



We all hold a piece to the puzzle  
Friday March 23, 2012

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# *News From The Coalition, Inc.*

*"Communication – Cooperation – Collaboration"*

**Volume 6, Number 30**

## **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.

*"The myth that men are the economic providers and women, mainly, are mothers and care givers in the family has now been thoroughly refuted. This family pattern has never been the norm, except in a narrow middle-class segment."*

*Gro Harlem Brundtland  
Prime Minister of Norway, 1995*

*"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*

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

*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](mailto: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.*

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Temps in the 70s this week. This taste of summer should be a reminder that it's time to plan our children's summer. Camps, work, volunteer opportunities, college plans. There are many opportunities to keep them busy.

For camps, check out the After School/Camp 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)), and check out the newest listing on Cap4Kids,

First Tee that offers kids a chance to learn the game of golf while promoting character and life skills.

For summer employment and volunteer opportunities, check out the Teen handout

[http://www.cap4kids.org/philadelphia/parent\\_handouts/teen\\_resources.html](http://www.cap4kids.org/philadelphia/parent_handouts/teen_resources.html)

For college resources, check out the Education handout ([http://www.cap4kids.org/philadelphia/parent\\_handouts/education\\_resources.html](http://www.cap4kids.org/philadelphia/parent_handouts/education_resources.html)).

Remember, please share these resources with your colleagues and friends, have them sign up for our mailing list and "like" Cap4Kids Philadelphia on Facebook.

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

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

What can I do as a parent or guardian to help prevent childhood overweight and obesity?

To help your child maintain a healthy weight, balance the calories your child consumes from foods and beverages with the calories your child uses through physical activity and normal growth.

Remember that the goal for overweight and obese children and teens is to reduce the rate of weight gain while allowing normal growth and development. Children and teens should NOT be placed on a weight reduction diet without the consultation of a health care provider.

**Balancing Calories: Help Kids Develop Healthy Eating Habits**

One part of balancing calories is to eat foods that provide adequate nutrition and an appropriate number of calories. You can help children learn to be aware of what they eat by developing healthy eating habits, looking for ways to make favorite dishes healthier, and reducing calorie-rich temptations.

*It is the plain women who know about love; the beautiful women are too busy being fascinating.*  
**KATHARINE HEPBURN**

*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.*

Encourage healthy eating habits.

There's no great secret to healthy eating. To help your children and family develop healthy eating habits:

- Provide plenty of vegetables, fruits, and whole-grain products.
  - Include low-fat or non-fat milk or dairy products.
- Choose lean meats, poultry, fish, lentils, and beans for protein.
  - Serve reasonably-sized portions.
  - Encourage your family to drink lots of water.
  - Limit sugar-sweetened beverages.
  - Limit consumption of sugar and saturated fat.

Remember that small changes every day can lead to a recipe for success!

For more information about nutrition, visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov) and the [Dietary Guidelines for Americans 2010](#) (PDF-2.9Mb).

Look for ways to make favorite dishes healthier.

The recipes that you may prepare regularly, and that your family enjoys, with just a few changes can be healthier and just as satisfying. For new ideas about how to add more fruits and vegetables to your daily diet check out the recipe database from the [FruitsandVeggiesMatter.gov](http://FruitsandVeggiesMatter.gov). This database enables you to find tasty fruit and vegetable recipes that fit your needs.

Remove calorie-rich temptations!

Although everything can be enjoyed in moderation, reducing the calorie-rich temptations of high-fat and high-sugar, or salty snacks can also help your children develop healthy eating habits. Instead only allow your children to eat them sometimes, so that they truly will be treats! Here are examples of easy-to-prepare, low-fat and low-sugar treats that are 100 calories or less:

- A medium-size apple
- A medium-size banana
  - 1 cup blueberries
  - 1 cup grapes
- 1 cup carrots, broccoli, or bell peppers with 2 tbsp. hummus

Balancing Calories: Help Kids Stay Active

Another part of balancing calories is to engage in an appropriate amount of physical activity and avoid too much sedentary time. In addition to being fun for children and teens, regular physical activity has many health benefits, including:

- Strengthening bones
- Decreasing blood pressure
- Reducing stress and anxiety
- Increasing self-esteem

*When women are the advisers, the lords of creation don't take the advice till they have persuaded themselves that it is just what they intended to do. Then they act upon it, and, if it succeeds, they give the weaker vessel half the credit of it. If it fails, they generously give her the whole.*

LOUISA MAY ALCOTT,  
*Little Women*

*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!**

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

- Helping with weight management  
Help kids stay active.

