

We all hold a piece to the puzzle Friday 08 July 2011

The Coalition, Inc. Board of Directors

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**Table of content** 

For Our Children ... 02

This Week ... 03

Employment and Training Opportunities ... 05

Health Matters ...05

Green Piece ... 09

Grants, Scholarships & Instruction... 09

SpotLight ... 10

Arts for Awareness ...

Coming Up ...14

Computers and Technology ... 14

A Hand Up ... 16

Word-of-the-Week ... 17

# News From The Coalition, Inc.

"Communication - Cooperation - Collaboration"

Volume 5, Number 42

# **Greetings Coalition Family!**

The Coalition, Inc. will be convening the **First National Organizational Policy Summit** September 10<sup>th</sup>, 2011 in Philadelphia. This forward-thinking project is the brainchild of our Treasurer Dr. John E. Churchville. We need your input. Be There!

When we harness the resources GOD has given us, how then can we fail?

Resistance to oppression is often based on a love that leads us to value ourselves, and leads us to hope for more than the established cultural system is willing to grant ... such love is far more energizing than guilt, duty, or self-sacrifice. Love for others leads us to accept accountability (in contrast to feeling guilt) and motivates our search for ways to end our complicity with structures of oppression. Solidarity does not require self-sacrifice, but an enlargement of the self to include community with others.

Sharon Welch

"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 <a href="mailto:TheCoalitionNews@g">TheCoalitionNews@g</a> mail.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.

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# School District publishes summer course guide for parents

The <u>School District of Philadelphia</u> 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 <u>here</u>.
----- Coalition members! Activate 'Your' web link on The Coalition, Inc. web site -----

## Cap4Kids Hint of the Week

Smoking cessation programs are now in the digital age and are effective as evidenced by a new article in the journal The Lancet. <a href="http://www.webmd.com/smoking-cessation/news/20110630/do-u-smoke-text-messages-can-help-you-quit?src=RSS\_PUBLIC">http://www.webmd.com/smoking-cessation/news/20110630/do-u-smoke-text-messages-can-help-you-quit?src=RSS\_PUBLIC</a>. Text messages help smokers quit. Smokers that quit help not just themselves but all persons around them including many of the devastating effects on children. On the <a href="https://www.cap4kids.org/philadelphia">www.cap4kids.org/philadelphia</a> website, under Physical Health Resources, you will find several programs to help smokers quit including <a href="https://www.cap4kids.org/philadelphia">Determined to Quit's Quit Companion</a> that sends timely texts to help smokers in their desire to quit. Check it out!

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"To talk much and arrive nowhere is the same as climbing a tree to catch a fish."

Chinese Proverbs

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

EigntCitiesMAP
Choose
"Philadelphia's Online
Community
"Newsletter" from the
menu.

# THIS WEEK

# REP. JOHNSON CALLS FOR COMMUNITY ACTION AND ACCOUNTABILITY

WHO: State Rep. Kenyatta Johnson, community members and community leaders.

**WHAT:** A community action meeting and street tour.

WHEN: Friday, July 8, from 6 p.m. to 8 p.m. Tour to take place at 9 p.m.

WHERE: The Dixon House, located at 1920 S. 20<sup>th</sup> Street in Philadelphia.

WHY: South Philadelphia, and the region as a whole, has been inundated with homicides. In an effort to fight against this ongoing concern, Rep. Johnson is inviting and urging everyone from community members to police officials to attend this meeting. "It's time that we all step up and take an active role in stopping the violence in our neighborhoods," Rep. Johnson states. "Our excuses are literally killing our youth, and we have to start holding ourselves accountable for putting an end to these senseless acts of violence."

Those in attendance will also receive information that will keep youth from getting involved in criminal activities, and information that will help youth get back on the right path after being convicted of a crime.

This meeting will be followed by a community

walk-through of high-crime areas.

If wisdom and diamonds grew on the same tree we could soon tell how much men loved wisdom.
~Lemuel K. Washburn

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

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**CONTACT:** The Office of State Rep. Kenyatta Johnson at (215) 952-

3378 for additional information.

Media is invited to attend.

