



We all hold a piece to the puzzle
Friday 20 January 2012

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News From The Coalition, Inc.

"Communication – Cooperation – Collaboration"

Volume 6, Number 21

Greetings Coalition Family!

Happy New Year! Again. Our friends in the Chinese community invite you to join in the welcoming the Year of the Dragon. See some events in 'This Week'.

*"When I walk along with two others, they may serve me
as my teachers. I will select their
good qualities and follow them, know their bad qualities
and avoid them."
~Confucious*

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

FOR OUR CHILDREN

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

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

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

If you would like to report on a recent community event, feel free to send us a brief account of what happened in document format, and we will share it with our readers. Send your information to: [News From The Coalition, Inc.](#)

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

Cap4Kids Hint of the Week

Many of us want to know what we can do to help prevent this epidemic of youth violence in our city. To find some resources to get involved, go to the www.cap4kids.org/philadelphia website, under the Domestic/Community Violence Resource tab (http://www.cap4kids.org/philadelphia/parent_handouts/domestic_community_violence.html) and look for guidance from organizations that have been working on this issue for decades including: Blueprints; AVP; Mothers in Charge; E.M.I.R., PAAN; PCVPC; and WAA.
----- Coalition members! Activate 'Your' [web link](#) on The Coalition, Inc. web site -----

KidzPartners is interested in working with organizations and community organizers concerning upcoming community events around health topics that you may be planning.

Great opportunity to make available to families who have children who are uninsured our CHIP insurance line know as KidzPartners. Please take a few minutes to review our web site and look at the community events that we have been involved in. Website address is www.kidzpartners.com.

We would very much be interested in setting up informational tables as well as the possibility of conducting a presentation.

Some general benefits offered through our chip plan include, sick and well care visits, hospitalization, and prescriptions. In addition to these benefits we are very committed to trying to assist some 50,000 children locally with no health coverage. Working with our weight watchers and fitness programs which are benefits for our KidzPartners members, our children will begin to eliminate the childhood obesity problems we are all encountering at this time.

Please feel free to response to www.kidzpartners.com for more information or

Write to us at:

For general inquiries:

Kidz Partners

901 Market Street, Suite 500

Philadelphia, PA 19107

Email:

tmoore@healthpart.com

If you are requesting information, be sure to include your name, address

and/or phone number in your email message.

Anger is a stone cast into a wasp's nest.

-- Malabar 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 eighty countries!

Click here:

EightCitiesMAP

Choose

“Philadelphia’s

Online Community

“Newsletter” from the menu.

Visit our Community Outreach Office:
1829 E. Allegheny Avenue
Philadelphia, PA 19134
(Open Monday-Friday, 8:00 am - 4:30 pm)
Local: 215-426-4372

Arlene Stewart-Mingo
Community Education Program Developer
Health Partners
901 Market Street
Philadelphia, PA 19107
215-991-4284 - Phone
215-967-4470 - Fax
astewart@healthpart.com e-mail

THIS WEEK

The [Chinese New Year celebrations](#) get underway this weekend in Chinatown, with the New Year’s Eve midnight celebration happening this Sunday night, January 22.

Here’s what else is happening:

- Chinatown Flower Market: Saturday-Sunday, January 21-22, 10 a.m.-4 p.m., 10th Street Plaza. This [first-ever event](#) is an [homage](#) to annual Lunar New Year flower markets held in China and Chinatowns around the world. You’ll find a huge selection of flowers, plus fruits, candies, arts and crafts and more.
- Abakus Chinese New Year Party: Saturday, January 21, 6-9 p.m., 227 N. 10th Street. Enjoy music by DJ Wreckless and DJ Art as you [ring in the New Year](#) at [Abakus](#), a clothing shop and takeout joint in Chinatown. There will be free drinks (!!) and 30% off all apparel the whole day of the event.
- New Year’s Eve Midnight Celebration: Sunday, January 22, 11:45 p.m., starts at 10th & Race Streets. A parade will usher in the Lunar New Year. Bundle up!

