



News From The Coalition, Inc.

“Communication – Cooperation – Collaboration”

Volume 5, Number 38

Friday 03 June 2011

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Word-of-the-Week

Greetings Coalition Family!

The Coalition, Inc. will be convening the First National Organizational Policy Summit in September 2011. This forward-thinking project is the brainchild of our Treasurer Dr. John E. Churchville. When we harness the resources GOD has given us, how then can we fail?

The man who makes a success of an important venture never wails for the crowd. He strikes out for himself. It takes nerve, it takes a great lot of grit; but the man that succeeds has both. Anyone can fail. The public admires the man who has enough confidence in himself to take a chance. These chances are the main things after all. The man who tries to succeed must expect to be criticized. Nothing important was ever done but the greater number consulted previously doubted the possibility. Success is the accomplishment of that which most people think can't be done.

C. V. White

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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

“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

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](#).

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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

in Press Release form.

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*"The wise adapt themselves to circumstances, as water moulds itself to the pitcher."
Chinese 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.*

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/l/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

Jobs, high school, college. All extremely important issues that affect our teens and ultimately, the future success of our communities.

On the www.cap4kids.org/philadelphia website, under the **Teen Resources** handout

(http://www.cap4kids.org/philadelphia/parent_handouts/teen_resources.html)

there are multiple resources to help teen succeed including the new Philadelphia Youth Network, My PYN site (<http://www.mypyn.org/>) which customizes resources for Philly Teens.

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THIS WEEK

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

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It's the October Gallery Artful Sunday Brunch

If you always wanted to try veggie food
AND if you always thought it was

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

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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*Every man is a damn
fool for at least five
minutes every day;
wisdom consists in not
exceeding the limit.
~Elbert Hubbard*

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maybe kind of weird
BUT you want to try for yourself
AND if you can believe me when
I say that the food is amazingly good
AT
October Gallery's Sunday
Brunch at 7165 Lounge.

Come to see what we are doing?
All you can eat in an ARTFUL environment

Art, music, fellowship, network and relax.
Brunch Served SPECIAL \$10
Hours Noon - 6pm

For more info call October Gallery [\(215\) 629-3939](tel:2156293939)
Host Your Next Event At 7165
Wireless available

Visit the October Gallery

6353 Greene Street Philadelphia, PA 19144

Monday through Saturday 11 AM to 7 PM Admission Free
Print this email and bring to OUR Gallery for a FREE \$45 print
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"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??

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EMPLOYMENT AND TRAINING OPPORUNITIES

FEMA positions up to six figures available in our online [Coalition Group](#) ongoing updates will be posted as they become available.

ARE YOU SEEKING THE PERFECT EMPLOYEE?

They will be at our

Career Boot Camp Job Fair on Wednesday, June 8th, 2011!

PhillyRising Collaborative in partnership with ACHIEVEability
and Friends of the Haddington Library PRESENTS:

BOOTCAMP SERIES #6: JOB AND RESOURCE FAIR

5:30pm-8pm

**446 North 65th Street (65th and Girard Ave)
Philadelphia, PA 19151**

We are currently seeking various types of Employers who are currently hiring to participate in this milestone event! We have job seekers of all ages, employment skills, and education background.

This is a closed event!

This job fair is only open to those who have completed our Career Bootcamp Series 1-5. They have earned our stamp of approval.

To learn more about the event or to sign up for a table, please contact Nijah Famous,

Community Development Manager at 215-748-8816 or
Nijah.Famous@achieve-ability.org

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*We have learned to fly
the air like birds and
swim the sea like fish,
but we have not learned
the simple art of living
together as brothers.
~Martin Luther King,
Jr.*

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Job Openings

MV Transportation (Septa's Paratransit Line) is looking to hire 100 drivers in Phila. by July 29th. If you're interested or you know someone you can apply for the position in person at their location. Must have a current clean driver's license for at least 3 years and no felony charges or convictions

MV Transportation
2625 Wheatsheaf Lane
Philadelphia Pa 19137

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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 as 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),

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"It is easy to fly into a passion... anybody can do that, but to be angry with the right person to the right extent and at the right time and in the right way that is not easy." - Aristotle

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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

Ol' Fred had been a religious man who was in the hospital, near death. The family called their preacher to stand with them. As the preacher stood next to the bed, Ol' Fred's condition appeared to deteriorate and he motioned frantically for something to write on. The pastor lovingly handed him a pen and a piece of paper, and Ol' Fred used his last bit of energy to scribble a note, then he died. The preacher thought it best not to look at the note at that time, so he placed it in his jacket pocket. At the funeral, as he was finishing the message, he realized that he was wearing the same jacket that he was wearing when Ol' Fred died. He said, "You know, Ol' Fred handed me a note just before he died. I haven't looked at it, but

knowing Fred, I'm sure there's a word of inspiration there for us all." He opened the note, and read out loud, "Hey, you're standing on my oxygen tube?"

