



We all hold a piece to the puzzle
Friday 27 May 2011

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News From The Coalition, Inc.

"Communication – Cooperation – Collaboration"

Volume 5, Number 37

Greetings Coalition Family!

I am told by insiders that major petroleum purchases are made by multi-year contracts where quantities and prices are fixed throughout the length of said contract! Sounds about right, doesn't it? Why then is there such wild fluctuation in price at the consumer end?

"As long as people will accept crap, it will be financially profitable to dispense it."

Dick Cavet

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

FOR OUR CHILDREN

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

If this publication is being forwarded to you, and you wish to be placed on our mailing list, send an email to TheCoalitionNews@gmail.com with “subscribe” in the subject.

If you are receiving this publication without consent, send an email with “unsubscribe” in the subject to be removed from our database.

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

Send your information to: [News From The Coalition, Inc.](mailto:NewsFromTheCoalition@inc.com)

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

"NO GREATER PAIN"

Panel Discussion

CALLING ALL YOUTH, FAMILY MEMBERS, & COMMUNITY PARTNERS!

Wednesday, June 8, 2011

Doors Open 5:30pm

Sponsored By:

Penn's Landing Caterers
1301 South Columbus Blvd.
Philadelphia, PA 19146

For More Information Contact:

Mothers In Charge

215 - 228 - 1718

Mother In Charge

The Leon Sullivan Human Service Center

1415 N. Broad Street, Suite 229

Philadelphia, PA 19122

[215-228-1718](tel:215-228-1718)

www.mothersincharge.org or info@mothersincharge.org

REMEMBER TO RSVP!!!!!!!

What Have You Done To Save A Life Today??

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

School District publishes summer course guide for parents

The [School District of Philadelphia](#) has published the summer course descriptions for its [Parent University](#).

Parent University is based on research which shows that when families are involved in learning, they will play an active role in the educational process. This increase in parental engagement will positively contribute to the child's academic and social success.

The program engages parents in innovative and meaningful partnerships for learning. By offering workshops and classes, Parent University develops a strong professional learning community to increase student achievement.

To download the summer catalog, go [here](#).

*Those who wish to sing,
always find a song. -
Swedish 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.*

Half Off Drexel University's All-Star Basketball Camp

Got a future NBA or WNBA Hall of Famer in your house? Make a fast break for this Dealyo and drive it straight to the hoop—it’s a slam dunk!

For \$ 87.50, sign up your sons and daughters for Drexel University’s 20th annual All-Star Basketball Camp with Bruiser Flint, the head coach for Drexel’s men’s team (\$175 value!).

From Monday, June 27 to Friday, July 1, boys and girls ages 7 to 17 will meet each day from 9 a.m. to 3 p.m. at the John A. Daskalakis Athletic Center on the Drexel campus in Philadelphia to learn from the best.

About Drexel University All Star Basketball Camp Drexel Basketball Coach Bruiser Flint has led the Dragons to four NIT appearances since taking over as Drexel’s Head Coach in 2001. He has been named the CAA Coach of the Year on three different occasions, one of only two coaches in the history of the CAA to do so.

In his 10 years with Drexel, Flint has had 15 players named all-conference and has had the CAA Defensive Player of the Year play for him four times.

A native of Philadelphia, Flint had an impressive high school career at Episcopal Academy where he earned All-Philadelphia First Team recognition. After graduation, he played for four years at St. Joseph's University, where he was an All-Atlantic 10 honoree. The Drexel All-Star Basketball Camp, under Coach Flint's direction, promises an enjoyable and challenging basketball experience for area boys and girls who wish to develop both their skills and passion for the game.

Coach Flint and his staff are committed to providing a memorable experience for every camper.

WORK WITH AN EXPERIENCED, FIVE STAR CAMP STAFF

The Drexel University men's basketball coaching staff will team with Coach Flint to ensure the quality of your child's camp experience. Serving as the primary camp instructors, they will be joined by numerous college and high school coaches from throughout Greater Philadelphia during a week of individual and team instruction.

