



We all hold a piece to the puzzle  
Friday 22 July 2011

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# News From The Coalition, Inc.

"Communication – Cooperation – Collaboration"

Volume 5, Number 44

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

"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*

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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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### **Cap4Kids Hint of the Week**

Cap4Kids has been around for over 5 years now and your involvement and feedback have been what makes it work. We recently did an audit of all the resources on the [www.cap4kids.org/philadelphia](http://www.cap4kids.org/philadelphia) website to make sure the information (phone numbers, web addresses, addresses, descriptions) on the site was accurate. It is now all up-to-date. We try to do this quarterly, but we can use your help as well.

If you ever notice a phone number or web site that is not working, PLEASE let me know and we will update it immediately.

Thank you for your continued commitment to Cap4Kids, your families and the families that you serve.

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## **THIS WEEK**

### **Produce Sale**

Saturday – July 23 & 30th, 2011  
Kingsessing Recreation Center  
5000 Kingsessing Ave Entrance

Tom Henry, Advisory Council President

Alia Walker, Earth's Keepers Urban Farm & YAEP

*THE BLACK FARMERS OF OPERATION SPRINGPLANT*

*Henderson, North Carolina*

*Healthy Vegetables from the field to the plate*

*TIME: 9:00 AM – 1:00 PM*

*"Hatred corrodes the vessel  
in which it is stored."  
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.*

**"RAIN OR SHINE"  
COME AND SUPPORT!!!!**

- Various kinds of greens
- Sweet Potatoes
- Green Peppers, Cabbage, Zucchini, Squash, Onions
- Cantaloupes, Pears, Apples, Watermelons, etc.

For more information 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](mailto:timeforanawakening@gmail.com)

This is a

**TIME FOR AN AWAKENING**

Radio Program Agricultural Initiative in conjunction with  
KINGSESSING ADVISORY COUNCIL, EARTH'S KEEPERS  
(YAEP), K5DCN, SWDS and WURD 900 AM

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

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**IT'S HERE!**

This Saturday,

The 2nd Annual Father Paul Washington Good Shepherd Award

Honoring

David and Falaka Fattah

7/23/11, 1pm - 4pm,

Church of the Advocate,

18th & Father Paul Washington Avenue,

(in the "AIR CONDITIONED" Washington Center.)

For more info go to [www.fatherpaulwashington.com](http://www.fatherpaulwashington.com) or call 484-466-  
6151

Be There or Be Square (I just gave my age away)...

Kemah

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*No man is an island, entire  
of itself; every man is a  
piece of the continent.  
~John Donne*

If you have a  
favorite relevant  
quote, why not  
share it with our  
readers. send to  
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We will credit you  
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## **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](#).

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## **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.

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## **Entrepreneur Seminar and Networking Social**

VEND • VOLUNTEER • SHOP at the

### **UHURU Flea Market**

at Clark Park

SAT JULY 23 • 9-5

rain date SUN July 24

Clark Park, 43rd & Chester Ave • #13 Trolley • W. Phila

a benefit for the Uhuru Movement's programs for economic and social justice for the African community

•VEND•

Vendor Spaces Still Available!

\$45: 16' x 16' space • \$25: 6' x 6' space

download the rules & regulations [HERE](#)

Call: 215-387-0919 Email: [philly\\_flea@yahoo.com](mailto:philly_flea@yahoo.com)

**VOLUNTEER**

Volunteer at the Uhuru Flea Market in Clark Park:

7-9am - help vendors unload

11am-2pm - community outreach & flea market sales

4-6pm - help clean up the park

Call 857-233-7508 or email [philly@uhurusolidarity.org](mailto:philly@uhurusolidarity.org)

for Harris, volunteer coordinator

[uhurufleamarket.blogspot.com](http://uhurufleamarket.blogspot.com)

*Mastering others is strength. Mastering yourself is true power.  
Lao Tzu*

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Questions about the Flea Market?

Email: [philly\\_flea@yahoo.com](mailto:philly_flea@yahoo.com) • 215-387-0919

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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.

