



We all hold a piece to the puzzle  
Friday 24 February 2012

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Table of content

For Our Children ... 02

This Week ... 02

Employment and  
Training Opportunities  
... 03

Health Matters ...04

Green Piece ... 06

Grants, Scholarships &  
Instruction... 08

SpotLight ... 09

Arts for Awareness ...  
11

Coming Up ...11

Computers and  
Technology ... 12

A Hand Up ... 13

Word-of-the-Week ...  
17

# News From The Coalition, Inc.

*"Communication – Cooperation – Collaboration"*

Volume 6, Number 26

## Greetings Coalition Family!

Welcome to final installment acknowledging African Heritage Month 2012.

The Black Seminole John Horse fought for the freedom and rights of his people until his death. By all standards John is a great American hero, yet his story is only today slowly emerging from historical obscurity.

*"Until lions have their historians, tales of the hunt will  
always glorify the Hunter." – African saying*

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

It looks like this Spring weather is going to continue right into the Spring.

There are many studies in pediatrics that one of the most important activities for young children is unstructured play. Unstructured play is crucial for social, emotional and cognitive development.

On the [www.cap4kids.org/philadelphia](http://www.cap4kids.org/philadelphia) website, under the After School/Camps/Mentoring handout

([http://www.cap4kids.org/philadelphia/parent\\_handouts/after\\_school\\_camps\\_mentoring.html](http://www.cap4kids.org/philadelphia/parent_handouts/after_school_camps_mentoring.html)), you will find multiple listings of programs for play including Smith Memorial Playground and Playhouse (<http://smithkidsplayplace.org/>) with its 6 1/2 acres of open fields, 24,000 square foot playhouse and fantastic playground and giant wooden slide. Play awhile. It's crucial.

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

### **Teen couples sought for parenting series**

The Achieving Independence Center and Resources for Children's Health are sponsoring a twelve-week course, REMix – Relationship Education in the Mix – every Tuesday from 4-5:15pm.

The workshops focus on topics such as becoming dependable parents, strengthening family connections, rebuilding trust, learning communication skills and resolving anger.

For more details, contact Nichole Kang at 215-985-2582.

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## **THIS WEEK**

### **"Gospel Music Presents: Great Performances"**

Badami Productions presents "Gospel Music Presents Great Performances". Bringing you, Gospel Music's established and newest stars"

City: Philadelphia Station: WPVI ABC Date: 2/26 Time: 1:00PM

*Set Your VCR, DVR to record or TIVO "Gospel Music Presents". Watch Us Again or Watch US Later!!!!*

Please tell your friends and family to watch this show.

*He is a fool whose sheep runs away twice. – Ashanti saying*

[Click here for: Other Broadcasts this week in other cities.](#)  
[email us](#)

*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.*

This show presents great performances by:  
Badami Productions presents an historic Tribute to Grammy Winners, Sounds Of Blackness. This show includes “Sounds” newest performance and traces the groups history through a series of vintage videos and performances of great Gospel and Inspirational music. This shows stars:  
Sounds of Blackness

Visit us at [www.badamity.com](http://www.badamity.com)

*Viewing and Recording this show supports Gospel Music which is the foundation of all contemporary music.*

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## **EMPLOYMENT AND TRAINING OPPORUNITIES**

### **Regional Career Fairs/Events**

Philadelphia Job Fair

Tuesday, March 6, 2012, 11AM - 2PM

The CHF Conference Center 315 Chestnut Street

Philadelphia, PA 19106

<http://www.coasttocoastcareerfairs.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.nationalcareerfairs.com>

Healthcare Job Fair

Tuesday, April 10, 2012, 9:30AM - 2:30PM

*Freedman's Village, Va.:  
The Nation's Safe Haven  
In 1863 the federal  
government built  
[Freedman's Village](#) on the  
grounds of the Custis and  
Lee estates. There were  
about 50 one-and-a-half-  
story houses, each of which  
was divided to  
accommodate two families.  
The settlement was home to  
some notable residents,  
including Sojourner Truth  
-- who in 1864 worked as a  
teacher and helped  
villagers find jobs. The  
government closed down  
the village in 1900. It is  
now the site of the southern  
end of Arlington National  
Cemetery, the Pentagon  
and the Navy Annex  
building.*