"The pessimist complains about the wind. The optimist expects it to change. The leader adjusts the sails." - John Maxwell

**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

Regional Career Fairs/Events

New Jersey South Job Fair
Thursday, January 26, 2012, 11AM - 2PM
Holiday Inn-Cherry Hill
2175 West Marlton Pike
Cherry Hill, NJ 08002
<http://philly.localhires.com>

Job Fair of Philadelphia
Tuesday, January 31, 2012, 10AM - 1PM
Doubletree Guest Suites Hotel
640 West Germantown Pike
Plymouth Meeting, PA 19462
<http://www.catalystcareergroup.com>

Philadelphia Job Fair
Tuesday, March 6, 2012, 11AM - 2PM
The CHF Conference Center 315 Chestnut Street
Philadelphia, PA 19106
<http://www.coasttocoastcareerfares.com> Diversity

Professional Job Fair Monday, March 12, 2012, 10AM - 2PM
Doubletree Hotel Philadelphia
237 South Broad Street
Philadelphia, PA 19107
<http://www.diversityjobfairs.com>

King of Prussia Career Fair
Monday, March 19, 2012, 11AM - 2PM
Crowne Plaza Hotel Valley Forge
260 Mall Boulevard
King of Prussia, PA 19406
<http://www.nationalcareerfares.com>

Healthcare Job Fair
Tuesday, April 10, 2012, 9:30AM - 2:30PM
Classes 8AM - 3:30PM
Expo Center at Oaks
100 Station Avenue
Oaks, PA 19456

Respect your fellow human being, treat them fairly, disagree with them honestly, enjoy their friendship, explore your thoughts about one another candidly, work together for a common goal and help one another achieve it. - Bill Bradley

Philadelphia Career Fair
Monday, April 23, 2012, 11AM - 2PM
Crowne Plaza
4100 Presidential Boulevard
Philadelphia, PA 19131
<http://www.nationalcareerfairs.com>

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HEALTH MATTERS

Can too little sleep make you gain weight?

By Genevra Pittman

(Reuters Health) - People who got very little sleep ate more but didn't burn any extra calories in a new study that adds to evidence supporting a link between sleep deprivation and weight gain.

Although the findings don't prove that sleeplessness causes people to pack on extra pounds, or exactly how the relationship between sleep and body weight might work, they do show that "sleep should be a priority," said Michael Grandner, who studies sleep and sleep disorders at the University of Pennsylvania in Philadelphia.

"If you're making your diet a priority and trying to be healthy, don't forget that getting healthy sleep is probably an extremely important part of being healthy," Grandner, who was not involved in the new work, told Reuters Health.

Previous studies have tested the link between sleep and diet and weight in multiple ways, Grandner explained. Some surveyed large populations of people with questions about their sleeping and eating habits and tracked their future health conditions. Others, including the new report, looked at a smaller group of people very closely, manipulating their sleep schedule and observing how their food cravings and appetite responded. Both kinds of research have generally supported the idea that less sleep is associated with more extra weight.

One recent study in Sweden found, for example, that young men who were sleep-deprived ate about the same amount of food as usual, but burned between 5 and 20 percent fewer calories than when they were well-rested.

(See Reuters Health story of May 13, 2011).

Approximately 50 to 70 million Americans -- including a significant number of shift workers -- suffer from chronic sleep loss and sleep disorders, according to the National Institutes of Health.

*Teamwork divides the task
and multiplies the success.*

~Author Unknown

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For the current study, Marie-Pierre St-Onge of the New York Obesity Research Center at St. Luke's-Roosevelt Hospital and colleagues recruited thirty men and women in their 30's and 40's, all of roughly normal weight. The participants lived and slept in a research center during two different five-night periods.