## **HEALTH MATTERS**

### **High salt + low potassium = early death: study**

By [Julie Steenhuysen](#)

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 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



*Our lives begin to end the day we become silent about things that matter. - Martin Luther King*

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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 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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*The word impossible is not  
in my dictionary. -  
Napoleon Bonaparte*

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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 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.

*How Smart Is Your Right Foot?*

*1. While sitting at your desk, lift your right foot off the floor and make clockwise circles with it.*

*2. Now, while doing this, draw the number "6" in the air with your right hand. Your foot will change direction!!!*

*I told you so... And there is nothing you can do about it. Now, get back to work.*

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.

[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



*A young man in college called his mother and announced excitedly that he had just met the girl of his dreams. Now what should he do?*

*His mother had an idea: "Why don't you send her flowers, and on the card invite her to your apartment for a home-cooked meal?" He thought this was a great strategy, and a week later, the girl came to dinner. His mother called the next day to see how things had gone. "I was totally humiliated," he moaned. "She insisted on washing the dishes." "What's wrong with that?" asked his mother. "We hadn't started eating yet." (thx Miko Stanford)*

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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.

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

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

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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**

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.

*Two men look out the same  
prison bars; one sees mud  
and the other stars. -  
Frederick Langbridge*

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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.

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;

*You don't have to be great to start, but you have to start to be great. - Zig Ziglar*

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- 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 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](http://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](http://www.calendow.org).*

CONTACT: Alicia Gay, Fenton [agay@fenton.com](mailto:agay@fenton.com),  
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*"Success doesn't "happen".  
It is organized, preempted,  
captured, by consecrated  
common sense. - F. E.  
Willard*

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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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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](mailto:tgarnett@philabundance.org)).



*Time can't be managed. I merely manage activities. Each night, I write down on a sheet of paper a list of the things I have to accomplish the next day. And when I wake up ... I do them. - Earl Nightingale*

*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.](#)*

## **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.

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

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>

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

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

## **GRANTS, SCHOLARSHIPS & INSTRUCTION**

### **SpotLight On Our Efforts**

#### **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.

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](mailto:timeforanawakening@gmail.com)

This is a

TIME FOR AN AWAKENING

Radio Program

Agricultural Initiative in conjunction with  
KINGSESSING ADVISORY COUNCIL,

*The difference between an optimist and a pessimist is that an optimist thinks this is the best possible world. A pessimist fears that this is true. – Unknown*

EARTH'S KEEPERS (YAEP),  
SOUTHWEST CDC and WURD 900 AM

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

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

## **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

- Poets
- Rappers
- Singers
- Spoken Word Artists

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

## **COMING UP**

### **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

*How far you go in life depends on you being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and the strong. Because someday in life you will have been all of these. - George Washington Carver*

*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.](#)*

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](mailto:whynotprosper@aol.com)

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

**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](#).

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

**GO BACK AND FETCH YOUR CULTURAL HERITAGE**

AUGUST 13, 2011

PHILADELPHIA SANKOFA FESTIVAL

PRESENTED BY

THE AGOGO CULTURAL CENTER IN PHILADELPHIA AWA  
CHAPTER

NEW JERSEY / DELAWARE CHAPTER OF AGOGO WORLDWIDE  
ASSOCIATION

AGOGO WORLDWIDE ASSOCIATION

This Year Honoring Queen Mothers and Womanhood

DAYTIME FESTIVAL – 5<sup>TH</sup> STREET & SNYDER AVENUE IN  
PHILADELPHIA

Vendors Contact Sister Jewel - 215-221-4290

FOR MORE INFORMATION CONTACT:

Sean Coleman - 484-466-1864 - Salamaa Kenyatta - 215-389-3578 X 11

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

Hereeeeeeeeeeeeeees...  
Kathy's Korner!