**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](#)**

Classes 8AM - 3:30PM

Expo Center at Oaks

100 Station Avenue

Oaks, PA 19456

<http://events.advanceweb.com>

Philadelphia Career Fair

Monday, April 23, 2012, 11AM - 2PM

Crowne Plaza

4100 Presidential Boulevard

Philadelphia, PA 19131

<http://www.nationalcareerfairs.com>

## **HEALTH MATTERS**

### **Energy Drinks And Alcohol: A Dangerous Combo**

BlackDoctor.org) -- According to new research mixing energy drinks with alcohol is a dangerous combination. A new study, involving more than 4,000 students, has found that drinking cocktails of alcohol and energy drinks doubles the risk of clubbers getting hurt or being taken advantage of sexually.

Energy drinks such as Red Bull, Irn-Bru 32 and Lucozade, often contain high levels of caffeine and other ingredients, and mixing them with alcohol has become a popular way of boosting energy levels in order to keep dancing all night.

The researchers at Wake Forest University Baptist Medical Centre in the United States, questioned 4,271 college students about their drinking habits and the consequences.

It was found that of those who had drunk alcohol in the previous 30 days, a quarter (24 per cent) said they had consumed energy cocktails; when their behavior was compared with students who did not mix alcohol and energy drinks, the group were twice as likely to be hurt or injured after drinking, twice as likely to need medical attention and twice as likely to travel with a drunken driver.

This group also faced double the risk of either taking sexual advantage of someone else, or being taken advantage of themselves.

The cocktails also seemed to affect the amount they drank as in a typical

*The 13th Amendment to the Constitution abolished slavery, "except as a punishment for crime whereof the party shall have been duly convicted" in the United States in 1865. African Americans and white abolitionists celebrated the victory with church programs, speeches, and parades.*

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drinking session, those on mixed drinks drank up to 36 per cent more than the other students and also reported twice as many episodes of weekly drunkenness.

Dr Mary Claire O'Brien, lead researcher for the study, says they knew anecdotally that college students mix energy drinks and alcohol in order to drink more, and to drink longer.

But Dr O'Brien says they were surprised that the risk of serious and potentially deadly consequences is so much higher for those who mix energy drinks with alcohol.

According to Dr O'Brien mixing caffeine (a stimulant) with alcohol (a depressant) equates to "getting into a car and stepping on the gas pedal and the brake at the same time".

She says students whose motor skills, visual reaction times, and judgment are impaired by alcohol may not perceive that they are intoxicated as readily when they're also ingesting a stimulant, as while the symptoms of drunkenness are reduced the drunkenness is not.

Dr O'Brien says some energy drinks contain as much as 300 milligrams of caffeine and has called for students to be informed of the risks of mixing alcohol with energy drinks.

Experts say there is currently very little information on the consequences of mixing alcohol with energy drinks and young people, need clear guidance on what impact different levels of drinking can have.

Energy drinks often contain a mixture of ingredients, such as caffeine, vitamins and herbs and products such as guarana, ginseng and ginkgo biloba; many also have high levels of sugar to help boost energy levels.

But caffeine remains the main energy-boosting ingredient, with an average energy-drink containing about the same amount as a small cup of coffee; about 65 per cent of energy-drink users are under the age of 35.

There has been criticism over the potential health effects of drinking large amounts of caffeine and France has banned the sale of the popular Red Bull brand following the death of an 18-year-old who played basketball shortly after consuming several cans of the drink; an inquest ruled that he died from Sudden Adult Death Syndrome.

The U.S. Food and Drug Administration (FDA) limits caffeine to 65 milligrams per serving of a food or beverage but as energy drinks are

*George W. Carver (1865?-1943) - Born into slavery in Missouri, Carver later earned degrees from Iowa Agricultural College. The director of agricultural research at the [Tuskegee Institute](#) from 1896 until his death, Dr. Carver developed hundreds of applications for farm products important to the economy of the South, including the peanut, sweet potato, soybean, and pecan.*

currently not regulated by the FDA, they can contain as much as 300 milligrams of caffeine in a single serving.

Dr O'Brien was speaking at the annual meeting of the American Public Health Association in Washington DC.