Children and teens should participate in at least 60 minutes of moderate intensity physical activity most days of the week, preferably daily.<sup>11</sup> Remember that children imitate adults. Start adding physical activity to your own daily routine and encourage your child to join you.

Some examples of moderate intensity physical activity include:

- Brisk walking
- Playing tag
- Jumping rope
- Playing soccer
- Swimming
- Dancing

Reduce sedentary time.

In addition to encouraging physical activity, help children avoid too much sedentary time. Although quiet time for reading and homework is fine, limit the time your children watch television, play video games, or surf the web to no more than 2 hours per day. Additionally, the American Academy of Pediatrics (AAP) does not recommend television viewing for children age 2 or younger.<sup>12</sup> Instead, encourage your children to find fun activities to do with family members or on their own that simply involve more activity.

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

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## **THIS WEEK**

### **ATTENTION**

If you are a Veteran of the Air Force – Army – Coast Guard – Marines or Navy

Pointman Soldiers Heart Ministry invites you to its 4<sup>th</sup> Saturday Meeting  
March 24<sup>th</sup> 2012  
11:AM-2:00PM

Triumph Baptist Church  
Germantown Avenue at Hunting Park  
Former U.S. Senator Joe Sestak will talk about  
Veteran Issues & Resources  
Attorney Ted Walkenhorst

And

Attorney David Machek

Will answer Questions about Social Security Disability

*I declare to you that woman must not depend upon the protection of man, but must be taught to protect herself, and there I take my stand.  
Susan B. Anthony*

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For more information call:

Deacon James Abram, President 484.557.3243

Ari S. Merretazon, Executive Director 215.850.1699

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Promoting the health and independence of African-Americans/Africans everywhere.

**“Anger Management Workshop”**

March 24, 2012 Noon - 2PM

Dr. Faruq Iman

Noted psychologist.

Practitioner of African Holistic Psychotherapy.

Self-Determination

Saturdays

Sponsored by: African Redemption Church & Songhai City Cultural Center

Weekly sessions/topics

11AM - Noon : African Redemption Church

Jesus was an African, revolutionary & warrior symbol

Noon – 1 PM : Mental & Physical Health

1 PM – 2 PM : Self-Defense, History, Business

Noon – 2 PM : Lessons in Art, Music, Dance

2 PM – 5 PM : Play Bingo! Cash Prizes\* (add'l fee)

Games (pool, ping pong, PlayStation, chess) & Vendors

Noon – 4:30 PM

Suggested donation:

\$5/person, \$10/family. If you can't donate, be our guest!

**FREE LIGHT BREAKFAST:**

10:30 AM to Noon!

3117 Master Street

Take #15 trolley to 31st St. ♦ 2 blocks to Master St.

[215-765-9737](tel:215-765-9737) [www.songhaicity.net](http://www.songhaicity.net)

## **EMPLOYMENT AND TRAINING OPPORUNITIES**

*If you want something said,  
ask a man; if you want  
something done, ask a  
woman. – Margaret  
Thatcher*

Once again, we invite people of all walks of life to participate in this dynamic construction training that prepares men and women to become entrepreneurs in the field of construction, construction managers and/or competent employees. Experience is preferred but not necessary to enroll in this unique training. If you work in the human services field in some capacity and have clients that can benefit from this training or if this opportunity could benefit you or a loved one, register now!

Orientation will be held on

Saturday, March 24, 2012 from  
12:00 p.m. to 5:00 p.m. at  
1016-18 South Street,  
Philadelphia, PA. 19147

and the seats are filling up fast. This training is a free training and the only cost associated is the application fee which is \$25.00 as well as the cost of the uniform which is \$45.00. Payment installments will be accepted.

We are a grassroots' organization that decided to become a part of the solution, by offering this training to diverse communities (returning citizens are definitely welcomed with open arms). If you have a passion around becoming a business owner in the construction field, foreman and/or employee, now is time! This organization was formed by Mr. Pettiway – Founder/CEO and William Webb - President/Executive Director and many lives have been positively impacted since then.

To register, please RSVP by emailing your name & number or list of names & numbers to [ediwebb@gmail.com](mailto:ediwebb@gmail.com) and just simply show up on March 24th. Also, you can call [267-579-6301](tel:267-579-6301) and leave your number and name with our answering service. We will call everyone one that responded via email or phone to confirm your registration. Please see attached flyers for more details.

We are looking forward to this new cohort as our training is reaching new dimensions every day. Thank you for your time!

Have a Purpose Driven Day!

