tells me I
am his own..., and the
prayer...Our Father, who
art in heaven, Howard be
thy name...."
Saint Peter let him in
without another word.
(Thx Yolandita Ortiz)*

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*Electricity is really just
organized lightning.
George Carlin*

*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
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submission should be
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[Press Release form.](#)*

4:30 p.m. - 8:00 p.m. (doors open at 4:00 p.m.)

Scholastic Auditorium

557 Broadway (at Prince Street)

New York, NY 10012

6:00 p.m.

Moving Beyond the Myths:

Shaping New Realities for Black Boys

Dr. Alfred W. Tatum

Associate Professor, Literacy, Language and Culture Program,

University of Illinois at Chicago

Dr. Tatum will challenge some assumptions that interrupt true literacy development for black boys. Attention will be given to becoming advocates across multiple dimensions.

Empowering Boys and

Engaging Families Through Literacy

Parents, join us for the

family engagement session with Dr. Edwards!

We will provide on-site childcare with certified teachers for

children age 5 to 12 .

Pre-registration required. Sign up prior to the event via online event registration.

COMPLIMENTARY

CHILD CARE!

Subway: B, D, F, V to Broadway/Lafayette;

N, R, W to Prince Street; 6 to Spring Street

Bus: M1, M6, M21

From: McFadden, Cheryl [mailto:camcfadden@philasd.org]

FYI... please feel free to share.

Cheryl McFadden
Office of Secondary School Reform

Second Floor, Portal A
Philadelphia, PA 19130

[215-400-6773](tel:215-400-6773)

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

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](#).

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

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.

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*At 30 a man should know himself like the palm of his hand, know the exact number of his defects and qualities, know how far he can go, foretell his failures - be what he is. And, above all, accept these things.
Albert Camus*

**WORD-OF-
THE-WEEK**

slake \SLAYK\
To satisfy; to

quench; to
extinguish; as, to
slake thirst; To
cause to lessen; to
make less active or
intense; to
moderate; as,
slaking his anger;
To cause (as lime)
to heat and
crumble by
treatment with
water; To become
slaked; to crumble
or disintegrate, as
lime.