



We all hold a piece to the puzzle
Friday 15 July 2011

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News From The Coalition, Inc.

"Communication – Cooperation – Collaboration"

Volume 5, Number 43

Greetings Coalition Family!

The organizational members of **The Coalition, Inc.** are outstanding innovators, committed to pushing the boundaries of teaching, learning, and creative paradigms with enthusiasm and unmatched passion to address critical community needs. If your organization believes in the same values as the organizations that comprise **The Coalition, Inc.** "Communication, Cooperation and Collaboration" you should consider joining The Coalition, Inc. Neither human beings nor organizations were meant to exist alone. When we harness the resources GOD has given us, how then can we fail?

"Knowing is not enough; we must apply. Willing is not enough; we must do." - Johann Wolfgang Von Goethe

"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.

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The Don Ringgold School of Tennis

is giving Free Tennis Clinics for the Weekend Of Peace
12 noon, July 30, 2011

8 children from 12n to 1pm...8 children from 1pm to 2pm.

Call 215.387.2734 to register with The Coalition, Inc.
so your child 8 to 14 yrs of age can get free tennis lessons from the
6 time A.T.A National Champion,
Don Ringgold

The Althea Gibson Education and Tennis Center,
10th and Girard Avenue
Philadelphia, PA

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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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Cap4Kids Hint of the Week

Sometimes our patients and family members don't take their medications because they can't afford it. Several pharmacies have programs to help children and families in need who can afford medications.

On the www.cap4kids.org/philadelphia website, under the

Low Cost Health Care/Insurance Handout

(http://www.cap4kids.org/philadelphia/parent_handouts/low_cost_health_care_insurance.html), you will find a section for *Free and Low Cost Medications* that has links to several pharmacies that participate in this wonderful endeavor.

Check it out!

The house-roof fights with the rain, but he who is sheltered ignores it.- Wolof saying

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.

THIS WEEK

Friday, July 15 Film in the Park

Life & Debt

Pennsylvania's corporate-sponsored politicians, as in many other states, are savagely cutting education, health care, worker pensions and other benefits our communities need. In other parts of the world, these same policies are known as "Globalization" or "Neo-Liberalism."

Based on the novel by Jamaica Kincaid A Small Place, LIFE & DEBT studies the effects of the policies of the International Monetary Fund (IMF) and the World Bank on the economy of Jamaica.

Backed by a soundtrack of native reggae music, LIFE & DEBT is filled with economic facts but you don't need a master's degree in economics to understand the desperate faces of children in poverty, the agony of farmers who can't sell their crops, or the hopelessness of factory workers who earn the equivalent of thirty US dollars per week.

Whether in Jamaica or Philadelphia, this film shows how globalization is disastrous for all working people. (2003; 80 minutes)

8PM Clark Park (45th & Regent)

This showing is free and outdoors.

Bring your own popcorn, blankets and chairs. Fourth Film of the 2011 Clark Park Summer Film Series

Sponsored by Philadelphia International Action Center

For more information: 215-724-1618; phillyIAC@peoplesmail.net

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Attention Keystone Mercy Health Plan Members!

Learn Hoops and Learn About Asthma

Saturday, July 16, 2011

10AM-2PM

Quality Community Health Care, Inc.

2501 W. Lehigh Avenue

Philadelphia, PA 19132

(215)227-0300

To qualify for the Healthy Hoops® Program children must be 3-15 years old and: Have Asthma, Cardiovascular Disease or Weight problems

Basketball, Fun and Activities

Health Information and Screenings

The best cure for anger is delay. - Seneca

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.

JOIN THE COALITION, INC!

To join The Coalition go to: TheCoalitionInc.net and download a copy of the Pledge of Commitment and return it to us the.pa.coalition@gmail.com

All children must be accompanied by a parent/guardian
Call the Healthy Hoops® Hotline to Register:215.863.6666
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Focus groups convene parents to discuss student discipline

MEE Productions is preparing to conduct a series of focus groups to get parents and teachers' perceptions about student disciplinary strategies in the public schools. All information provided in the groups will be confidential and used for research purposes only.

The focus groups will most likely be held the week of July 18th at 5070 Parkside Avenue.