William Webb

*If Rosa Parks had taken a poll before she sat down in the bus in Montgomery, she'd still be standing. – Mary Frances berry*

*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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President/Executive Director

OpportUNITY Inc. (pronounced opportunity)

1016-18 South Street

Philadelphia, PA. 19147

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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**

### **Should all African Americans get glaucoma screening?**

By Andrew M. Seaman

NEW YORK (Reuters Health) - Screening middle-aged African Americans for glaucoma may prevent some from losing their vision, but the benefits are modest and costly, suggests a new study.

About two percent of Americans over age 40 are affected by glaucoma, which is caused by too much pressure in the eye, but one of the study's authors says it is a bigger threat to certain groups -- particularly African Americans.

My dad, who is a coauthor on the paper, actually has glaucoma. He was diagnosed late and has some visual impairment from it... It's been a gradual process of different treatments and gradually worsening condition," said Dr. Joseph Ladapo, the study's lead author and an assistant professor at the New York University School of Medicine. The researchers wanted to know whether annual glaucoma screenings

*I myself have never been able to find out precisely what feminism is; I only know that people call me a feminist whenever I express sentiments that differentiate me from a doormat. –  
Rebecca West*

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as part of a routine eye exam would stave off vision impairment or loss in some people.

We thought (African Americans) would get hit the worst. So, if we can't show a benefit in this population, it's unlikely that we'll be able to show benefits in other populations," Ladapo told Reuters Health.

Instead of conducting a clinical trial, Ladapo and his colleagues created a computer simulation using data on African Americans between 50 and 59 years old in the Eye Diseases Prevalence Research Group and the Baltimore Eye Study.

Based on their calculations, the rate of undiagnosed glaucoma in African Americans would drop from 50 percent to 27 percent if regular screenings were adopted nationwide. However, the benefits of preventing vision loss or blindness were much more modest.

The proportion of African Americans blinded by glaucoma would go from 6.1 percent to 5.6 percent, and those with glaucoma-related vision impairment would fall from 4.6 percent to 4.4 percent.

While any reduction in glaucoma rates may prevent people from losing some or all of their vision, the researchers determined 875 people would have to be screened to prevent one person from losing some of their vision.

It's just horrible when people develop visual impairment, but we didn't find that the benefits were that great," Ladapo told Reuters Health. And at about \$80 per screening, preventing that one person from losing some vision carries a price tag of over \$70,000.

But, the researchers write in the Archives of Ophthalmology, they consider the number needed to be screened to be comparable to other tests.

Dr. Nathan Radcliffe, director of Glaucoma Service at NY-Presbyterian/Weill Cornell Medical Center, said he also thinks it's important for people to be screened, because it's the only way to diagnose glaucoma and the examination may help find other unrelated conditions.

The only way a patient is going to know if they have (glaucoma) is if they have someone look into their eye," said Radcliffe, who was not involved in the study.

He recommended people over 40 years old and those with a family history of glaucoma-related vision loss should get a baseline exam to reference as they get older.

Doctors identify glaucoma by looking at the person's optic nerve and by testing their field of vision.

Radcliffe said glaucoma is treatable with drops or surgery, but not once they've lost the main parts of their vision."

Still, he added, There is a huge window where we can diagnose



SOURCE: [bit.ly/zn9axj](http://bit.ly/zn9axj) Archives of Ophthalmology, March 2012.

*Ginger Rogers did everything that Fred Astaire did. She just did it backwards and in high heels. – Unknown*

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## **GREEN PIECE**

### **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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Hereeeeeeeeeeeeeees...  
Kathy's Korner!

*I was sitting in the waiting room of my new dentist. It was my first appointment. I noticed his diploma on the wall, which had his full name.*

*Suddenly, I recalled a tall, dark haired, handsome boy with the same name had been in my high school class nearly 50 years ago. Could this be the same boy I had a secret crush on, way back then?*

*When I saw him, however, I quickly discarded that thought. This gray haired, balding man with the deeply wrinkled face was way too old to have been my classmate. Hmmm! Or could he?*

*After he examined my teeth, I asked him if he had attended Northampton High School.*

*"Yes, I did!" he said. "I'm a Konkrete Kid." He gleamed with pride.*

*"What year did you graduate?" I asked.*

*"In 1959," he said. "Why do you ask?"*

*"I was in your class!" I exclaimed.*

*He looked at me closely. Then, that ugly, wrinkled, old, fat, bald, gray, decrepit SOB asked, "What did you teach?"*

*(Kathy Parsons is a regular contributor.)*

Recycling Services Inc. in Pottstown takes styrofoam on Saturday and Tuesday mornings. <http://www.recyclingservices.org/>

**For sustainable enterprise go to Green Jobs Philly**  
<http://www.greenjobsphilly.org/news>

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

### **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

*Men look at themselves in mirrors, women look for themselves. – Eliza Melamed*

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Qualify!