By Candace Hall, BDO Staff Writer

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## **GREEN PIECE**

### **5 Green Habits That Matter More Than Recycling**

by [Matthew McDermott, Planet Green](#)

So, like every person trying to do their part to reduce their personal carbon emissions and make the most of the natural resources we all consume you recycle right? If you're an average Planet Green reader you probably do a bit more than the average US citizen who recycles about one third of the waste they produce, preventing about 1600 pounds of carbon being released into the atmosphere. That's a good thing, but do you want to do even more? Here are five things you can do which reduce your emissions as much or more than recycling:

#### **Drink Less Bottled Water = 2.6 Tons CO2**

You've probably heard it dozens of times, you really should be [avoiding bottled water](#). It uses figurative tons of resources to bottle and ship to you, and much of the time (at least in the developed world) is no more pure than the water coming out of your tap. Even if you regularly drink tap water there's probably some time when you've forgotten your water bottle, or the tap water isn't exactly palatable, whatever. So you reluctantly buy a bottle of water. But oh how fast those emissions add up! Even if you only do this once per month, over the year you've just emitted 2.6 tons of CO2 into the atmosphere. Twice as much as you've saved by recycling. So, really make the effort and reduce your bottled water consumption.

#### **Skip One Mid-Range Flight = 1 Ton CO2**

I know that if you live in the United States your long range public transportation options aren't as diverse or convenient as some other places in the world, but in terms of reducing your personal carbon emissions reducing the amount you fly adds up quickly. Simply skipping

*Dr. Charles Henry Turner (1867-1923) - A native of Cincinnati, Ohio, Turner received a B.S. (1891) and M.S. (1892) from the University of Cincinnati and a Ph.D. (1907) from the University of Chicago. A noted authority on the behavior of insects, he was the first researcher to prove that insects can hear.*

*If you have a favorite joke, why not share it with our readers. send to*

[TheCoalitionNews@gmail.com](mailto:TheCoalitionNews@gmail.com)

*We will credit you with the submission.*

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one [mid-range flight](#) (say from New York City to St. Louis, Missouri) reduces your emissions as much as one full year of recycling, by about 1970 pounds per flight on that route. If you travel frequently for work, investigate other options such as video conferencing, and if you have family that live halfway across the country try to combine smaller trips into one longer one or simply go less frequently. You're serious about reducing your emissions, right?

### **Go Vegetarian (or Vegan) = 1 to 2 Tons CO2**

I know I say it all the time, but cutting meat out of your diet has a large impact on your lifestyle carbon emissions. And can lower your food bill by 20% to boot! The emissions and resources needed to raise animals for food are so much higher than for raising vegetables that by eating a [lacto-ovo vegetarian diet](#) you can save about one ton of carbon emissions each year compared to your carnivorous friends. Cut out eggs and cheese and save two tons per year.

### **Wash Your Clothes in Cold Water & Air Dry Them = 1 Ton CO2**

Another perennial favorite suggestion on Planet Green that really works: [Wash in cold water](#) and air dry. There are plenty of detergents now that work as well in cold water as they do in hot, and even in the middle of winter shirts dry in a couple of hours on an indoor drying rack (or in the case of my shirts, as I write this, on my shower curtain rod). How much will you save by a very slight tweak in your laundering routine? You guessed it: As much as recycling your paper, plastic and metal for an entire year.

**Sign Up For Green Power = 7 Tons CO2** Again, I've said this before but here's the one thing that is probably the quickest and most effective thing you can do to reduce your carbon emissions: Enroll in a [green power program](#) with your utility. While the exact electricity mix varies from state to state, based on the average mix in the United States, by choosing green power from your utility you can reduce you carbon emission by some 7 tons per year. And at the same time send a message to your utility that they better start investing in some more wind farms, because more and more people are committed to greening the national power supply. Yes, a few minutes and one phone call can reduce your personal carbon emissions seven times as much as recycling.

Source: <http://tlc.howstuffworks.com/home/green-habits-important-recycling.htm>

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*Garrett Augustus Morgan (1877-1963) Born in Kentucky, Morgan invented a gas mask (patented 1914) that was used to protect soldiers from chlorine fumes during World War I. Morgan also received a patent (1923) for a traffic signal that featured automated STOP and GO signs. Morgan's invention was later replaced by traffic lights.*

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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 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)).