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To be happy, do not add to your possessions, but subtract from your desires. ~Author Unknown

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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,

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.

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"As a rock on the seashore he standeth firm, and the dashing of the waves disturbeth him not. He raiseth his head like a tower on a hill, and the arrows of fortune drop at his feet. In the instant of danger, the courage of his heart here, and scorn to fly."

"As a rock on the seashore he standeth firm, and the dashing of the waves disturbeth him not. He raiseth his head like a tower on a hill, and the arrows of fortune drop at his feet. In the instant of danger, the courage of his heart here, and scorn to fly." - 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.

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Do not fear what may happen tomorrow. The same loving FATHER who cares for you today will care for you tomorrow and everyday. Either HE will shield you from suffering or HE will give you unfailing strength to bear it. Be at peace then and put aside all anxious thoughts and imaginings. - St. Francis de Sales

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.

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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

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.

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 eighth of the series. We hope you find it helpful.

8- How to quit- Avoid temptation

Stay away from people and places where you are tempted to smoke. Later on you will be able to handle these with more confidence.

Change your habits

Switch to juices or water instead of alcohol or coffee. Choose foods that don't make you want to smoke. Take a different route to work. Take a brisk walk instead of a coffee break.

Choose other things for your mouth: Use substitutes you can put in your mouth such as sugarless gum or hard candy, raw vegetables such as carrot sticks, or sunflower seeds. Some people chew on a coffee stirrer or a straw.

Get active with your hands: Do something to reduce your stress. Exercise or do hobbies that keep your hands busy, such as needlework or woodworking, which can help distract you from the urge to smoke. Take a hot bath, exercise, or read a book.

Breathe deeply: When you were smoking, you breathed deeply as you inhaled the smoke. When the urge strikes now, breathe deeply and picture your lungs filling with fresh, clean air. Remind yourself of your reasons for quitting and the benefits you'll gain as an ex-smoker.

Delay: If you feel that you are about to light up, hold off. Tell yourself you must wait at least 10 minutes. Often this simple trick will allow you to move beyond the strong urge to smoke.

Reward yourself

What you're doing is not easy, so you deserve a reward. Put the money you would have spent on tobacco in a jar every day and then buy yourself a weekly treat. Buy a book or some new music, go out to eat, start a new hobby, or join a gym. Or save the money for a major purchase. You can also reward yourself in ways that don't cost money: visit a park, go to the library, and check local news listings for museums, community centers, and colleges that have free classes, exhibits, films, and other things to do.

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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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Hereeeeeeeeeeeeeees...
Kathy's Korner!

I'll be sharing some signs seen on churches from around the

Get Fresh!

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

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

And you can help by volunteering.

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

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

Looking for something physical?

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

And that's a green movement to be proud of.

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

For more information, go to www.philabundance.org

GREEN PIECE

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.):

from around the country, not meant to be offensive, but may even be inspirational!

A singing group called "The Resurrection" was scheduled to sing at a church. When a big snowstorm postponed the performance, the pastor fixed the outside sign to read, "The Resurrection is postponed."

"People are like tea bags -- you have to put them in hot water before you know how strong they are."

"God so loved the world that He did not send a committee."

(Kathy Parsons is a regular contributor.)

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>

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

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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

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.](#)

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 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/
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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

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

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Jus' Words at Dowlings Place

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

- Poets
- Rappers
- Singers
- Spoken Word Artists

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COMING UP

Daddy/Daughter Dance highlights June fatherhood activities
[Daddy University](#) has scheduled a series of events and activities for the month of June, including the [3rd Annual Daddy/Daughter Dance](#)
Saturday, June 18th
Pennsylvania Convention Center
Philadelphia, PA

Also in June, the group will sponsor its [6th Annual Fatherhood Festival](#).

At the festival, awards from the My Dad/My Mentor Essay Contest will be given.

For more details, call [610-721-6757](tel:610-721-6757) or email [here](#).

