



We all hold a piece to the puzzle  
Friday March 09, 2012

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# *News From The Coalition, Inc.*

*"Communication – Cooperation – Collaboration"*

Volume 6, Number 28

## **Greetings Coalition Family!**

This month we will be observing women's history. Our readers are invited to participate in the sharing of information relative to these observances.

***"If the first woman God ever made was strong enough to turn the world upside down all alone, these women together ought to be able to turn it back, and get it right side up again! And now they is asking to do it, the men better let them." - Sojourner Truth, Aint I a Woman?***

Thanks to: Barbara Moore for this submission

*"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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*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**

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**

### **National Women & Girls HIV/AIDS Awareness Day**

Saturday, March 10, 2012.

11:00am until 5:00pm.

Philadelphia Prevention Partnership,  
1628 E Church Street,  
Philadelphia, Pennsylvania

HIV Information & Resources. Free Confidential HIV Testing, Free Food, Give A-Aways & Raffles, Free Chair Massages, Entertainment & More!

Hear personal stories from HIV Positive Women.....This is a FREE Event

*The man may be the head  
of the home, the wife is the  
heart. (Kenya)*

*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.*

for women and girls only..... Come out and bring your Mother, Sister(s)  
Daughter(s) and Sisterfriends.

Presented by: Women's Empowerment & Educational Network  
(W.E.E.N) and  
Queens United to Elevate and Empower the Next Sister, Inc.  
(Q.U.E.E.N.S)

SPONSORED by: Philadelphia Prevention Partnership

For more information Contact: Asha @ 267-972-2579 or Evelyn @267-  
738-9839

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### **Volunteers Aid Woodland Avenue Revitalization With Cleanup Slated for Saturday**

The major revitalization of upper Woodland Avenue business district by Southwest CDC will get a boost Saturday (March 10) when Councilman Kenyatta Johnson, St. Rep. Ronald G. Waters and U.S. Rep. Bob Brady join volunteers from the NAC office, Outley House, AmeriCorps and CityLights to help the CDC clean the busy corridor.

According to Paul “Earthquake” Moore, chairman of Southwest CDC’s board of directors, volunteers will gather at 9 a.m. at Southwest CDC, 6328 Paschal Ave. The group will meet members of the press at 10 a.m. at the corner of 64<sup>th</sup> Street and Woodland Avenue.

Moore joked that participating Southwest CDC board members and politicians are expected to “work as hard as everyone else.” Also expected are members of the Streets Department’s SWEEPS unit.

“We’re going to meet up with all volunteers at the CDC for a short press conference before we pass out the brooms, shovels, gloves and rakes and head up to Woodland Avenue,” said Moore, who said the business district revitalization is being funded by the City of Philadelphia’s Commerce Department. “While we’re on Woodland, we’ll unveil one of several flags that will go up along the corridor.

Moore is referring to one of between 10 and 20 flags and banners, set to adorn the business section. The idea, sponsored by Southwest CDC Woodland Avenue business liaison Elhadji Ndiaye, will denote various shops and ethnic groups located on the strip.”

*We allow our ignorance to prevail upon us and make us think we can survive alone, alone in patches, alone in groups, alone in races, even alone in genders. - Maya Angelou*

*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.*

**JOIN THE COALITION, INC!**

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The flags will feature a scene from Woodland Avenue, and an area for advertisement, according to Ndiaye, who assists Southwest CDC corridor manager Page Huey.

“We want it to look inviting so people will want to shop there,” said Moore. “We’re calling it, ‘Woodland Avenue Revitalization: A Safe Place to Shop; A Safe Place to Bring Your Kids.’”

Various entities have joined forces to insure the cleanup effort is a success. Nydiaye is offering help from members of his soccer team, CityLights intern Maria Vanegas helped assemble Vista Corps members, while Councilman Johnson has promised lunch and tee shirts for all who volunteer. About 30 workers are expected to participate in the cleanup.

“We’re encouraging all residents and business owners to come out and help us revitalize our shopping corridor,” said Moore.

For more information on the cleanup call Moore at [215-385-2696](tel:215-385-2696) or email him at [earth\\_quake1@hotmail.com](mailto:earth_quake1@hotmail.com).

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Come celebrate Social Work Month with your colleagues in Philadelphia at the

**Social Work Happy Hour**  
Free appetizers and drink specials!

The Public House  
1801 Arch Street  
Philadelphia, PA  
Wednesday, March 14  
5:30 – 7:30pm

Hosted by the Philadelphia Division of the National Association of Social Workers-Pennsylvania

Please RSVP to [naswphillydivision@hotmail.com](mailto:naswphillydivision@hotmail.com)

## **EMPLOYMENT AND TRAINING OPPORUNITIES**

*No man can understand why a woman shouldn't prefer a good reputation to a good time. - Helen Rowland*

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

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

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**

### **Universal presents annual wellness event for men**

[Universal Companies](#) will present its [15th Annual Wellness Event for Men](#) on Sunday, March 11th from 9am to 1pm at the Universal Institute Charter School, 1415 Catharine Street in Philadelphia).