For more information, go to [www.philabundance.org](http://www.philabundance.org)

## **GRANTS, SCHOLARSHIPS & INSTRUCTION**

### [Grants for Women](#)

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

[EducationConnection.com/GrantsInfo](http://EducationConnection.com/GrantsInfo)

### [Apply For Scholarships](#)

Stop Paying For College! Apply For Scholarships Online  
Today.

[CollegeAdviser.com](http://CollegeAdviser.com)

### [Top 2011 Online Grants](#)

Grant Funding May Be Available See If You



*Davis Bend, Miss.: A Progressive Slave Town*  
[Davis Bend](#) was a former plantation owned by Joseph Davis, who created a more self-governing community among his 350 slaves. Benjamin Montgomery, one of those slaves, served as the overseer. After the war, Davis sold the land on which his plantation was situated to Montgomery for \$300,000 in gold; Montgomery maintained the free cooperative community until the 1880s. But the community fell victim to a poor economy and racial hostility. Montgomery's son, Isaiah, established a new town, Mound Bayou, which exists today.

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

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## **SpotLight On Our Efforts**

### **Youth Engagement Conference**

#### Introduction

The new endangered species is today's Urban Youth. According to research, between the ages of 13 to 24 Philadelphia youth are most at risk of being killed by violence. School officials report that business professionals are researching the test scores of our elementary school students to determine how many prisons to build in the future.

Latino and African American youth have 50 percent chance of graduating from high school. The prognosis for dropouts is prison, drugs and unemployment. The most rapidly growing youth incarceration rate is among females.

The occurrence of flash mobs in Philadelphia have become more frequent (three in the past 12 months) and more and more violent. Our youth have been categorized as those "likely to kill or be killed."

The time is now to act and engage our youth. The 2012 Youth Engagement Conference is a vital initiative needed to change the tide of negative behaviors and outcomes.

#### Summary

The 2012 Youth Engagement Conference is a youth focused initiative develop to provide a vehicle for youth to plan, develop and implement a strategic plan to address youth development, youth issues and youth initiatives. Youth are identified from the Equal Partners In Change (EPIC) EPIC Community Stakeholder group (Junior Stakeholders), Support Community Outreach Program (SCOP) and the Girl Track Mentoring program and other youth groups and organizations to participate in the planning and implementation.

Funding and resources will be provided by the Department of Human Services and its community partners and sponsors.

To facilitate a process that allows youth to develop, coordinate and implement an initiative focusing on youth interests, concerns, needs, issues and solutions.

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Hereeeeeeeeeeeeeees...  
Kathy's Korner!

*Two men were fishing early on a Sunday morning when one, bothered by conscience said, "I suppose we should have gone to church this morning." The other replied, "Heck! I couldn't have gone anyway, my wife's in bed sick with the flu."*

(Kathy Parsons is a regular contributor.)

## NU-JUICE FOUNDATION JOINS 'PHILLY FOOTBALL ROCKS' FUN-RAISING PROGRAM

Looking to help Philadelphia schools and non-profits raise significant dollars to support programs.

PHILADELPHIA (September 24, 2011) – The Philadelphia Soul have partnered with the NU-JUICE Foundation to help Philadelphia schools and non-profits raise hundreds of thousands of dollars and make a significant impact supporting much needed programs, advancing education curriculums and enhancing key initiatives.

Nu-Juice is a non-profit 501 (c)(3) organization that provides educational consulting and program development services to federal, state and local government entities as well as to community based organizations and non-profits. Through years of proven effectiveness and ongoing empirical learning, Nu-Juice provides institutions and organizations with the most relevant and effective strategies, services and programs to make a measurable impact and tangible outcomes for youth.

The "Philly Football Rocks!" program allows non-profit and youth sports organizations to raise money while spreading goodwill and creating meaningful experiences and great exposure. The Soul has already signed up over 50 partners through this program.

"Schools and non-profits are struggling to find ways to raise money in this tough economic climate," said Eric Ward, founder of the Nu-Juice Foundation. "This program is exactly what organizations that we work with need right now. This program is the perfect fit for our organization's mission. I am excited to work with the Soul and help them change the lives of Philadelphia youths."

Organizations that sign up for the program will receive: up to 55 percent of the revenue generated from ticket sales to Soul games, an autographed Fender electric guitar signed by Kamal Gray, Jimmy Rollins, Vince Papale, James Van Riemsdyk or Michael Vick (depending on the program selected); an autographed over-sized print from 1980 Super Bowl of Ron Jaworski; an autographed football and jersey signed by Jaworski and a Soul player or coach. A limited number of packages are available.