*A man was walking along a California beach and found a bottle. He looked around and didn't see anyone so he opened the bottle. A genie appeared and thanked the man for letting him out. The genie said, "I am so grateful to get out of that bottle that I will grant you any wish, but I can only grant one."  
The man thought for a while and finally said, "I have always wanted to go to Hawaii. I've never been able to go because I cannot fly. Airplanes are much too frightening for me. On a boat, I see all that water and I become very claustrophobic. So I wish for a road to be built from here to Hawaii.  
The genie thought for a few minutes and finally said, "No, I don't think I can do that. Just think of all the work involved. Consider all the piling needed to hold up a highway and how deep they would have to go to reach the bottom of the ocean. Imagine all the pavement needed. No, that is just too much to ask."  
The man thought for a few minutes and then told the genie, "There is one other thing I have always wanted. I would like to be able to understand women. What makes them laugh and cry, why are they temperamental, why are they so difficult to get along with, when they want attention, when they don't. Basically, what makes them tick."  
The genie considered for a few minutes and said, "So, do you want two lanes or four?"*

(Kathy Parsons is a regular contributor.)

Join Gregory "Brother G" Walker, author of the award winning "Shades Of Memnon" book series, for the debut of his new project "Nimrod The Hunter" a multimedia ebook experience at the

### **Harlem Book Fair**

Saturday, July 23

right outside the Schomburg Center for Research in Black Culture,  
515 Malcolm X Blvd  
NYC, NY.

Brother G, along with Hollywood personality Jeffrey Poitier and a host of artists involved with the project, will be presenting at 12:00 noon on the stage of the Digital Cafe.

The "Nimrod The Hunter" multimedia ebook is a breakthrough in many exciting ways. It can be read on any device with a browser and contains art, video and other multimedia enhancements to bring the African Legends genre to life for the modern world. Brother G will be signing copies of the "Nimrod The Hunter" cover in the form of a revolutionary sticker that fans can stick on walls, on glass or even on the back of your laptop. The "Nimrod The Hunter" cover has also been multimedia enhanced to act as a gateway to other multimedia content, including the official "Nimrod The Hunter" motion poster. This stunning mix of still images, sound, music and special effects with voice over by Jeffrey Poitier, renowned nephew of the legendary Sidney Poitier, will make its debut at the at the Harlem Book Fair, where Brother G will also speak about the history and background of the project, along with its future in the film industry.

For further information on the Harlem Book Fair, click link below:

<http://www.qbr.com/default.asp>

### **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

*You will be amazed at how much free time you actually have when you never have to think about or worry about money. - Bob Proctor*

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**

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

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*All entries for submission should be received by noon, the Monday prior to publish date 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](http://www.mobilecitizen.org/grantphiladelphia)

*Be your own inspiration -  
acknowledge the beauty  
and perfection of who you  
are. - Trish Bishop*

### **A HAND UP!**

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

### **America's Original Savings Network**

As amazing as it may sound many people do not realize how easy it is to LEGALLY stop paying for their groceries! This is how the one hour television show began for the company whose website is at:  
<http://nofullprices.net>

### **FREQUENTLY ASKED QUESTIONS**

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

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

Q: Can these coupons be doubled?

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

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

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

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

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

Q: How do I choose the coupons I want?

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

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

**IT'S HERE!!**

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

**[A HAND UP!](#)**

*The moment we break faith  
with one another, the sea  
engulfs us and the light  
goes out. ~James Baldwin*

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 -----

## **JOIN THE COALITION, INC!**

To join The Coalition  
go to:

[TheCoalitionInc.net](http://TheCoalitionInc.net)  
and download a copy  
of the Pledge of  
Commitment  
complete, and return  
it to us  
[the.pa.coalition@gmail.com](mailto:the.pa.coalition@gmail.com)

## **WORD-OF- THE-WEEK**

**discomfit** \dis-  
KUHM-fit; dis-  
kuhm-FIT\, To  
make uneasy or  
perplexed, or to put  
into a state of  
embarrassment; to  
disconcert; to upset.

**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](http://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](mailto:mwmsistahood@aol.com) to chat on line.