During one of those visits, they were allowed to sleep for nine hours each night. During the other, participants were only permitted four hours of shut-eye. Both times, they were fed a strict diet for the first four days of their stay and then were allowed to eat whatever they wanted on the fifth and final full day.

Researchers tracked how much energy they burned on a daily basis, and also asked participants how energetic they felt.

The tests showed that regardless of which sleep schedule they were on, people burned a similar amount of calories -- about 2,600 per day. But when they were sleep-deprived, they fed themselves about 300 more calories on average on the final day of the study compared to when they had been sleeping normally. Well-rested participants ate an average of 2,500 calories that day, compared to 2,800 when they were running on less sleep.

If that kept up in a person's normal daily life, it would put the sleep-deprived at higher risk of obesity, the authors write in the *American Journal of Clinical Nutrition*.

Participants also said they felt more sluggish and less energetic after a few days on the short sleep schedule.

There are a few possible explanations behind the link between sleep and eating, researchers explained. One is that shut-eye is important for the hormones that help control how much we eat.

Sleep "seems to play a role in how your body manages the hormones that control how hungry you are, when you're hungry (and) what kinds of foods you're hungry for," Grandner said.

Another explanation is that when we're tired, we're less good at making healthy eating decisions.

"It's possible that when you're on short sleep you're more susceptible to giving in to your desires," St-Onge told Reuters Health. "You walk past a (food) cart or a bakery and it smells so good...If you're sleep-deprived you may be like, 'Oh, what the heck,'" she said.

Grandner added that it's possible the link goes both ways, and that eating too much of certain kinds of foods can disrupt a person's sleep schedule. Or, someone that has a stressful job may sleep too little and also eat too much as a result.

Too little sleep has also been tied to a host of other health problems, he said, including heart disease and diabetes -- which have their own associations with weight, complicating the picture even further.

Until justice is blind to color, until education is unaware of race, until opportunity is unconcerned with the color of men's skins, emancipation will be a proclamation but not a fact. - Lyndon B. Johnson

If you have a favorite joke, why not share it with our readers. send to TheCoalitionNews@gmail.com We will credit you with the submission.

"People always want to say if you sleep more you'll lose weight," St-Onge said. While her study didn't set out to show whether that's the case, "if you're trying to control your weight, it would be helpful not to be sleep-deprived," she concluded.

12SOURCE: bit.ly/pIBBTT American Journal of Clinical Nutrition, online June 29, 2011.

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GREEN PIECE

10 Things Kids Can Do To Go Green and Reduce Environmental Impact

1) Ask mom for green school supplies. Going back to school and going green can go hand in hand! Kids can get green school supplies that will make a difference at prices that will make mom happy. Your green school supplies also provide an opportunity to share your thoughts on the environment with other students and teachers who notice that they are a little different.

Want to take your green routine to the next level? Use a printing company with solid green printing practices to produce your reports and projects.

2) Walk, carpool, or take the bus to school. Less carbon emissions and less smog comes from less burned fuel. We have to use gasoline to run most of today's [cars](#) - so, let's use as little of it as we can! When you share a ride with others, it means fewer people have to use gas, and when you walk or bike there is no fuel burned at all...except maybe your breakfast ;-)

3) Turn off the water while showering and brushing teeth. Most people let the water run while soaping up or brushing, but that wastes water. Run the water to get your towel and body or toothbrush wet, and then wash or brush with the water off. It saves water AND time because you end up focusing on getting clean and getting out of there!

4) Start an organic garden at school and create compost for it. It's a large undertaking, but if you can get your science teacher behind you, it's very likely that your principal will allow you to start an

Where lipstick is concerned, the important thing is not color, but to accept God's final word on where your lips end. - Jerry Seinfeld

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organic garden of some kind and a compost heap to fertilize it. Learn about composting for kids here, and get your science teacher to help you learn about gardening. You're sure to get extra credit!