### **About State Representative Kenyatta Johnson:**

State Rep. Kenyatta Johnson currently serves the 186th Legislative District. He is native of the Point Breeze section of South Philadelphia and represents the change he wants to create in the community. Rep. Johnson currently serves as Vice Chairman of the Children and Youth Committee, has created the Peace Not Guns Caucus in Harrisburg, and seeks to empower neighborhoods by developing a comprehensive plan to improve their economic, educational and social conditions. Visit <a href="https://www.pahouse.com/Johnson">www.pahouse.com/Johnson</a> to learn more about Rep. Johnson.

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# **EMPLOYMENT AND TRAINING OPPORUNITIES**

**FEMA** positions up to six figures available in our online <u>Coalition Group</u> ongoing updates will be posted as they become available.

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# **HEALTH MATTERS**

# Pediatrician group urges ban on junk food ads

By Lisa Baertlein and Frederik Joelving

LOS ANGELES/NEW YORK (Reuters) - U.S. pediatricians want to ban junk food ads aimed at children, saying that they conspire with sedentary activities like watching television and playing video games to make kids

"Congress and the Federal Trade Commission have to get tough with the food industry," said Dr. Victor Strasburger, who wrote the new policy statement from the American Academy of Pediatrics (AAP), a group of

We should seize every opportunity to give encouragement.
Encouragement is oxygen to the soul. - Unknown

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65,000 physicians.

More than one in six children and teenagers in the United States are obese -- up three-fold from a generation ago, according to the U.S. Centers for Disease Control and Prevention.

"Thirty years ago, the federal government ruled that young children are psychologically defenseless against advertising. Now, kids see 5,000 to 10,000 food ads per year, most of them for junk food and fast food,"

Strasburger said.

The AAP's statement comes as public health officials, lawmakers and parents are becoming increasingly frustrated with rising childhood obesity rates and weak anti-obesity efforts from restaurant operators and food and beverage companies.

"There is massive marketing of the worst foods, even to children under age 5. It is toxic and until it stops there is little hope of dealing with obesity," said Kelly Brownell, director of Yale University's Rudd Center for Food Policy and Obesity.

#### SMALL, PUBLIC STEPS

U.S. spending on food marketing aimed at children aged 2 through 17 via television, the Internet, video games, text messages and other means may come to \$1.6 billion a year, the Institute of Medicine said in a report last week.

In an earlier report, "Food Marketing to Children and Youth," the institute concluded that there is strong evidence that exposure to TV advertising is associated with weight gain in children 2 to 11 years.

U.S. food industry groups -- which say they have reduced direct marketing to children and put voluntary guidelines around the practice -- found fault with the AAP's statement.

The Grocery Manufacturers Association said it was based largely on outdated research that does not adequately reflect the marketplace and trends.

"It's an ineffective approach to blame childhood obesity on advertising, when the report points to multiple factors, including sedentary behavior, inadequate amount of sleep and increased screen time," said Joy Dubost,

director of nutrition for the National Restaurant Association.

Strasburger, who underscored that the AAP statement was based on recent research, agreed that the solution to obesity is complex, and was not surprised by the food industry's response.

"In every public health crisis we've had -- whether it's smoking or drinking or obesity -- the industry involved blames the individual, the parent or the consumer," he said.

In addition to promoting better eating habits, AAP and other health experts urge parents to limit the time children spend watching TV, using computers or playing video games because they can lead to inactivity and disturbed sleep

"We are continually faced by great opportunities brilliantly disguised as insoluble problems." – Unknown

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The Coalition Inc.net and download a copy of the Pledge of Commitment and return it to us the.pa.coalition@gmail.com and disturbed sleep.

Public health advocates also are using the courts and local laws to force the food industry to change its practices.

Late last year, the Center for Science in the Public Interest sued McDonald's Corp to stop the world's biggest restaurant chain from giving away free toys with its Happy Meals to lure children into its restaurants.

Lawmakers in San Francisco and nearby Santa Clara County have passed laws that will require kids' meals to meet certain nutritional standards before they can be sold with toys.