*Ernest Everett Just (1883-1941) - Originally from Charleston, South Carolina, Just attended Dartmouth College and the University of Chicago, where he earned a Ph.D. in zoology in 1916. Just's work on cell biology took him to marine laboratories in the U.S. and Europe and led him to publish more than 50 papers.*

*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.*

With a goal of 300 partners signed up before the start of the season and each organization expecting to raise \$5,000 on average, this equates to \$1.5 million in "FUN-RAISING" Revenue in total to be earned from this initiative for organizations spanning all throughout the Delaware Valley, Lehigh Valley and beyond.

The Nu-Juice Foundation is currently looking for more partners to join in the mission. "To purchase individual tickets to support your local school, or to purchase bulk tickets to sponsor your local school, please call the Nu-Juice foundation and speak with Jasmin Reid at 215-523-9310. A portion of all sales go directly to the participating school of your choice."

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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*

### **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

Workshop seeks to help young people prepare for careers  
The Logan/Olney EPIC Stakeholders group will sponsor a Youth Career Readiness Workshop for youth ages 13 to 17 on  
Friday, March 16th from  
4-7:30pm and on  
Saturday, March 17th from  
10am to 2pm at the  
Logan Olney Neighborhood Center,  
800 W. Olney Avenue, Suite 204 in Philadelphia's Olney section.  
Dinner will be served on Friday and lunch on Saturday.

To register, call Charlene Samuels at 215-456-5670 x202 by March 8th.

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*Rosewood, Fla., established in 1870, was the site of what could be considered one of the worst race riots in U.S. history. By 1915 it was a small, predominantly black town with a population of just slightly more than 300. On New Year's Day in 1923, a young white woman claimed that a black man sexually assaulted her; Rosewood was destroyed by a band of white men supposedly searching for the alleged suspect. The number of those killed is still unknown.*

*If your group or organization is planning an event, send us notice in document format, and we will share it with our readers. Send your information to: [News From The Coalition, Inc.](#)*

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## **Continuation of Black History Month**

Saturday, March 3, 2012 9:30 am -  
2:00 pm

**Heston**

5402 Lancaster Ave  
Philadelphia, PA 19131

On March, 3, 2012 the West Mill Creek Association will be hosting a "Continuation of Black History Month", celebration. The purpose for this event is to educate our community and bring awareness on the issues that many of our homeless, abused women and children have to face on a day to day basis. Our mission is to inform everyone about programs that are available to help everyone, no matter your situation. There will be entertainment, contests, arts and crafts, and vending opportunities for new and experienced entrepreneurs. If we do not have one another for support then we have no one. Come out and enjoy the company of neighbors in our community and make new friends. This event will be from 9am to 2pm. I hope to see you and let's start this New Year off with the right attitude. Some of the proceeds will help to benefit organizations within the community.

For more information contact 267-278-1142.

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\* \* \* 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**

*Archibald Alexander (1888-1958) Iowa-born Alexander attended Iowa State University and earned a civil engineering degree in 1912. While working for an engineering firm, he designed the Tidal Basin Bridge in Washington, D.C. Later he formed his own company, designing Whitehurst Freeway in Washington, D.C. and an airfield in Tuskegee, Alabama, among other projects.*

*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.*

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)

### **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

*David Crosthwait, Jr. (1898-1976) Born in Nashville, Tennessee, Crosthwait earned a B.S. (1913) and M.S. (1920) from Purdue University. An expert on heating, ventilation, and air conditioning, he designed the heating system for Radio City Music Hall in New York. During his lifetime he received some 40 U.S. patents relating to HVAC systems.*

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 ----

### **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](http://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](http://www.blogtalkradio.com/empresschi) Or you can tune in via podcast at 646-652-2232

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Or send an instant message to [mwmsistahood@aol.com](mailto: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\*\*

Listen to Jeff Thursdays after City Council meetings on W.U.R.D 900AM

## SUPPLEMENTAL AFRICAN HERITAGE FACTS

**Frederick McKinley Jones (1892-1961)** Jones was born in Cincinnati, Ohio. An experienced mechanic, he invented a self-starting gas engine and a series of devices for movie projectors. More importantly, he invented the first automatic refrigeration system for long-haul trucks (1935). Jones was awarded more than 40 patents in the field of refrigeration.