Today's Dealyo is admission to Session 1 of Drexel University's All-Star Basketball Camp with Bruiser Flint.

Session one dates are Monday, June 27 to Friday, July 1 only.

Cannot be combined with any other offers.

One voucher redeemable per camper.

Cannot be redeemed for cash.

Prior enrollment excluded.

No refunds or exchanges.

Insurance information must be included on camp application. Campers must rely on their guardian's medical services.

Purchased Dealyo voucher will be available for download on Thursday, May 26.

Campers all must be enrolled by June 26th, 2011 or the voucher is null and void.

http://www.facebook.com/1/796eb5vPGDOzitLoHFAPaEEj7A/phillydealyo.philly.com/deal/philadelphia/drexel-star-bb-camp?merchantId=141&refsrc=3&wId=712&nmbly=true&host=phillydealyo.philly.com&utm_source=i&utm_campaign=b

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Cap4Kids Hint of the Week

Did you know that there are huge disparities for Autistic services for impoverished families and minority families in the U.S.?

To help combat these disparities, on the www.cap4kids.org/philadelphia website, under the **Special Needs/Autism** handout

(http://www.cap4kids.org/philadelphia/parent_handouts/special_needs_autism.html), you will find several resources to help families find resources for their children on the Autistic Spectrum including *Elwyn Resource List for Autism 2011*, along with several other organizations.

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THIS WEEK

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.

F.Y.I.

Urban Affairs Coalition publishes new foreclosure guide

The [Urban Affairs Coalition](#) and the UAC Foreclosure Prevention Task Force have announced the publication of the [Foreclosure Prevention](#)

If you're a member of a group or team do NOT speak of your individual accomplishments, allow your work to be your spokesperson. Constant usage of "I" is an impediment to TEAM work and alienates YOU from THEM. Ultimately your success is the success of the team and vice versa. Speak in terms of WE and US even when YOU are the primary mover. Even GOD who is independent said LET "US" make man. - Carlos Muhammad

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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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

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

The Guide is designed to help professional housing counselors and homeowners in the Philadelphia five-county region better navigate the mortgage foreclosure process and the foreclosure prevention programs available to homeowners.

Highlights of updates from the last edition include information on the termination of some programs and the creation of new ones, such as the FHA Short Refinance program for “underwater” homeowners with non-FHA mortgages and the Emergency Homeowners’ Loan Program, which is anticipated to help homeowners in foreclosure who experience involuntary unemployment, underemployment or loss of income due to a medical condition. Through EHLPP, Pennsylvania will receive nearly \$10.6 million to assist struggling homeowners.

To download the guide, go [here](#).

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HEALTH MATTERS

Beware of Deodorants and Antiperspirants
by Djehuty Ma'at-Ra

That's right, people! BEWARE of commercial brand deodorants and antiperspirants as they cause a host of health problems and concerns, and especially for females (which I'll explain later in the article).

Commercial brand deodorant and antiperspirant brands such as Ban, Arrid, Sure, Degree, Mennen, Old Spice, Right Guard, Suave, Dove, Jason, Body Mint, Brut, Dial Solid, Mitchum Solid, and Certain Dry to name a few are very harmful to your health because of their toxic ingredients.

The same is true of designer brand deodorants and antiperspirants such Calvin Klein, Gucci, Bulgari, Pierre Cardin, Polo, Hugo Boss, and Givenchy to name a few.

This article will not tell you to stop using deodorant or antiperspirant because I/we (Dherbs.Com) recognize and respect individual free will. However, it will caution you to be very conscious when purchasing deodorant and antiperspirants should you choose to wear these products.

According to the Handbook of Over-The-Counter Drugs (1992 edition),

*"Work is love made visible.
And if you cannot work
with love but only with
distaste it is better that you
should leave your work and
sit at the gate of the temple
and take aims of those who
work with joy." - Kahlil
Gibran*

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"Concern over perspiration is practically a national preoccupation. Worry about wetness and underarm odor prompts Americans to spend more than \$750 million annually on over-the-counter deodorants, deodorant soaps and antiperspirants."