MEE will be recruiting separate groups of participants that Latino parents of students in grades K-12 and white and black teachers in grades K-12.

Groups will last no more than 2 hours and participants will receive \$80 cash for their time and transportation costs.

For more information or to register, call Christina Upsher, Kiera Smith or William Juzang at 215-796-9141 or 877-633-7763 to be screened.

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Free Health Screening Tuesday July 19th

The Health Annex
Woodland Plaza
6100 Woodland Avenue
Philadelphia

Is offering free health screenings to men and women.

Call 215.727.4721 for more information

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Entrepreneur Seminar and Networking Social

North by Northwest
7165 Germantown Avenue,
Philadelphia, PA.

This three-part evening will take place on Tuesday, July 19, 2011 from 6:30-10:00pm

and will comprise of 1-hour seminar on "How Social... Media can Yield Profits." The second part will serve as 1-Hour entertaining and interactive television forum discussing "Is it Possible to have a Successful Business without Compromising." Ending the evening will be

*Those who love deeply
never grow old; they may
die of old age, but they die
young. - A. W. Pinero*

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a mixer with live performances and a disc jockey. Sponsored by Urban Xpressions and Supreme Gospel. Inbox me (Shelly Williams) or call 215 843 1984.

Great Business Opportunity. Hear first hand from business owners who have real success stories, panelists include Early Jackson of New Direction Coaching Associates, Grammy Award Winning Producer Carvin Haggins, Entertainment and Sports Event Planner Christina Clark and Kina The Prophetic Poet.

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Moorish Unification Council of the World Inc.

Present its Annual

Unity Day Gathering

Date: Wednesday July 20th, 2011

Place: Lemon Hill Dr. Fairmount Park

In back of the Pavilion (Section #2)

All Are Welcome !!

Fun ! Food! Games!

Free will donation (Bring a Dish to Share) No Pork

Bring Instruments, Chairs and lets have " FUN "

For Information: Call

Wesley Wilson-Bey (215-476-0280)

Founder, Chairman

EMPLOYMENT AND TRAINING OPPORUNITIES

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

HEALTH MATTERS

High salt + low potassium = early death: study

By [Julie Steenhuisen](#)

CHICAGO | Mon Jul 11, 2011 5:30pm EDT

(Reuters) - Put down the salt shakers. Eating too much salt and too little potassium can increase the risk of death, U.S. government researchers said on Monday.

The findings from a team at the U.S. Centers for Disease Control and

*Today's preparation
determines tomorrow's
achievement. - Unknown*

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Prevention are a counterpoint to a fiercely-debated study released last week that found no evidence that making small cuts in salt intake lowers the risk of heart disease and premature death.

"Salt is still bad for you," said Dr. Thomas Farley, Health Commissioner for New York City, which is leading a campaign to reduce salt in restaurant and packaged foods by 25 percent over five years.

Most health experts agree with Farley that consuming too much salt is not good for you and that cutting salt intake can reduce high blood pressure, which raises the risk of heart attack and stroke. Salt intake has been rising since the 1970s, with Americans consuming about twice the recommended daily limit.

The CDC study, published in the Archives of Internal Medicine, specifically focused on growing research that shows a diet high in salt and low in potassium is especially risky.

Farley, who wrote an editorial on the CDC study, said it is one of the best yet looking at the long-term effects of eating too much salt.

"It is entirely consistent with what we've said all along about sodium intake," Farley said in a telephone interview.

For the study, researchers looked at the long-term effects of sodium and potassium intake as part of a 15-year study of more than 12,000 people. By the end of the study period, 2,270 of the study participants had died; 825 of these deaths were from heart disease and 433 were from blood clots and strokes.

POTASSIUM IS KEY

They found that people who had a high salt intake and a low potassium intake were most at risk.

"People who ate a diet high in sodium and low in potassium had a 50 percent increased risk of death from any cause, and about twice the risk of death -- or a 200 percent increase -- from a heart attack," said Dr.

Elena Kuklina of the CDC who helped lead the study.