**Greenwood, Okla.: The Black Wall Street**

In the early 1900s, African Americans settled in Oklahoma, seeking employment and other opportunities in the rich oil fields. [Greenwood](#), part of Tulsa, became home to thriving black businesses -- decades later earning it the moniker "Black Wall Street." But in May 1921, Greenwood faced escalating racial unrest after a young white woman accused a black man of rape. The man wasn't charged, but that didn't stop a white mob from burning down Greenwood, the site of the worst race riot in U.S. history.

**Blackdom, N.M.** - Located southwest of Roswell, [Blackdom](#), established by Frank and Ella Louise Boyer, was the first all-black settlement in New Mexico. The heyday for the town was around 1908, when there were about 300 residents. They had set up a post office, a blacksmith, stores, a hotel and the Blackdom Baptist Church, which also served as the schoolhouse. By the 1920s a severe drought led settlers to abandon the town.

[Jack Johnson](#) became the first African-American man to hold the World Heavyweight Champion boxing title in 1908. He held on to the belt until 1915.

The NAACP founded in 1909 by a group of whites and blacks with a view to influencing public opinion and in order to defend the legal rights of African Americans. On February 12, 2009, the NAACP marked its 100th anniversary. Spurred by growing racial violence in the early twentieth century, and particularly by race riots in Springfield [Illinois](#) in 1908, a group of African American leaders joined together to form a new permanent civil rights organization, the National Association for the Advancement of Colored People (NAACP). February 12, 1909 was chosen because it was the centennial anniversary of the birth of [Abraham Lincoln](#).

**Hiram Rhodes Revels** was the first African American ever elected to the [United States](#) Senate. He represented the state of [Mississippi](#) from February 1870 to March 1871.

[Black History Month](#) began as "Negro History Week," which was created in 1926 by Carter G. Woodson, a noted African American historian, scholar, educator, and publisher. It became a month-long celebration in 1976. The month of February was chosen to coincide with the birthdays of [Frederick Douglass](#) and [Abraham Lincoln](#).

[George Washington Carver](#) (1864-1943) developed 300 derivative products from peanuts among them cheese, milk, coffee, flour, ink, dyes, plastics, wood stains, soap, linoleum, medicinal oils and cosmetics.

**Dr. Percy L. Julian (1899-1975)** Alabama-born Julian held a bachelor's degree from DePauw University, a master's degree from Harvard University, and a Ph.D. from the University of Vienna. His most famous achievement is his synthesis of cortisone, which is used to treat arthritis and other inflammatory diseases.

**Dr. Charles R. Drew (1904-1950)** Born in Washington, D.C., Drew earned advanced degrees in medicine and surgery from McGill University in Montreal, Quebec, in 1933 and from Columbia University in 1940. He is particularly noted for his research in blood plasma and for setting up the first blood bank.

**James West (b. 1931)** James West was born in 1931 in Prince Edward County, Virginia, and studied physics at Temple University. Specializing in microphones, West went on to author 200 patents and more than 60 technical and scientific publications. In 1962, with Gerhard Sessler, West developed the foil electret microphone, which became the industry standard. Approximately 90% of microphones in use today are based on this invention and almost all telephones utilize it, as well as tape recorders, camcorders, baby monitors and hearing aids.

In 1940, Hattie McDaniel was the first African-American performer to win an Academy Award (the film industry's highest honor) for her portrayal of a loyal slave governess in *Gone With the Wind*.

[Patricia Bath](#) (1942-) Born in Harlem, New York, Dr. Bath holds a bachelor's degree from Hunter College and an M.D. from Howard University. She is a co-founder of the American Institute for the Blindness. Dr. Bath is best known for her invention of the Laserphaco Probe for the treatment of cataracts. the Prevention

*President Harry S. Truman issued Executive Order 9981 in 1948, abolishing segregation in the armed forces.*

*Dorothy Dandridge First black actress to be nominated for Best Actress (Carmen Jones-1954).*