McDonald's declined comment.
(Editing by Robert MacMillan)
Source

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# Long-term Exercise, Healthy Eating Habits In Young Adults

Despite mounting public health concerns about obesity and persistent social pressures dictating that slim is beautiful, young women in their '20s consistently exercise less than young men.

And young black women showed significant declines in exercise between 1984 and 2006, according to a University of Michigan study to be published in the October issue of the American Journal of Public Health.

The study is one of the first to analyze long-term patterns in weightrelated activities, and to assess how these patterns vary by gender, race and ethnicity, and socioeconomic status.

The disparities in health behaviors the study reveals are consistent with disparities in the prevalence of obesity, particular among women, according to Philippa Clarke, lead author of the study and a researcher at the U-M Institute for Social Research (ISR).

The study is based on data obtained every two years from 17,314 men and women who were aged 19 to 26 between 1984 and 2006. The participants were part of a follow-up panel drawn from the Monitoring the Future Study, conducted by ISR. The analysis was funded by the Robert Wood Johnson Foundation, as part of the Youth, Education, and Society Project, also based at ISR.

For the study, the researchers looked at trends over a 23-year-period in six different health behaviors

"The possibilities are numerous once we decide to act and not react." -George Bernard Shaw

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The Coalition Inc.net and download a copy of the Pledge of Commitment and return it to us the.pa.coalition@gmail.com They measured how often participants reported eating breakfast, and eating at least some green vegetables and fruit; how often they exercised vigorously (jogging, swimming, or calisthenics); how often they got at least seven hours of sleep, and how much television they watched on an average weekday.

"Agreement is growing that the source of the obesity epidemic lies in an environment that produces an energy gap, where energy intake exceeds energy expenditure even by as little as 100 excess calories per day," wrote Clarke and co-authors Patrick O'Malley, Lloyd Johnston, John Schulenberg and Paula Lantz, all researchers at ISR.

The finding that young women consistently exercised less than young men, suggests that differences in energy expenditure could play a role in gender disparities in obesity and overweight.

The frequency of eating fruit and vegetables remained relatively stable among young adult women but declined significantly among young men. Young men also reported eating breakfast less often than did young women.

Both men and women reported a steady decline in the frequency of getting at least seven hours of sleep each night.

Despite the focus on television viewing as an important determinant of obesity, the researchers found that the amount of time men and women spent watching TV stayed relatively stable.

When the researchers compared behaviors of different racial and ethnic groups, they found some major differences. For example, although white women showed a steady increase in the frequency of eating breakfast, the trajectory for non-Hispanic black women declined until 1996 and only began to increase in 2000.

Although fruit and vegetable consumption changed little among young adults, consumption of both was consistently lower among black and Hispanic men and women in any given year.

And although the frequency of exercise remained relatively stable among young adult women in general, among black women, the frequency of exercising steady declined.

In addition, black and Hispanic women showed greater declines than white women in the frequency of getting at least seven hours of sleep a

An engineer dies and reports to the pearly gates. St. Peter checks his dossier and says, "Ah, you're an engineer -- you're in the wrong place."So the engineer reports to the gates of hell and is let in.Pretty soon, the engineer gets dissatisfied with the level of comfort in hell, and starts designing and building improvements. After a while, they've got air conditioning and flush toilets and escalators, and the engineer is a pretty popular guy. One day God calls Satan up on the telephone and says with a sneer, "So, how's it going down there in hell?"Satan replies, "Hey, things are going great. We've got air conditioning and flush toilets and escalators, and there's no telling what this engineer is going to come up with next."God replies, "What??? You've got an engineer? That's a mistake -- he should never have gotten down there send him up here.''Satan says, ''No way. I like having an engineer on the staff, and I'm keeping him. "God says, "Send him back up here or I'll sue.''Satan laughs uproariously and answers, "Yeah, right. And just where are YOU going to get a lawyer?"

white women in the frequency of getting at least seven hours of sleep a night. They also were less likely than white women to report eating breakfast, and eating fruits and vegetables.

Among men, those from lower socioeconomic backgrounds reported dramatic declines in sleep, after adjusting for race and ethnicity.

Minority racial and ethnic groups, and women from lower socioeconomic groups, also reported watching television more often than whites and women from more affluent backgrounds.