She said consumers need to increase the levels of potassium in their diet by adding more servings of fresh fruits and vegetables, such as spinach, grapes, carrots, sweet potatoes, and low fat milk and yogurt.

The Salt Institute, an industry group, challenged the findings, pointing out that the CDC study found that the link between salt intake and heart disease was statistically insignificant.

"This is a highly flawed publication that reveals more about the anti-salt agenda being pursued by the CDC than about any relationship between salt and health," said Mort Satin, the

Salt Institute's Director of Science and Research.

"The only significance is between low potassium and mortality,"
Satin said in a statement.

Dr. Robert Briss, director of the National Center for Chronic Disease

Unless you try to do something beyond what you have already mastered, you will never grow. - Ronald E. Osborn

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Prevention and Health Promotion at the CDC, said the findings support the general weight of evidence and suggests that higher doses of sodium are linked with poor health consequences.

And it suggests "that higher potassium may be better for you," Briss said in a telephone interview.

"About 90 percent of Americans consume more sodium than is recommended. This impacts their blood pressure," Briss said.

"Most of that sodium is not related to the salt shaker but it is in foods and especially processed and restaurant foods that we buy and order from restaurants. Consumers, even motivated ones, don't have as much choice as they could," he said.

Kuklina said potassium often counteracts the effects of salt in the diet. This equilibrium is affected when people eat highly processed foods, which tend to increase sodium levels and decrease potassium content.

"If sodium increases your high blood pressure, potassium decreases it. If sodium retains water, potassium helps you get rid of it," she said. Instead of focusing only on salt, Kuklina said researchers should focus on the balance between potassium and salt.

"We need to strive to do both -- decrease your sodium intake and increase your potassium intake," she said.

(Editing by [Sandra Maler](#))

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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 fat.

"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 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

*Wee Hughie was dying.
After many weeks, his
demise was imminent.
Tenderly, his wife Maggie
knelt by his bedside and
asked, "Anything I can get
ye, Hughie?" "No" He
replied. "You must have a
last wish, Hughie?" asked
his wife. Faintly, came the
answer. . . "A wee bit of of
that boiled ham over yonder
would be nice" "Ach,
man... ye can't have that"
said Maggie, "Ye know it's
for yer funeral".*

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.

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.

*Don't bore your friends
with your troubles. Tell
your enemies, who will be
delighted to hear about
them.*

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[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 weight-related 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

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.

"You are the way you are because that's the way you want to be. If you really wanted to be any different, you would be in the process of changing right now." - Fred Smith

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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 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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New Research Shows Neighborhoods Have a Major Influence on the Health of African-American, Latino Boys and Young Men

Success is not measured by what one brings, but rather by what one leaves. - Unknown

funded by The California Endowment finds that African-American and Latino boys and young men are much more likely to experience poor health outcomes than white boys and young men. Most of these differences in health are directly related to the neighborhoods where they grow up.

To improve health outcomes for boys and young men, researchers suggest the need for systems-based solutions that are implemented at the community level.

"It's not just that there's a higher incidence of African-American and Latino children living in poverty," said Susan Eaton, Research Director at the Charles Hamilton Houston Institute at Harvard Law School. "It's that poverty is generally harsher for African-American and Latino children."

The Houston Institute research examined how neighborhoods where African-American and Latino children live and go to school create and exacerbate the poor health outcomes they experience.

RAND Corporation examined the racial and ethnic disparities for boys and men of color. While boys and young men generally suffer worse health outcomes than girls, RAND found that health and social outcomes for boys and young men of color are far worse than they are for white boys and young men.

For instance, African-American boys and young men are 2.5 times more likely to suffer from post-traumatic stress disorder (PTSD); Latino boys and young men are 4.1 times more likely to suffer from PTSD. Some of the greatest disparities in the RAND research were for African-American homicide-related death rates. Young African-American men have a homicide death rate at least 16 times greater than that of young white men; young Latino men have a homicide rate 5 times greater than that of young white men.

"Although there are odds working against boys and men of color, there is a growing body of research that identifies approaches that can improve those odds," said Dr. Lois Davis, Senior Policy Researcher at the RAND Corporation. "In other words, the unequal chances that boys and men of color face are not immutable and we know an increasing amount about how to improve their chances."