Universal, a not-for-profit community development and education management organization, hosts this free preventative health educational forum for males who wish to learn the latest information on both

*They can't hurt you unless  
you let them.- Mother  
Teresa*

traditional and complementary medicine. Wellness screenings include rapid HIV/AIDS testing, kinesiology evaluation, blood pressure, glucose, cholesterol, and non-invasive chiropractic consultation. A healthy and delicious meal is also provided. Presentations will cover topics like include nutrition education, disease prevention, sexual/reproductive health, post traumatic stress disorder, and the causes of chronic back pain.

Pre-registration is suggested due to limited seating. Males of all ages can register by calling [215-732-6518](tel:215-732-6518) or by email to [rsvp@universalcompanies.org](mailto:rsvp@universalcompanies.org)

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### **Tips for Parents – Ideas to Help Children Maintain a Healthy Weight**

You've probably read about it in newspapers and seen it on the news: in the United States, the number of obese children and teens has continued to rise over the past two decades.<sup>1</sup> You may wonder: Why are doctors and scientists troubled by this trend? And as parents or other concerned adults, you may also ask: What steps can we take to help prevent obesity in our children? This page provides answers to some of the questions you may have and provides you with resources to help you keep your family healthy.

- Why is childhood obesity considered a health problem?
- What can I do as a parent or guardian to help prevent childhood overweight?
- Want to learn more?

Why is childhood obesity considered a health problem?

Doctors and scientists are concerned about the rise of obesity in children and youth because obesity may lead to the following health problems:

- Heart disease, caused by:
  - high cholesterol and/or
  - high blood pressure
- Type 2 diabetes
- Asthma
- Sleep apnea
- Social discrimination

Childhood obesity is associated with various health-related consequences. Obese children and adolescents may experience immediate health consequences and may be at risk for weight-related health problems in adulthood.

#### **Psychosocial Risks**

Some consequences of childhood and adolescent overweight are psychosocial. Obese children and adolescents are targets of early and systematic social discrimination.<sup>2</sup> The psychological stress of social

*What I think the political correctness debate is really about is the power to be able to define. The definers want the power to name. And the defined are now taking that power away from them. - Toni Morrison*

*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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stigmatization can cause low self-esteem which, in turn, can hinder academic and social functioning, and persist into adulthood.<sup>3</sup>

### Cardiovascular Disease Risks

Obese children and teens have been found to have risk factors for cardiovascular disease (CVD), including high cholesterol levels, high blood pressure, and abnormal glucose tolerance. In a population-based sample of 5- to 17-year-olds, almost 60% of overweight children had at least one CVD risk factor while 25 percent of overweight children had two or more CVD risk factors.<sup>2</sup>

### Additional Health Risks

Less common health conditions associated with increased weight include asthma, hepatic steatosis, sleep apnea and Type 2 diabetes.

- Asthma is a disease of the lungs in which the airways become blocked or narrowed causing breathing difficulty. Studies have identified an association between childhood overweight and asthma.<sup>4,5</sup>
- Hepatic steatosis is the fatty degeneration of the liver caused by a high concentration of liver enzymes. Weight reduction causes liver enzymes to normalize.<sup>2</sup>
- Sleep apnea is a less common complication of overweight for children and adolescents. Sleep apnea is a sleep-associated breathing disorder defined as the cessation of breathing during sleep that lasts for at least 10 seconds. Sleep apnea is characterized by loud snoring and labored breathing. During sleep apnea, oxygen levels in the blood can fall dramatically. One study estimated that sleep apnea occurs in about 7% of overweight children.<sup>6</sup>
- Type 2 diabetes is increasingly being reported among children and adolescents who are overweight.<sup>7</sup> While diabetes and glucose intolerance, a precursor of diabetes, are common health effects of adult obesity, only in recent years has Type 2 diabetes begun to emerge as a health-related problem among children and adolescents. Onset of diabetes in children and adolescents can result in advanced complications such as CVD and kidney failure.<sup>8</sup>

In addition, studies have shown that obese children and teens are more likely to become obese as adults.

**Source:** <http://www.cdc.gov/healthyweight/children/>

*"If you have only one breath left, use it to say thank you."-Pam Brown*

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## **Green Living Tips for Today's Young People**

In today's ecologically conscious world, many smart young people are heeding

the green living tips offered by parents and older peers. The benefits are clear. Eco-friendly products translate to huge cost savings and minimize harm to the environment.