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#### **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 tenth and final installment of the series. We hope you have found it helpful.

# 10- How to quit- Recovering from slips

What if you do smoke? The difference between a slip and a relapse is within your control. A slip is a one-time mistake that is quickly corrected. A relapse is going back to smoking. You can use the slip as an excuse to go back to smoking, or you can look at what went wrong and renew your commitment to staying away from smoking for good. Even if you do relapse, try not to get too discouraged. Very few people are able to quit for good on the first try. In fact, it takes most people several tries before they quit for good. What's important is figuring out what helped you when you tried to quit and what worked against you. You can then use this information to make a stronger attempt at quitting the next time.

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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.

""Being deeply loved by someone gives you strength; loving someone deeply gives you courage." - Lao-Tzu

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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**

The <u>Electronic Industries Alliance</u> provides a list of local electronic recycling facilities, including Philly's Northeast Drop-off Center at State Road & Ashburner Street and Northwest Drop-Off Center at Domino Lane & Umbria Street.

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

For sustainable enterprise go to Green Jobs Philly http://www.greenjobsphilly.org/news

----- Coalition members! Activate 'Your' web link on The Coalition, Inc. web site ----40 Ways to Save on Almost Anything

# **GRANTS, SCHOLARSHIPS & INSTRUCTION**

The Healthy People 2010 Community Innovations Project

is being administered by John Snow, Inc. (JSI) as part of a contract it has with the U.S. Office of Disease Prevention and Health Promotion (ODPHP). It will fund non-profit, community-based organizations with budgets less than \$750,000 to implement projects that address Healthy People 2020 overarching goals, topic areas and objectives and integrate

"If we won't be better tomorrow than we are today, then what do we need tomorrow for?" -Rabbi Nahman

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at least one of the following Healthy People 2020 Community Innovation Project priorities: environmental justice, health equity, and healthy behaviors across all life stages.

As many as 170 projects will be given between \$5,000 to \$10,000 to conduct projects between December 1, 2011 and May 31, 2012.

The deadline for submitting an application in response to this Request for Proposal (RFP) is Friday, August 5, 2011. More details are included in the attached Healthy People 2020 RFP, which is also available online at <a href="http://l.usa.gov/kSzpXs">http://l.usa.gov/kSzpXs</a>

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# **SpotLight On Our Efforts**

# Fattahs to be honored with Paul Washington Award

The Father Paul Washington Community Committee will present its

Second Annual Father Paul Washington Good Shepherd Award to
David and Falaka Fattah,
founders of the House of Umoja

Saturday, July 23rd from 1-4pm at the Church of the Advocate, 18th and Fr. Paul Washington Ave. (aka Diamond Street) in North Philadelphia.

House of Umoja has supported adolescents and young adults with a variety of supports and services for over 40 years in West Philadelphia. The Fattahs are the parents of US Rep. Chaka Fattah, who represents Pennsylvania's second congressional district.

The event will feature performances by the Philadelphia Clef Club of Jazz Youth Ensemble, the UCC Royal Brass Band, and the Universal African Dance and Drum Ensemble.

Tickets are \$10 in advance and \$15 at the door.

For information on souvenir booklet prices call,

484-466-6151 or go here.

# NAT TURNER LIBRARY GARDEN PROJECT FUNDRAISING CAMPAIGN LAUNCHED

Vacillating people seldom succeed. Successful men and women are very careful in reaching their decisions, and very persistent and determined in action thereafter. - L. G. Elliott

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SOUTHAMPTON COUNTY, VIRGINIA – The Nat Turner Library, located on his Birthland in a corridor of Black Farmers, in Southampton, Virginia launched its first fundraising campaign, July 6, 2011.

Appropriately, the target aspect of the comprehensive ideal for a living memorial to honor the memory of the Black Freedom Fighter, who was the Leader of the BLA of 1831. Also appropriately the fundraising is to build a organic garden complex to support the Library. Some of the farmers connect their land ownership back into the 18<sup>th</sup> century. This project is a part of a determined effort by the leading, most energetic and imaginative Social Network Founder and Administrator on the Internet: Master Keidi Awadu.