A key theme of the research is whether or not the institutions that are meant to serve the health needs of boys and young men of color are actually successful in meeting them. For instance, the Center for Nonviolence and Social Justice at Drexel University found that trauma is seldom explored by the array of systems - schools, juvenile justice, courts, health care, mental health - assigned to help boys and young men of color.

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“Worry not about the invisible and the unpredictable.” - M. K. Soni

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Even worse, those institutions often take a punitive approach to these young men at precisely the time when they need them the most. "When young men suffer from trauma, their symptoms are interpreted as a sign that they are delinquents or sociopaths rather than a sign of physical and emotional traumatic injury," said Dr. John Rich, Director of the Center for Nonviolence and Social Justice at Drexel University. "The very systems that are charged with caring for their trauma inadvertently reinforce their trauma rather than address it."

PolicyLink found that the types of policy and systems changes needed to improve communities can also shift the trajectory for boys and young men of color as well. "We can build a better young man by cleaning the air he breathes, improving the quality of the vegetables carried at the stores where he shops, and making his commute to work faster and cheaper," said Joe Brooks, Vice President for Civic Engagement at PolicyLink. "Policy makers, community activists and government officials must view the health of a community not in individual parts, but as an unbroken whole, made up of individual, but virtually inseparable parts."

Their recommendations include:

- Making health care services easier and more convenient to access in communities;
- Ensuring that strategies for improving health address the ways in which neighborhoods limit the opportunities for healthy behavior like physical activity or healthy eating;
- Reforming systemic factors in schools, in health systems and in workforce systems that push children out of them.

"This research shows that the health of African-American and Latino boys stems from their neighborhoods, their schools, their environments being unhealthy," said Robert Phillips, Director of Health and Human Services for The California Endowment. "According to the research, place and policy clearly matter to the health of these boys and young men. If we truly want to address the health issues they face, California needs to put its support behind public policies and programs that advocate for comprehensive, community-based solutions."

This new research will inform The Endowment's 10-year strategic initiative - Building Healthy Communities. The work will provide targeted recommendation aimed at improving health outcomes of boys and young men of color in 14 communities in California: Boyle Heights, Central/West Fresno, Central Long Beach, Central Santa Ana, City Heights, Coachella, Del Norte, East Oakland, East Salinas, Richmond, South Figueroa Corridor, South Kern County, South Sacramento and Southwest/East Merced.

"Healthy Communities Matter: The Importance of Place to the Health of Boys of Color" is the result of combined, independent research studies

"Be yourself. Above all, let who you are, what you are, what you believe, shine through every sentence you write, every piece you finish." - John Jakes

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from RAND Corporation, PolicyLink, The Center for Nonviolence and Social Justice at Drexel University and The Charles Hamilton Houston Institute for Race and Justice at Harvard Law School. For more information about "Healthy Communities Matter: The Importance of Place to the Health of Boys of Color" and to read the full reports from RAND, PolicyLink, the Houston Institute and Drexel, visit www.calendow.org/bmoc.

The California Endowment, a private, statewide health foundation, was established in 1996 to expand access to affordable, quality health care for underserved individuals and communities, and to promote fundamental improvements in the health status of all Californians. The Endowment makes grants to organizations and institutions that directly benefit the health and well-being of the people of California. *For more information on The California Endowment, visit www.calendow.org.*

CONTACT: Alicia Gay, Fenton agay@fenton.com,
(212) 584-5000 ext. 324

SOURCE The California Endowment

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Voucher programs offer fresh produce to seniors and mothers

Each summer, the Senior Farmers Market Nutrition Program provides vouchers redeemable for fresh fruits, vegetables and herbs to senior citizens at approved local farmers markets, roadside stands and community-supported agriculture programs.

The program provides low-income seniors with four vouchers, totaling \$20, which they can exchange for Pennsylvania-grown produce. To qualify for the program, individuals must be 60 or older by December 31, 2011, with a total household income before taxes of less than \$20,147 for a single person and \$27,214 for a couple, based on 2010 income. Proof of age and residency is required. To find out what senior centers are providing vouchers across the city, contact the PCA help line at 215-765-9040.