So how do today's young people show they care for the environment? Let's start with modern commuting trends. If you're college-bound kid is not the lucky recipient of an environmentally friendly car (as a graduation or birthday gift), then chances are, he/she may be taking public transportation (which is good) or driving the traditional car. Don't look now but ingenious minds have devised an online social rideshare and carpool matching system that uses a popular social networking site to hook riders up with drivers en route to a common destination.

For the young ladies in the family who love to shop, green living tips they may have gravitated to include bringing their own eco tote bag so as not to amass more plastic bags than can be reused at home. In so doing, young gals (and their shopaholic moms, too) get to save lots of trees and keep plastic bags out of landfills.

Young ones also contribute to resource conservation by keeping in mind other green living tips like taking quick showers, buying and using products – like organic cosmetics -- that do not contain synthetic substances, as well as clothes and accessories made of organic cotton or hemp. Switching off room lights and computer equipment (including the monitor) when not in use and going for green food options are likewise some of the ways to lessen the eco footprint.

Source: <http://ardentgreenliving.com/green-living-tips/>

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Recycling Services Inc. in Pottstown takes styrofoam on Saturday and



*I've learned that people  
will forget what you said,  
people will forget what you  
did, but people will never  
forget how you made them  
feel. - Maya Angelou*

*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.*

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  
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)).

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  
Qualify!

[www.ClassesUSA.com](http://www.ClassesUSA.com)

Hereeeeeeeeeeeeeees...  
Kathy's Korner!

"It was nice of your  
husband to buy you that  
fur coat."

"He had to. I caught him  
kissing the maid."

"How dreadful! Did you  
fire her?"

"No." I still need a new  
dress and purse."

(Kathy Parsons is a  
regular contributor.)

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

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

[www.ScholarshipZone.com](http://www.ScholarshipZone.com)

## 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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**NU-JUICE FOUNDATION JOINS 'PHILLY FOOTBALL ROCKS'**

## FUN-RAISING PROGRAM

*When you cease to make a contribution; you begin to die. -- Eleanor Roosevelt.*

*We will be spotlighting members and organizations weekly, if you wish to have your organization spotlighted, forward to us information on your primary mission, your current projects and/or how you would want other members of The Coalition to be involved. Many of us are already being a support to one another, but there is plenty of room for improvement.*

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.

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

*Make no judgments where  
you have no compassion. --  
Anne McCaffrey.*

*If your group or  
organization is  
planning an event,  
send us notice in  
document format, and  
we will share it with  
our readers.  
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\$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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**Historic Selma to Montgomery March revisited  
March 16-17 2012**

*A mistake in judgment isn't fatal, but too much anxiety about judgment is. – Pauline Keal*

*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.*

A coalition of activists, led by the AFL-CIO, will [recreate the historic marches from Selma to Montgomery](#) (both in Alabama) to call for justice for working families. The original marches were a key part of the civil rights movement for African-Americans, while the new march will expand upon that to include working class issues:

This Sunday, AFL-CIO union members, civil rights, community and faith activists will begin a five-day re-enactment of the historic 1965 Selma to Montgomery, Ala., civil rights march. The march will focus attention on new attacks on voting rights, immigrants, workers' rights and education. If you can't be there in person, you can be there online. Click here ([join a virtual march](#)) to sign a pledge of solidarity with the marchers and tell us why you are joining the virtual march. Your comments will be shared with the marchers on the ground so they know there are tens of thousands standing with them.

As AFL-CIO Executive Vice President Arlene Holt Baker says, "The onslaught of coordinated attacks on workers' rights, voting rights, public education and immigration reform is an affront to our democracy." "We may be marching from Selma to Montgomery, but this is about the Wisconsin, Ohio, Indiana, Arizona, Michigan and any other state where they're blatantly attacking our rights."

For more information: **National Action Network**

House of Justice  
National Headquarters  
106 W. 145th Street  
New York, NY 10039  
(212) 690-3070  
(877) NAN-HOJ1

Or visit [www.nationalactionnetwork.net](http://www.nationalactionnetwork.net)

\* \* \* 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

*The sadness of the women's movement is that they don't allow the necessity of love. See, I don't personally trust any revolution where love is not allowed. - Maya Angelou*

***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.***

their goals.

Free subscriptions are available [here](#).

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### **Group offers low-cost web access to nonprofits**

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

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

- 12 months of service from Mobile Citizen extended to 15 months at no additional charge. With this, nonprofits receive three free months of service per account.
- Dedicated Mobile Citizen Customer Care customized for non-profit organizations.
- A free one-year membership to NTEN, a nonprofit technology network, ongoing information and news as well as access to a support community.
- A choice of additional benefits including an educational webinar series.

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

*I have come to believe that the one thing people cannot bear is a sense of injustice. Poverty, cold, even hunger, are more bearable than injustice. -- Millicent Fenwick.*

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

**acclimate** \uh-KLY-mit; AK-luh-mayt\, To accustom or become accustomed to a new climate, environment, or situation.

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 ----

### **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

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.

**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