5) Turn off lights and appliances/electronics when not in use. Kids who aren't environmentally conscious don't usually think about turning off lights and appliances because kids in general aren't cost conscious. That means kids waste stuff. (Don't worry - your parents did it when they were kids, too.) Kids who reduce, reuse, and recycle know that wastefulness is not good, and one thing they do not waste is energy. Although cleaner energy is becoming more common, no energy should be wasted. When you're not using lights or appliances/electronics (TV, [computer](#), video games, etc.) TURN THEM OFF! Let mom and dad unplug them from the outlets as they see fit for safety.

6) If parents recycle, allow kids to sort. The [family](#) that recycles together stays together! If mom and dad recycle, ask them if you can sort if you already don't. Sometimes parents don't realize how much you care. Going green is a lifestyle, so get in on the day-to-day activities by doing your part. Kids in the UK can also ask mom and dad to use a house clearance service that recycles waste materials when you move or when it's time to clean out the garage.

7) Volunteer with community organizations that plant trees. Trees help us enjoy cleaner air and more beautiful landscapes. Get help finding organizations where you live who plant trees, and then volunteer to help! The Arbor Day Foundation is a good place to start if you need help locating a group in your local area.

8) Hand-wash dishes or only run the dishwasher for full loads. Most people don't realize it, but dishwashers use considerably more water to wash a load of dishes than the traditional sink method does. A LOT MORE. So, to conserve water, it's best not to use the dishwasher at all. If you do, use eco-friendly dishwashing detergent and only run the washer when it is completely full. If it's not full or if you can, choose to wash dishes in the sink instead, of course, with eco-friendly dishwashing liquid.

*Cowards die many times
before their actual deaths. -
Julius Caesar*

*If you have a
favorite relevant
quote, why not
share it with our
readers. send to
[TheCoalitionNews
@gmail.com](mailto:TheCoalitionNews@gmail.com)
We will credit you
with the
submission.*

9) Reduce waste by curbing use of disposables. It's easy to use throwaway cups, plates, wrappers, and utensils, but it only creates more waste for landfills. Also, disposable paper products like facial and bathroom tissue and paper towels and napkins also end up in the trash. We can save more trees by using less paper products, and we can keep more plastics and styrofoam out of the landfills by using less throwaway utensils and containers. Also, eating less often at fast-food restaurants cuts down on your useage of these items, too.

When you have to use them, use less. When you don't have to use them, DON'T.

10) Ease up on the video games. Playing video games on both [computers](#) and systems uses a LOT of energy! That's why your system or computer feels hot afterwards! You can save on energy by simply doing homework or going outside to play instead of posting up in front of the TV or computer screen. This activity uses more electricity than regular TV or computer useage, so it should be kept to a minimum.

Source: http://www.squidoo.com/ten_green_tips_4kids

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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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Get Fresh!

Volunteer with Philabundance Fresh for All
You recycle out the wazoo and consider yourself
consigliore 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

Hereeeeeeeeeeeeeees...
Kathy's Korner!

*A lawyer and a senior citizen are sitting next to each other on a long flight. The lawyer is thinking that seniors are so dumb that he could get one over on them easily. So the lawyer asks, "Would you like to play a fun game?" The senior is tired and just wants to take a nap, so he says, "No, thank you. I'd just like to catch a few winks." The lawyer persists. "But this game is a lot of fun! I ask you a question, and if you can't tell me the answer, you pay me only five dollars. Then you ask me a question, and if I can't provide the correct answer, I will pay you \$500.00." Figuring it may keep the lawyer quiet, the senior agrees to play the game. The lawyer asks the first question "What's the distance from the Earth to the Moon?" The senior reaches into his pocket, pulls out a five dollar bill and hands it to the lawyer. Now, it's the senior's turn. He asks the lawyer, "What goes up a hill with three legs, and comes down with four?" The lawyer uses his laptop to search all references he can find on the Internet. He sends E-mails to all the smart friends he knows; all to no avail.
(cont.)*

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

GRANTS, SCHOLARSHIPS & INSTRUCTION

[Grants for Women](#)

You May Qualify for Grants to Earn a Degree Online. Search Schools.