Americans spend nearly \$1 billion annually to mask the funk that is emitted from their armpits that is the result of poor diet and ignorance, though poor diet is usually predicated upon ignorance followed by conditioning.

It is the stench from rotted and decayed meat and other insalubrious things that people eat like dairy products (cheese, butter, ice cream, sour cream), refined grain and starches; and the plethora of junk foods and fast foods that are excreted from the body via the armpits (as well as the pores all over the body, especially people who just simply smell bad all the time).

And for the females, the above applies to your vagina which is why many females experience a stench or foul odor 'down there' as well.

The stench from the dead foods we eat will always manifest in the mouth (bad breath, halitosis), colon and rectum (via the stools), female vagina (foul smell, foul smelling discharge), the skin (via the pores), and the underarms (armpits).

What we eat even effect the smell of our sexual secretions. We truly are what we eat, whether what we eat is dead or alive.

But for purposes of this article, I will concentrate on the armpits exclusively.

God made our bodies to perspire. Perspiration is a totally natural function. The problem with perspiration in our world today is that people don't like the smell of their perspiration (and rightly so); but what people are smelling is the result of what is commonly eaten: DEAD FOOD! Absent poor diet in the majority of people, their perspiration would not smell bad.

Okay, so now we stink or smell bad under our arms (armpits) so what do we do, especially here in the good ole U.S.A? Answer: MASK IT!

We are professionals at masking problems and situations. If it stinks, simply mask or hide the smell. Don't eliminate the root

Big thinkers are specialists in creating positive, forward-looking, optimistic pictures in their own minds and in the minds of others.
- David J. Schwartz

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cause or problem, simply mask or hide it. This is the general thinking with most people due to conditioning.

And how do we hide or mask things? Answer: deodorants and antiperspirants, feminine deodorant sprays, mouthwash, mints, chewing gum, air freshener, perfume and cologne, and cosmetics.

Masking smells has created numerous industries that make a fortune from selling masking agents that people, via massive conditioning, are dependent upon nowadays and simply cannot live without, or so they believe.

Perspiration is the equivalent of urinating via the skin. When we perspire, we are excreting and releasing toxins. Remember, the skin is the largest organ of elimination and your body will use the skin to eliminate, especially if your other channels of elimination are taxed and impaired.

When we use deodorant, we are not affecting a bodily function. Basically, we are masking body odor with fragrance and targeting bacteria via antibacterial agents such as Triclosan.

However, for most people, masking underarm odor is not enough, and therefore, something else is needed, perhaps something that can inhibit the natural function of perspiration all together, like **ANTIPERSPIRANT!**

When you truly understand the function of the sweat glands, You learn how deleterious antiperspirant is. Antiperspirants work by irritating the skin to cause an inflammatory reaction accompanied by swelling and expansion of the cells around the sweat duct and it's opening to shrink.

This reduces the amount of sweat that can get to the surface.

And not only this, what about the harmful chemical ingredients deodorants and antiperspirants contain that enter into the body from their use? Harmful chemicals such as:

ALUMINUM CHLORIDE, PROPYLENE GLYCOL, TRICLOSAN, ALCOHOL, ALUMINUM ZIRCONIUM TETRACHLORHYDREX-GLY, SODIUM SILVER ALUMINUM SILICATE, STEARYL ALCOHOL,

The boss returned from lunch in a good mood and called the whole staff in to listen to a couple of jokes he had picked up. Everybody, but one girl laughed uproariously. "What's the matter?" grumbled the boss. "Haven't you got a sense of humor?" "I don't have to laugh," she replied. "I'm leaving Friday."

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and UREA to name a few.

Propylene glycol is used in engine degreaser and other industrial products. It has no business in or on your body.

NOTE: Anything that goes on your body enters into your body and enters your bloodstream.