He is the leader and trail blazing pioneer who introduced en masse, Social Networking to the National Black Community. He did so at a time when most Black people thought ITUBE, MY SPACE, FACEBOOK & Company were just places for fun and games. Keidi knew better; and has introduced that knowledge to missions of others.

www.livinginblack.com had a Self-Determination thought from the very beginning. Establishing a Self-Determination Village on the Birthland of Nat Turner is just one of several that are evolving in North America. The Trade name for this particular initiative of LIB is Kujichagulia Village Virginia (KVV). This is at the home base of The Nat Turner Library. At last posting, LIB had almost 8,000 documented members: many of whom have already pledged to be intraval parts of practicing Self-Determination; or

"Doing For Self."

Groundwork is underway to plant the Nat Turner Library Garden in the Spring of 2012.

A gathering of LIB Members and Friends will gather at the Library this August 17 on Marcus Garvey's birthday.

They will both brainstorm and clean out the site & etc. in preparation for planting in 2012. Everyone of a mind to be a part of an historic, yet entertaining event, are invited to attend.

The following link will permit paying via Paypal.

https://www.paypal.com/cgi-bin/webscr?cmd=\_s-xclick&hosted\_butt...

Or you may send funds in any amount to Nat Turner Library Garden: Post Office Box 9, Drewryville, Virginia 23844. The street address for the library is at 26070 Barhams Hills Road - Drewryville, Virginia 23844. Go to or call 434-378-2140 for more information.

It is better to sleep on things beforehand than lie awake about them afterwards. ~Baltasar Gracian

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# ACHIEVEability Community Advisory Committee (CAC) nominations now being accepted

ACHIEVEability's Election Committee is now accepting nominations to join our ACHIEVEability Community Advisory Committee (CAC). The Advisory Committee is a local network of residents, business owners, and stakeholders who have agreed to give meaningful help in many different areas, including program development, implementation, evaluation and outreach to better serve the Haddington and Cobbs Creek Communities of West Philadelphia.

You, or someone you know, would make a great ACHIEVEability Community Advisor if you are enthusiastic about your community and interested in:

"Contributing to the development of your community
"Extending your circle of contacts
"Building your resume

"Giving new perspectives and ideas for your community

"Attending neighborhood community meetings and events

"Volunteering at least 2 hours a week on Advisory Committee work "Engaging and organizing neighborhoods

Contact Nijah Famous, MPA Community Development Manager ACHIEVEability

Email: Nijah.Famous@ACHIEVEability.org

My Office: 35 North 60th Street, Philadelphia, PA 19139

Direct Dial: <u>215-748-8816</u> My Fax: <u>215-474-2478</u>

Main Office: 21 South 61st Street, Philadelphia PA 19139

Main Tel: <u>215-748-8800</u> Main Fax: <u>215-748-6969</u>

Web: www.ACHIEVEability.org

ACHIEVEability. Independent Lives. Strong Communities. United Way Donor Choice #3756

<u>Please friend us on Facebook.</u> <u>Please follow us on Twitter.</u> It is better to stir up a question without deciding it, than to decide it without stirring it up. ~Joseph Joubert

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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

# Tides announces 35th anniversary social justice poster design contest

Professional and amateur artists from all backgrounds are invited to submit designs celebrating <u>Tides Foundation</u>'s social change work and compete for a cash award of \$500 and other honors.

The deadline for submissions is August 15th.

For more details, go <u>here</u>.

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## Spoken Arts event celebrates African American Iconic Images Collection

The Arts Garage, located at 1533 Ridge Avenue Philadelphia, Pa

will celebrate the spirit of the murals in the Albert M. Greenfield African American Iconic Images Collection

Saturday, July 9th, 4-7pm.

The event features an evening of spoken arts hosted by Yolanda Wisher, poet and founder of the Germantown Poetry Festival, and features Greg "Just Greg" Corbin, Theodore Harris, Trapeta B. Mason, Tamara Oakman, members of The Philly Youth Poetry Movement.

There will also be an open mic session.

The event is free, with light refreshments offered.

For more information, visit here.