EducationConnection.com/GrantsInfo

[Apply For Scholarships](#)

Stop Paying For College! Apply For Scholarships Online Today.

CollegeAdviser.com

[Top 2011 Online Grants](#)

Grant Funding May Be Available See If You Qualify!

www.ClassesUSA.com

[\\$10,000 Scholarship](#)

No GPA, No Essay, No Stress! Takes Only 3 Short Min. Don't Wait

www.ScholarshipZone.com

*After an hour of searching,
he finally
gives up.
He wakes the senior and
hands him \$500.00. The
senior pockets
the \$500.00 and goes right
back to sleep.
The lawyer is going nuts
not knowing the answer.
He wakes the
senior up and asks, "Well,
so what goes up a hill with
three
legs and comes down with
four?"
The senior reaches into his
pocket, hands the lawyer
five
dollars and goes back to
sleep.*

**Kathy's WORD OF THE
WEEK DEFINITIONS BY
GENDER**

FLATULENCE (*flach-u-
lens*) n.
*Female: An embarrassing
byproduct of indigestion.
Male: A source of endless
entertainment, self-
expression and male
bonding.*

(Kathy Parsons is a
regular contributor.)

***If you have a
favorite relevant
quote, why not
share it with our
readers. send to
[TheCoalitionNews
@gmail.com](mailto:TheCoalitionNews@gmail.com)
We will credit you
with the
submission.***

Daddy UniverseCity is dedicated to helping all fathers appreciate themselves and the responsibility of fatherhood. We cater to soon to be fathers, new fathers, existing fathers, and second time parents. As Fathers we find ourselves in a strange situation, sometimes not knowing what is right, what is best, or what to say. But we are always, always looked to as leaders. In this situation, we must band together to help one another with the greatest responsibility of all, the rise or demise of the next generation.

Our goal is simply, to heal the world one father and child at a time. Our plan is to use all available resources to create a one-stop site for fatherhood. By helping them understand the importance their role has on the future of children throughout the world. We can bring them closer to their families through educating them on pregnancy, maternity, child bearing, and quality time which will help produce a strong minded, loved, and whole child. Where leaders come to learn!

Daddy UniverseCity will help fathers deal with any obstacle. With our information and product line, we will aid them in understanding a father's role and how important it is to the world. May it be child rearing, family involvement, problems with mother, or just plain want to vent. We will be here. We have bonded together to help one another realize the dream of fatherhood. Being a father means, walking in the park hand in hand, teaching a child how to fish, watching their eyes light up when a train goes by. These are the things that make us, that complete us. But the road is uneven, and sometimes unfair, we will be that safe passage.

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ARTS FOR AWARENESS

I see little of more importance to the future of our country and of civilization than full recognition of the place of the artist. If art is to nourish the roots of our culture, society must set the artist free to follow his vision wherever it takes him. Pauline Kael

**Henry Ossawa Tanner: Modern Spirit
at the Pennsylvania Academy of Fine Arts**

**Discover the life and art of pioneering African-American artist
Henry O. Tanner**

Explore more than 100 works from pioneering African-American artist Henry Ossawa Tanner during a new exhibition at the Pennsylvania Academy of the Fine Arts (PAFA) beginning April 15, 2012.

Henry Ossawa Tanner: Modern Spirit includes 12 paintings never before

*As long as people will accept crap, it will be financially profitable to dispense it.
Dick Cavett*

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shown in a Tanner retrospective, his two only known sculptures and his career-making *Resurrection of Lazarus* from the collection of the Musée d'Orsay – which has never crossed the Atlantic.

The exhibition also delves into the life and career of Henry O. Tanner from his upbringing in Philadelphia in the years after the Civil War through the artist's training at the Pennsylvania Academy of the Fine Arts from 1879 – 1885.