Aluminum has an affinity for the brain and human pineal gland (our spiritual center) and large concentrations of toxic aluminum develop in these body parts. Aluminum has been implicated as the number one cause of Alzheimer disease.

Aluminum Chloride is an irritant and reacts with water in perspiration to form hydrochloric acid that causes irritation and reddened skin and will gradually fade or rot clothing!
This is serious, folks!

Triclosan (a/k/a Irgasan DP 300) is a synthetic antibacterial made from petroleum. It is toxic and also a skin irritant.

Now consider all females who use antiperspirants and who wear bras. By causing the sweat ducts to shrink and thus inhibiting the secretion of sweat (which hold toxins) from the body via the underarms, the toxins stay inside the body, but because of the tight-fitting bras (especially wire strap bras), the toxins that would otherwise be excreted from the body if antiperspirant wasn't used, are now trapped in the breast area which is major lymphatic area. When females wear bras, especially tight-fitting bras, they are impairing lymphatic flow and when lymph is impaired, toxins accumulate and excess accumulation of toxins cause internal trash bags (cysts, tumors) to develop in an attempt to hold the toxins in a gesture to save or protect the body. But because many females remain unconscious and ignorant and keep wearing their bras and using antiperspirant and/or deodorant, the trash bags enlarge. This is why breast cyst and tumors and breast cancer is so epidemic today in American females.

You don't hear about males developing breast cancer to the same degree as females simply because males don't wear bras. The wearing of bras has to be the major difference when we deduce matters. Approximately 300+ males in the U.S. will develop breast cancer annually compared to hundreds of thousands of females.

Never miss an opportunity to make others happy, even if you have to leave them alone in order to do it.

~Author Unknown

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Millions of American females are experiencing breast tumors, cysts, cancer, or some other breast disease such as Paget's disease, mastitis, and fibrocystic breast disease and bras and deodorants and antiperspirants play a major role in their development. The research has been performed and a good book on the subject is "Dressed to Kill: The Link Between Breast Cancer and Bras" by Sydney Ross Singer and Soma Grismaijer.

All female breast diseases can be attributed to, at least in part, to the constant wearing of bras and the constant use of harmful deodorants and antiperspirants to mask body odor.

Carrying a heavy purse on one's shoulder also plays a role in inhibiting circulation and thus leading to particular breast-specific diseases. I'm glad to see purses have become smaller and compact and can be carried around in a female's hand instead of on her shoulder.

The breasts must not be contained so that there can be the necessary flow of the lymph and blood from head to toe.

Whether male or female, the underarm lymph nodes are impaired from the use of deodorant and antiperspirant. Lymph nodes are ducts that throw off toxins. When there is such a backup of toxins in the lymphatic system area of the chest, the nearby armpits suffer. The lymph nodes at the armpits become swollen and inflamed.

Ever felt a burning, tender soreness in your underarms? Ever developed a large and painful knot or lump (that lasts for days) in your underarms? This is the result of the deleterious chemicals in commercial brand underarm deodorants and antiperspirants which is why they should not be used.

In closing, there are a few good alternative brands of deodorants on the markets of good health food stores.

Good brands include Alvera (my personal favorite), Aubrey Organic (uses grain alcohol which is better than the petroleum-derived alcohols), and Avalon Organics to name a few. Tom's of Maine brand products are very suspect but are a better choice than most commercial brands of deodorant and toothpaste. Simply check the ingredients on the stick or roll-on.

*"Courage consists not in
blindly overlooking danger,
but in seeing it, and
conquering it."
Jean Paul Richter*

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Also beware of crystal stick deodorants. If the brand only contains mineral salts (i.e. 'Naturally Fresh' brand), you can take a chance.

But just make sure "aluminum" is not an ingredient in any
Crystal deodorant you purchase.

And because manufacturers are sneaky and tricky and only care about profits, make sure the crystal deodorant doesn't list "alum" as an ingredient. Alum is short for "aluminum", as in
ALUM-inum (Alum + inum).