The vouchers will be made available at the Philadelphia Senior Center, Broad and Lombard from 2pm to 4pm Mondays, Tuesdays, Thursdays and Fridays starting July 11th until they run out.

For information about voucher distribution at the Philadelphia Senior Center, contact Charles Brown at 215-546-5879.

A searchable list of participating farmers markets can be found [here](#). A similar program, the state's [Farmers Market Nutrition Program](#), offers food for low-income women who are pregnant or who have a child up to age 5 who is at nutritional risk. Both programs run now through November 30th.

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*Our doubts are traitors,
and make us lose the
good we oft might win, by
fearing to attempt.
William Shakespeare*

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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.
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 [Electronic Industries Alliance](#) 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. <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

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

*A Great Love
Author Unknown*

Once upon a time, There was an island where all the feelings lived: Happiness, Sadness, Vanity, Knowledge, Richness and Love. Theirs was a contented existence until one day to everyone's dismay it was discovered that the island was sinking. Everyone was told they must leave. So the feelings all prepared their boats and started leaving their beloved island.

Love was the only one who stayed, behind. Love so cared for the island home that he wanted to stay until they were sure the island was really sinking.

When Love realized that the island was finally sinking, he decided to ask for help.

Richness was passing by Love in a beautiful boat. Love said, "Richness, can you take me with you?" Richness answered, "No, I can't. There are a lot of gold and silver in my boat. There is no room in here for you."

Love decided to ask Vanity who was also passing by, "Vanity, please help me!" "I can't help you Love. You are all wet and will damage my boat," Vanity answered.

Sadness was close by so Love asked for help, "Sadness, let me go with you." "Oh...Love, I am so sad that I can't help anyone. I prefer to go alone!" (cont.)

budgets less than \$750,000 to implement projects that address Healthy People 2020 overarching goals, topic areas and objectives and integrate 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 <http://1.usa.gov/kSzpXs>

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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](tel:484-466-6151) or go [here](#).

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

THE BLACK FARMERS OF OPERATION SPRINGPLANT

Henderson, North Carolina

Healthy Organic Vegetables from the field

COME AND SUPPORT!!!!

Various kinds of greens (Collard, Kale, Turnip & Mustard)

Sweet Potatoes (White & Orange)

Green Peppers, Red Potatoes, Squash, Cantaloupes, Onions, Apples,
Watermelons, etc.

Happiness passed by Love too. She was too happy to notice when Love called her!

Suddenly, there was a voice, "Come Love, I will take you." It was an elderly man.

Love became very happy that he even forgot to ask the name of the elder. When they arrived to safe grounds, Love asked Knowledge who was the elderly man.

"It was Time." "Time? But why did Time help me?"

"Because only Time is capable of understanding such a great Love."

Remember that when things may look the bleakest, and when all appears abandoned, Time is capable of solving anything.

Things may not have a solution today, but tomorrow you may find one!

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.](#)

For more information and the next date...

contact Tom Henry 215-901-5639

or Alia Walker 267-738-3842

Reggie 215-370-3038 or Elliot 267-205-1570

Email: timeforanawakening@gmail.com

This is a

TIME FOR AN AWAKENING

Radio Program

Agricultural Initiative in conjunction with

KINGSESSING ADVISORY COUNCIL,

EARTH'S KEEPERS (YAEP),

SOUTHWEST CDC and WURD 900 AM

PLEASE USE YOUR DOLLARS TO HELP SAVE AND SUPPORT
AFRICAN AMERICAN FARMS

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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

Hereeeeeeeeeeeees...
Kathy's Korner!

Mrs. Sullivan and her little daughter Patty were outside the church watching all the comings and goings of a wedding. After the photographs had been taken, everyone had driven off to the reception, and all the excitement was over. Patty asked her mother, "Why did the bride change her mind, Mommy?" "How do you mean, change her mind?" asked Mrs. Sullivan. "Well said the child, "she went into the church with one man and came out with another!"
(Kathy Parsons is a regular contributor.)