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

Afro- Caribbean Information Festival

Dear Friends,

I am writing to invite you to have an information table about your organization at our
First Annual Afro-Caribbean Information Festival

School District of Philadelphia

440 No. Broad St.

Saturday June 25, 2011

11am to 3 pm.

We will be highlighting all the services the district has available to our students and their parents, as well as specialized services available throughout the community.

This is your opportunity to share your information with not only the Haitian Community but also the school community as well.

Please accept our invitation to provide valuable information to all the members of our community to invoke more progress and positive growth.

My contact information is listed below for your convenience.

Yves Marie Desir

The School District of Philadelphia

The Office of Parent, Family, and Community Engagement

440 N Broad Street, Suite 114

Philadelphia, PA 19130

[215- 400-6268](tel:215-400-6268)

[215- 400-4181](tel:215-400-4181) Fax

ydesir@philasd.org

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Liberation Fellowship CDC

is sponsoring a

Health Fair

Vernon Park (Germantown and Cheltenham Avenues)

Monday, June 27th, National HIV Testing Day.

Along with HIV and STD testing, there will be blood pressure, diabetes and other health screenings. There will also be free food, face painting for the children (and those of us who are still young at heart), and more.

So, hold the date, spread the word and join us.

WHAT: Vernon Park Health Fair

WHEN: Monday, June 27th, 1 - 6 p.m.

WHERE: Vernon Park, Germantown Avenue above Cheltenham Avenue

If you or your organization would like to provide free health screenings or share health-related information at the Fair, please contact our Fair Coordinators, Dawna Edwards-Watson at [\(215\) 391-9356](tel:215-391-9356) or Jerome Rogers at

jeromelrogers@gmail.com.

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

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

Women of Worth Awards

L'Oreal Announces the **Sixth Annual Women of Worth Awards**

Honoring
Women Dedicated to Volunteerism and Community

Deadline: June 30, 2011

L'Oreal Paris, a division of L'Oreal USA, Inc., has announced the opening of the 2011 Women of Worth nomination period. Now in its sixth year, the Women of Worth program seeks to honor women in the United States for their dedication to charitable programs and volunteerism in their communities. Past honorees have dedicated themselves to providing relief and raising awareness among a broad range of causes, including hunger, homelessness, health care, education, and more.

To be eligible, a nominee must be a woman 18 years of age or older who has a record of exemplary non-compensated service within her community and beyond. The nominee should be able to demonstrate the impact of her work within her community, be aspirational and inspirational to others, demonstrate commitment to her cause, and exemplify leadership. Nominees must be legal residents of the fifty United States or the District of Columbia, and the nominee's volunteer activities must have occurred in the continental U.S. and have primarily served domestic American needs.

The volunteer activity should have lasted for at least six uninterrupted months and should be ongoing.

Nominations may be submitted by individuals and organizations familiar with the nominee's work (including friends and family members).

Self-nominations are allowed and encouraged.

Ten honorees will each receive \$10,000 for their charitable cause. One national honoree will be chosen via a public online vote and will receive an additional \$25,000 for her charity. All ten honorees will be honored and the national honoree will be announced at an awards ceremony in New York City.

Visit the Women of Worth Web site for complete program information and nomination materials.

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

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* * * Outside PA * * *

*Money can't buy love,
but it improves your
bargaining position...
Christopher Marlowe
(Thx. Heff)*

*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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and in [Press
Release](#) form.**

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:

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.

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IT'S HERE!!

Our group A HAND UP! Is now open, please go to:

[A HAND UP!](#)

In response to the needs of many grassroots organizations for the basic tools to implement and sustain their ideas and projects, The Coalition, Inc. members have come together to establish a network to facilitate the distribution/re-distribution of unwanted, unneeded, surplus and even repairable items for recycling.

To join: [A Hand Up!](#)

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

Remember to support The Coalition, Inc.'s on-air personalities...

Sister Phile Chionesu, organizer of the Million Woman March,
“Nu Day Resurrection and Liberation” Show LIVE each Saturday evening
10:30 PM--12:00 midnight EST.

"NU Day" is heard in Philly and, worldwide, through the internet at:
www.blogtalkradio.com/empresschi Or you can tune in via podcast at 646-
652-2232

Call in and give your thoughts, comments, opinions at 1-646-652-2232

Or send an instant message to mwmsistahood@aol.com to chat on line.

WORD-OF- THE-WEEK

impervious \im-
PUR-vee-uhs\
Not admitting of
entrance or
passage through;
impenetrable;
Not capable of
being harmed or
damaged; Not
capable of being
affected.