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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
- ---- Coalition members! Activate 'Your' web link on The Coalition, Inc. web site ----

# **COMING UP**

How much more grievous are the consequences of anger than the causes of it. - Marcus Aurelius.

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# WHY NOT PROSPER, INC. CELEBRATES ITS 10<sup>th</sup> ANNIVERSARY

Norristown, PA- Why Not Prosper, Inc. celebrates its 10<sup>th</sup> anniversary on Thursday, August 4<sup>th</sup> at 6:30pm.

The celebration will take place at Presidential Caterers,
2910 Dekalb Pike, Norristown, PA.

The cost is \$60 per person.

Sponsorship and advertising opportunities are available. Why Not Prosper, Inc, a faith-based non-profit organization was started by Rev. Michelle Simmons in 2001. The organization provides women in the prison system a comprehensive array of programs and resources to help them successfully transition from prison back to the community. To

date the organization has assisted 3,000 formerly incarcerated women transition to self-sufficiency.

The mission of the organization is to help female ex-offenders discover their own strength by providing them with the support and resources needed to empower them to become responsible, economically self-sufficient and contributing members of the community.

Rev. Michelle Simmons Why Not Prosper, Inc. (215) 842-236 whynotprosper@aol.com

\* \* \* Outside PA \* \* \*

# **COMPUTERS AND TECHNOLOGY**

# OIC plans opening of neighborhood computer center

Philadelphia Opportunities Industrialization Center

has announced its Digital Initiative Site Opening, featuring remarks by Mayor Michael Nutter, at

1231 North Broad Street

Friday, July 8th from 2:30 – 4:30pm.

Light refreshments will be provided.

The ceremonial ribbon cutting celebrates the opening of the Open Access Public Computer Center with a Job Search Corner, the Blended GED Classroom, a GED and workforce preparation program that combines online learning with classroom instruction, and OIC's mobile "You can't do anything about the length of your life, but you can do something about its width and depth."

- -Evan Esar

computer lab – NOMAD (Neighborhood Opportunities through Mobile Accessible Destinations).

This is one of the first mobile technology training labs conducting multiple classes throughout Philadelphia.

The Public Computer Center project is a part of the Freedom Rings Partnership. Call <u>215-236-7700 ext 353</u> for more information. ---- Coalition members! Activate 'Your' web link on The Coalition, Inc. web site ----

Total woo min on the country has been

### 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.

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## 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

"There are two types of people in this world, good and bad. The good sleep better, but the bad seem to enjoy the waking hours much more." -- Woody Allen

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 <u>Press Release</u> form.

#### 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.

Hereeeeeeeeeees... Kathy's Korner!

There was a man who had had a headache for twenty years and was at the point where he wanted to end his own life, but he decided to go to a specialist first. No doctor could solve his problem, until finally one of them said "You have a very rare problem, your testicles are pressed up against your spine causing your headache. The only way to remedy it is to remove your testicles." The man hesitantly agrees and gets them removed. On his way home he walks past a tailor shop with a sign saying "ALL SUITS HALF PRICE" Being in need of a new suit he walks in where a man greets him and says "Hello Sir I see you want a suit, I would say that you are a 34 sleeve and a 24 pant." "Wow! How did you know that?" said the man. "Why Sir I've been in this business for 40 years. Would you like shoes to go with that?" "Sure" says the man. ''Okay I'd say that you're a size 10 wide." "Ok, now you're freaking me out...That's a great talent" says the man. "Thanks" replied the shopkeeper, "Now how about some undergarments?" "Ok see if you can guess my size", said the man. "Easy 36" said the shopkeeper. "Nope 34" replied the man. To which the shopkeeper exclaimed ''Impossible a size 34 would squish your testicles against your spine and you'd get a headache".

(Kathy Parsons is a regular contributor.)

#### **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!

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

# WORD-OF-THE-WEEK

ambuscade \AMbuh-skayd; am-buh-SKAYD\, An ambush. To attack by surprise from a concealed place; to ambush

**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: <a href="https://www.blogtalkradio.com/empresschi">www.blogtalkradio.com/empresschi</a> 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 <a href="mailto:mwmsistahood@aol.com">mwmsistahood@aol.com</a> to chat on line.