- 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: [215-748-8816](tel:215-748-8816)
My Fax: [215-474-2478](tel:215-474-2478)

Main Office: 21 South 61st Street, Philadelphia PA 19139
Main Tel: [215-748-8800](tel:215-748-8800)
Main Fax: [215-748-6969](tel:215-748-6969)
Web: www.ACHIEVEability.org

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

[Please friend us on Facebook.](#)
[Please follow us on Twitter.](#)

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 [Tides Foundation](#)'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 [here](#).

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

Jus' Words at Dowlings Place
1310 No. Broad St. Phila

Every Thurs. 9pm to 1am

"Trust yourself. You know more than you think you do." ~ Benjamin Spock

- Poets
- Rappers
- Singers
- Spoken Word Artists

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

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.](#)

COMING UP

Smith Playground celebrates 112th anniversary

Smith Memorial Playground & Playhouse is inviting children 10 and younger and their caregivers to celebrate over a century of play at its 112th Birthday Party on Saturday, July 23rd, from 10am to 1pm. The free event will feature games, crafts, a raffle to win a Smith birthday party, and plenty of time to enjoy the playground.

For more information, [go here](#).

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

Gun buyback event set for Darby area

As part of the

Neighborhood to Neighborhood 2011 Summer of Peace initiative and in response to recent violence in Darby and Darby Township, a gun buyback will take place on Saturday, July 23 from 9am to 11:30am at the Darby Borough Police Department, 821 Summit St. in Darby.

Participants will receive \$100 gift cards in exchange for turning in their guns, no questions asked.

For more information, call Don Cave at 215-492-2980.

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

WHY NOT PROSPER, INC.

CELEBRATES ITS 10th ANNIVERSARY

Norristown, PA- Why Not Prosper, Inc. celebrates its 10th anniversary on Thursday, August 4th 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

*Success is going from
failure to failure without
losing your enthusiasm. –
Abraham Lincoln*

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

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African Cultural Festival slated for Penn's Landing

The [African Cultural Alliance of North America's](#) annual cultural festival will celebrate its fourth year at Philadelphia's Penn's Landing on August 6th.

For more information, call Voffee Jabateh at 215-729-8225, x101 or [email him here](#).

* * * Outside PA * * *

Millions March In Harlem

Against the Attack on African People

END

the Bombing of Libya

the Illegal Sanctions in Zimbabwe

Bloomberg's Destruction

of Education, Housing, Health Care, Jobs and more!

Saturday, August 13, 2011

Pan Africanism Rising Against Imperialism!

Assemble at 10 AM

110th Street and Malcolm X Blvd

Harlem New York

Pan Africanism or Perish!

For more information and participation call (718) 398-1766
Forward to all your contacts and let us know how many will be attending!

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 -----

JOIN THE COALITION, INC!

To join The Coalition
go to:

TheCoalitionInc.net
and download a copy
of the Pledge of
Commitment
complete, and return
it to us
the.pa.coalition@gmail.com

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>

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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FREQUENTLY ASKED QUESTIONS

Q: Are these manufacturer coupons or coupons that I print on my computer?

A: All of our coupons are actual manufacturer coupons. Fewer and fewer retailers accept coupons that are printed from your computer because of a huge increase in counterfeit coupons. Actual manufacturer coupons which we issue are accepted everywhere that coupons are accepted.

Q: Can these coupons be doubled?

A: Yes. These are manufacturer issued coupons and may be doubled in any store that offers double coupons.

Q: What are the face values and the expiration dates of these coupons?

A: Being manufacturer coupons, the manufacturer determines the face values of the coupons. We currently stock coupons ranging in value from 40 cents to 5.00 dollars. The coupon expiration dates are generally valid for 90 days.

Q: How can I use \$1,000.00 worth of coupons in 90 days?

A: With our program, you get to choose the coupons you want, when you want them. This way you never have to worry about the coupons expiring.

Q: How do I choose the coupons I want?

A: Each coupon book contains coupon request slips which you fill out and send in. Those coupons are then mailed to you.

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

IT'S HERE!!

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

[A HAND UP!](#)

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

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

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

WORD-OF- THE-WEEK

bellicose \BEL-ih-kohs\, Inclined to or favoring war or strife; warlike; pugnacious.

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.