More healthy and alternative brands (and their websites) are listed in our Dherbs.Com "Alternative Diet and Lifestyle Manual" e-book.

Always remember to check the ingredients of any product you buy. If you are not now at present a conscious consumer, become one to save and/or prolong your life.

If you had to choose antiperspirant over deodorant, the wise choice would be deodorant, as deodorant doesn't affect a bodily function whereas antiperspirant does.

"But Djehuty, I'm using a natural deodorant but it's not strong enough!" This is a legitimate complaint I get from people from time to time, mostly females, and my retort to them is to work on the diet. You cannot eat organic, live, raw foods and simultaneously maintain good hygiene (bathing, washing) and have an odor problem.

"Djehuty, can I use essential oils for purposes of deodorant or fragrance under my arms?" Some oils could be used directly on the skin but a lot of them cannot and shouldn't due to causing skin irritation due their properties (and despite being natural). If you are going to use essential oils under your arms, make sure to first apply a carrier oil such as grape seed oil, coconut oil, or sweet almond oil and then apply the essential oil.

"Djehuty, do I have to use deodorant or antiperspirant?" Of course not, if you don't have an odor problem! I don't have to use deodorant nowadays because of my diet and lifestyle. I can go days without deodorant. However, it does help that I constantly bathe (see "Sea Salt Soak" article).

"Djehuty, should women stop wearing bras?" Well, at home they

In all things that are purely social we can be as separate as the fingers, yet one as the hand in all things essential to mutual progress. ~Booker T. Washington

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should. Going out in public is something different, another story. I don't think the majority of us males could handle looking at protruding nipples sticking out of women's shirts and blouses from damn near every female we see walking down the street, at the mall, at church, or on the job. We may start having flashbacks of when we were breastfed or if we weren't breastfed, our wish or desire that we were breastfed may resurface and we may start drooling at the mouth.

Of course I was just having some fun and joking around above because it is a woman's free will to wear what she wills. But just remember, ladies, that when you are beautiful and dress sexy and provocative, constant looks, stares, whistling, and cats (or 'dogs'?) trying to get at you comes along with the territory. You will be hollered at (approached, hounded) as a perceived bone in the midst of a pack of hungry wild dogs (males) lusting for a good meal or good piece of meat. Hey, it's the American way! But I'm trying to help change that!

To detoxify your body from all the past years of abuse and toxicity from using commercial brand deodorants and antiperspirants, I recommend detoxing your body (see "Full Body Detox") periodically, at least once a year but 2-4 times a year ideally (depending on your diet and lifestyle).

Carbon (activated charcoal) is a great substance to use to remove chemical toxins from the body. Carbon is a part of Dherbs Com's Full Body Detox. Individual herbs great for cleansing the lymphatic system include: Echinacea root, Goldenseal root, Octillo, Lobelia, Mulein Leaf, Red Root, Wild Indigo Bark, Chaparral, and Burdock Root to name a few.

If you are experiencing swollenness, redness, soreness, and/or inflammation (and in the form of a large lump) under the arms (armpits), immediately stop using deodorant/antiperspirant. Perform the "Sea Salt" soak. Apply Aloe Vera gel to the armpit area (throughout the day). Immediately perform a detox (7-day, 10-day, or 20-day cleanse) to facilitate healing. After you heal, only use a good brand of deodorant (i.e. Alvera).

Thank you for reading!

This article is compliments of www.Dherbs.Com and Djehuty Ma'at-Ra.

Women always have the last word in an argument. Anything a man adds after that is the beginning of a new argument.
(thx Donna Boggs)

Break The Habit!

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.

In our continuing efforts to help the tobacco addicted to help themselves, we are presenting the American Cancer Society's Ten Point Plan. This is the seventh of the series. We hope you find it helpful.