*Dr. Philip Emeagwali - Born in Nigeria in 1954, Philip Emeagwali's determination to succeed grew out of a life of poverty and little formal education. An expert in mathematics, physics, and astronomy, Emeagwali won the Institute of Electronics and Electrical Engineers' Gordon Bell Prize in 1989 for an experiment that used 65,000 processors to perform the world's fastest computation of 3.1 billion calculations per second. Emeagwali's computers are currently being used to forecast the weather and predict future global warming.*

*In 1955, Dr. Martin Luther King, Jr. led a year long boycott of the Montgomery, Alabama bus system after Rosa Parks, a black seamstress, was arrested for not giving up her seat to a white person on a bus.*

*Mark Dean (1957-) Dean was born in Jefferson City, Tennessee, and holds a bachelor's degree from the University of Tennessee, a master's degree from Florida Atlantic University, and a Ph.D. from Stanford University. He led the team of IBM scientists that developed the ISA bus—a device that enabled computer components to communicate with each other rapidly, which made personal computers fast and efficient for the first time. Dean also led the design team responsible for creating the first one-gigahertz computer processor chip. He was inducted into the National Inventors Hall of Fame in 1997.*

*Sidney Poitier the first black actor to be nominated for Best Actor for his performance in The Defiant Ones in 1958.*

*Federal troops were ordered to Oxford, Mississippi in 1962 to protect James H. Merideth, the first African American to enroll at the University of Mississippi.*

*Sidney Poitier The first black actor to win Best Actor for his performance in Lillies of the Field-1958; First black actor to receive two acting nominations (Best Actor); Youngest black actor to win Best Actor (age 37).*

*On August 20 more than 200,000 Blacks and Whites participated in a March on Washington, D.C., to protest the lack of federal civil rights legislation.*

*Dr. Martin Luther King, Jr. was awarded the Nobel Peace Prize in 1964.*

*Malcom X left the "Nation of Islam" in 1964 and formed the "Organization of Afro-American Unity", stressing black nationalism and social action. He was assassinated the following year.*

*In 1965, white resistance to a black voter registration drive led to a Freedom March, from Selma to Montgomery, Alabama, to protest discrimination at the polls. Congress soon passed the Voting Rights Act soon after.*

*Thurgood Marshall was the first African American ever appointed to the United States Supreme Court. He was appointed by President Lyndon B. Johnson, and served on the Supreme Court from 1967 to 1991*

*Shirley Chisholm was the first African American woman elected to the House of Representatives. She was elected in 1968 and represented the state of New York. She broke ground again four years later in 1972 when she was the first major party African-American candidate and the first female candidate for president of the United States.*

*Dr. Martin Luther King, Jr. was assassinated in 1968 by a white man. This act set off a wave of violence in more than 100 cities nationwide.*

*For the first time, the birthday of Dr. Martin Luther King, Jr. was celebrated as a national holiday in 1986. The holiday is on the third Monday of every January.*

*In 1992, Dr. Mae Jemison became the first African American woman to go into space aboard the space shuttle Endeavor. During her 8-day mission she worked with U.S. and Japanese researchers, and was a co-investigator on a bone cell experiment.*



## WORD-OF- THE-WEEK

**abrogate** \AB-  
ruh-gayt\,: To annul  
or abolish by an  
authoritative act;  
To put an end to; to  
do away with.

*In 1995, The Million Man March on Washington, called on black men to declare responsibility for their families and communities.*

*Halle Berry First black actress to win Best Actress. (Monster's Ball-2001)*

*Denzel Washington the first black actor to receive five acting nominations overall; First black actor to receive three Best Actor nominations;*

*Second black actor to win Best Actor;*

*First time that multiple black actors received Best Actor nominations;*

*Oldest black actor to win Best Actor (age 47)Training Day-2002;*

*First black actor to win two acting awards.*

*Jamie Foxx, first black actor to receive two acting nominations in the same year; First black actor to win for a musical. Ray-2004.*

*Aprille Ericsson (b. 1963) Born and raised in Brooklyn, N. Y., M.I.T graduate Aprille Ericsson was the first female (and the first African-American female) to receive a Ph.D. in mechanical engineering from Howard University and the first African-American female to receive a Ph.D. in engineering at the NASA Goddard Space Flight Center. Ericsson has won many awards, including the 1997 "Women in Science and Engineering" award for the best female engineer in the federal government, and she is currently the instrument manager for a proposed mission to bring dust from the Martian lower atmosphere back to Earth.*