Discover how Tanner experimented with materials and methods used in various paintings, photographs, prints, sculptures, watercolors, and drawings.

Visitors can purchase the most complete scholarly publication on Henry O. Tanner to date as well as the first-ever children's book about Tanner, written and illustrated by renowned artist-author Faith Ringgold and published by PAFA.

After its premiere at PAFA, Henry Ossawa Tanner: Modern Spirit will continue on a national tour, with stops in Cincinnati and Houston.

Ticket Information

Tickets for Henry Ossawa Tanner: Modern Spirit include access to the Permanent Collection.

Adults: \$15

Seniors (60+) and students with I.D.: \$8

Youth (13 – 18): \$6

Children (12 and under): Free

Jus' Words at Dowlings Place

1310 No. Broad St. Phila

Every Thurs. 9pm to 1am

- Poets
- Rappers
- Singers
- Spoken Word Artists

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COMING UP

Lion Dance Parade: Sunday, January 29, 11 a.m.-2:30 p.m., starts at 10th & Race Streets.

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Students must have initiative; they should not be mere imitators. They must learn to think and act for themselves - and be free. - Cesar Chavez

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*Click here:
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*Choose
"Philadelphia's
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"Newsletter" from the
menu.*

NINTH ANNUAL PHILADELPHIA INTERFAITH PEACE WALK:

SUNDAY, APRIL 29, 2012

Location: Center City Philadelphia

Congregations / Venues:

--Al-Aqsa Mosque & Islamic Center (pre-gathering) -- 1501 Germantown Avenue, 19122

--Temple Beth Zion-Beth Israel -- 300 South 18th Street, 19103

--First Unitarian Church of Philadelphia -- 2125 Chestnut Street, 19103

--Mother Bethel African Methodist Episcopal Church -- 419 South 6th Street, 19147

* * * Outside PA * * *

COMPUTERS AND TECHNOLOGY

Free online journal focuses on technology for nonprofits

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

[NTEN:Change](#), a free online journal from the [Nonprofit Technology Network](#),

provides the guidance and practical considerations nonprofits need to make the sound investments and decisions that will help them meet their goals.

Free subscriptions are available [here](#).

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Group offers low-cost web access to nonprofits

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

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

-- 12 months of service from Mobile Citizen extended to 15 months at no

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additional charge. With this, nonprofits receive three free months of service per account.

- Dedicated Mobile Citizen Customer Care customized for non-profit organizations.
- A free one-year membership to NTEN, a nonprofit technology network, ongoing information and news as well as access to a support community.
- A choice of additional benefits including an educational webinar series.

For more information, email [Free Trial](#).
www.mobilecitizen.org/grantphiladelphia

A HAND UP!

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

America's Original Savings Network

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

FREQUENTLY ASKED QUESTIONS

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

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

Q: Can these coupons be doubled?

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

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

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

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

A: With our program, you get to choose the coupons you want, when you

want them. This way you never have to worry about the coupons expiring.

Q: How do I choose the coupons I want?

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

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complete, and return
it to us
the.pa.coalition@gmail.com

WORD-OF- THE-WEEK

arrogate \AIR-uh-
gayt\ To claim or
seize without right
or justification; to
appropriate; To
claim on behalf of
another; to ascribe.

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

Please listen to the "**Time For An Awakening**" Program with Bro. Elliott, this and every Sunday at 7 pm. Listen at www.900AMWURD.com Call 215.634.8065 or toll free 1-866-361-0900 to join the discourse!!!!

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.

Civil Alert Radio with Sabir Bey- Every Tuesday 9:30 p.m. EST (6:30 P.M. PST)

Format Style: Open forum along with special invited guests.

Listen via your cell: 858.357.8450 On the web:

<http://www.blogtalkradio.com/civilalert>

This spot reserved for The Coalition, Inc. friend and supporter Jeff Hart