7- How to quit- Rationalizations are sneaky

One way to overcome these urges or cravings is to notice and identify *rationalizations* as they come up. A rationalization is a mistaken thought that seems to make sense to you at the time, but the thought is not based on reality. If you choose to believe in such a thought, it can serve as a way to justify smoking. If you have tried to quit before, you will probably recognize many of these common rationalizations:

- "I'll just have one to get through this rough spot."
- "Today is not a good day. I'll quit tomorrow."
- "It's my only vice."
- "How bad is smoking, really? Uncle Harry smoked all his life and he lived to be over 90."
- "Air pollution is probably just as bad."
- "You've got to die of something."
- "Life is no fun without smoking."

You probably can add more to the list. As you go through the first few days without smoking, write down any rationalizations as they come up and recognize them for what they are: messages that can trick you into going back to smoking. Look out for them, because they always show up when you're trying to quit. After you write down the idea, let it go from your mind. Be ready with a distraction, a plan of action, and other ways to re-direct your thoughts to something else.

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Get Fresh!

Volunteer with Philabundance Fresh for All
You recycle out the wazoo and consider yourself
consigliere of the enviro-sack mafia.

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

*So powerful is the light of
unity that it can illuminate
the whole earth.*
~Bahá'u'lláh

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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

Easy-To-Build Solar Panel

See simple instructions using free and inexpensive materials [HERE](#)

How do we bring up ALL people through the movement to build a more Sustainable City? There are some starter ideas FYI (For Your Inspiration) below.

Environmental Justice Videos

1. Van Jones at GreenFest 2007 in Chicago:
<http://link.brightcove.com/services/player/bcpid901003925?bclid=900600164&bctid=895238457>
2. Majora Carter – “Greening the Ghetto” :
<http://www.ted.com/index.php/talks/view/id/53>

Free E-Newsletters

1. Public Education Network e-newsletter (Nice resources.):
http://www.publiceducation.org/newsblast_current.asp
2. Next Great City e-Newsletter (Lots of events):
www.nextgreatcity.org
3. Philadelphia Higher Education Network for Neighborhood Development (PHENND) e-newsletter (Just awesome!):
<http://phennd.communishare.org>

Knowing that we can make a difference in this world is a great motivator. How can we know this and not be involved? - Susan Jeffers

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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Philadelphia Initiatives

1. City of Philadelphia Going Green: <http://www.phila.gov/green/index.html>
2. East Coast Greenway Pennsylvania: <http://www.greenway.org/gw-pa.htm>
3. Greater Philadelphia Environmental Network: <http://www.gpen.org/>
4. Next Great City Initiative: <http://www.nextgreatcity.com/>
5. Urban Green Partnership: <http://urbangreenpartnership.org/what-is-green/>
6. Urban Sustainability Forum: <http://www.sustainablephiladelphia.com/index.html>
7. SustainLane City Rankings: <http://www.sustainlane.com/us-city-rankings/overview.jsp>

Other: The National Religious

1. Partnership for the Environment <http://www.nrpe.org/>
 2. PennFuture: <http://www.pennfuture.org/>
 3. PennEnvironment: <http://www.pennenvironment.org/>
 4. The Pennsylvania Environmental Council www.pecpa.org
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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.greenjobshilly.org/news>

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

GRANTS, SCHOLARSHIPS & INSTRUCTION

Internship Grants for Economic Recovery Organizations

Internship Grants for Economic Recovery Organizations

With funding made available from Learn and Serve America, PHENND will be awarding approximately 50 interns to qualified nonprofit agencies to employ college student interns for capacity-building projects.

Organizations must be working in the following areas: public benefit screening and enrollment, volunteer income tax assistance, financial education for youth or adults, micro-entrepreneurship training, workforce development, housing counseling, and other similar services aimed at

Hereeeeeeeeeeeeeees...
Kathy's Korner!

*I'll be sharing some signs
seen on churches from
around the country, not
meant to be offensive, but
may even be inspirational!*

*An ad for St. Joseph's
Episcopal Church has a
picture of two hands
holding stone tablets on
which the Ten
Commandments are
inscribed and a headline
that reads, "For fast, fast,
fast relief, take two tablets."*

*When the restaurant next to
the Lutheran Church put
out a big sign with red
letters that said, "Open
Sundays," the church
reciprocated with its own
message: "We are open on
Sundays, too."*

*"Have trouble sleeping?
We have sermons -- come
hear one!"*

**(Kathy Parsons is a
regular contributor.)**

low-income people. Interns will be paid a modest stipend by the organization; the organization will be reimbursed by PHENND upon completion of the project.

Organizations interested in the program can download the application.

Organizations are also encouraged to contact Hillary Kane to ask questions and learn more about the program. Hillary may be contacted at hillarya@pobox.upenn.edu or 215-573-2379.

Read more at:

http://www.phennd.org/index.php/initiatives/initiatives/credit_path/
----- Coalition members! Activate 'Your' [web link](#) on The Coalition, Inc. web site -----

SpotLight On Our Efforts

“One House at a Time” and Beds for Kids”

www.ohaat.org.

A furniture and bed ministry for families and children in need.

The One House at a Time ministry is a joint effort with Upper Dublin Lutheran Church. The use of our Welsh Road building is a huge plus for this ministry. Our goal is new beds for kids and outfitting as many homes with furniture as we can.

If you have gently used furniture that you would like to donate to families in need, please contact “One House at a Time” at 215-646-7812. Leave a message of what you wish to donate and a number where you can be reached. Your furniture will be picked up by volunteers and stored until it can be delivered to families in need. Within this ministry there is a ministry called “Beds for Kids” that provides children with a new bed to sleep on.

You can volunteer to help with pick-ups, deliveries, or by sorting and boxing table settings, linens, kitchen appliances, pots and pans, and other goods, or phone hours, please

**Contact Anthony Brummans
267-825-5127 or abrummans@comcast.net
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

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.](#)

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

Straight Up! Men's HIV Prevention Initiative

will be hosting it's

4th annual men's 3 on 3 Men's Basketball Tournament

Saturday June 4, 2011

Shepard Recreation Center

5700 Haverford Avenue .

The event will include HIV counseling and testing, screenings, other health information and of course a basketball tournament for men 18 years of age and older.

There is a cash prize for 1st and 2nd place, in the previous years it is an average of \$300 to the winner.

We are looking for teams interested in participating but keep in mind that the event is open to the public and will serve as a good way to promote HIV testing in the community.

I hope that you can assist **Straight Up!** in promoting this event, if I can provide additional information please feel free to contact me.

We look forward to seeing you there.

Sincerely,

Adonis M. Banegas, M.S.H.Ed.

Men's HIV Prevention Initiative Manager

Circle of Care, Family Planning Council

1700 Market Street, 18th Floor

Philadelphia PA, 19103

[215-985-6837](tel:215-985-6837)

Adonis@familyplanning.org

* * * Outside PA * * *

COMPUTERS AND TECHNOLOGY

Free online journal focuses on technology for nonprofits

Technology can help nonprofits create the change they want to see in the world. But even with daily evidence of world-changing innovations and applications of technology, it's difficult for nonprofit leaders to know how to apply it to their missions.

[NTEN:Change](#), a free online journal from the [Nonprofit Technology Network](#), provides the guidance and practical considerations nonprofits need to make the sound investments and decisions that will help them meet their goals.

Free subscriptions are available [here](#).

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

Group offers low-cost web access to nonprofits

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

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

- 12 months of service from Mobile Citizen extended to 15 months at no additional charge. With this, nonprofits receive three free months of service per account.
- Dedicated Mobile Citizen Customer Care customized for non-profit organizations.
- A free one-year membership to NTEN, a nonprofit technology network, ongoing information and news as well as access to a support community.
- A choice of additional benefits including an educational webinar series.

For more information, email [Free Trial](#).

www.mobilecitizen.org/grantphiladelphia

A HAND UP!

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

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!](#)

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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WORD-OF-THE-WEEK

punctilious

\puhnhk-TIL-ee-uhs\
Strictly attentive to the details of form in action or conduct; precise; exact in the smallest particulars.

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.