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

[\\$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**

### **Man-Boy Breakfast**

Concerned Christian Men

Our flagship activity is the Man-Boy Breakfast that is held on the 3rd Saturday (9am to 1pm) of each month during the school year at Simeon Career Academy (8147 South Vincennes Avenue Chicago, IL 60620 PH (773) 535-3200) and reflects our beliefs that strong and successful Black men should be viewed as leadership models for Black youth to emulate. The primary beneficiaries of our program are principally young men in Englewood, Auburn/Gresham and other South Side communities

### **Speakers**

Concerned Christian Men has featured outstanding African-American men from the business, education, political, legal, athletic, multi-media and religious communities. Such as:

- Illinois State Senator – Barack Obama
- President and Chief Operating Officer of McDonald's Corporation – Don Thompson
- Chicago Bears Head Coach – Lovie Smith

You can read more about our past speakers by clicking on [>>> More Speakers](#)

### **Agenda**

**Welcome**

Song

Invocation

Scripture

5 Good Minutes

### **Membership**

Flash Essay

Prayer

Breakfast

Announcements:

Intro of the Speaker

**Guest Speaker**

*The best judge of whether or not a country is going to develop is how it treats its women. If it's educating its girls, if women have equal rights, that country is going to move forward. But if women are oppressed and abused and illiterate, then they're going to fall behind.*  
**BARACK OBAMA**

*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.*

Q & A  
Remarks  
Invitation  
OATH OF MANHOOD  
Open Gym

**Source:** <http://www.concernedchristianmen.org/man-boy.html>  
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**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.”

*She is a friend of mind. She gather me, man. The pieces I am, she gather them and give them back to me in all the right order. It's good, you know, when you got a woman who is a friend of your mind.*

*Toni Morrison*

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***Click here:***

***EightCitiesMAP  
Choose "Philadelphia's Online Community "Newsletter" from the menu.***

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 \$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."

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

## **ARTS FOR AWARENESS**

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

### **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**

**2012 COLLEGE TOUR  
DELAWARE STATE UNIVERSITY  
SATURDAY APRIL 14, 2012**

*Woman ... is the divine  
object, violated, endlessly  
sacrificed yet always reborn,  
whose only joy, achieved  
through a subtle interplay of  
images, lies in  
contemplation of herself.*  
PAULINE RÉAGE

*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.*

Departure location: Across from Overbrook High School  
59TH & Lancaster Ave, Philadelphia, PA 19131

Departure time: 7:00AM  
Estimated return: 6:00PM

TOTAL COST: \$30

PRICE INCLUDES:

- Round trip motor coach transportation
  - Lunch provided on campus
    - Tour of campus

Seating is limited, \$15 deposit will reserve your seat. First deposit due at the time of application. Final \$15 deposit due Wednesday February 29, 2012.

(We only take cash or money order deposits)  
Make money order payable to: STMSTV Inc.

SPONSORED BY

Stop the Madness Stop the Violence Inc. & Village of Champions Youth  
Network

CONTACTS

Stop the Madness Stop the Violence Inc.

Village of champions (YN)

Nasir Al-Maliki (215) 983-7841

Michael King (267) 753-5119

[coachnasir@yahoo.com](mailto:coachnasir@yahoo.com)

[michaeloking@hotmail.com](mailto:michaeloking@hotmail.com)

[www.stmstv.org](http://www.stmstv.org)

[www.villageofchampions.org](http://www.villageofchampions.org)

\* \* \* Outside PA \* \* \*

**Coalition of Schools Educating Boys of Color – Workshop  
Announcement**

Each year the quality of the professional learning workshops at the

*Indeed, I would venture to guess that Anon, who wrote so many poems without signing them, was often a woman.*

Virginia Woolf

Gathering of Leaders gets stronger.

**This year is no exception.**

Sixteen workshops selected from nearly 60 proposals are available for registered participants to sign up for.

Register for Gathering of Leaders [here](#).

[View workshops here](#)

These [workshops](#) are relevant to educators from the early childhood to high school level and illuminate the Gathering's theme, "**Great Schools Are Not an Accident: Successful Learning Communities for Boys and Young Men of Color.**" Each workshop will engage the participants in interactive, practical, and COSEBOC Standard referenced activity. They will also provide all participants with ideas, tools, and strategies to advance their work with boys and young men of color. Gathering participants will attend two workshops, one in the morning and one in the afternoon. Descriptions and expectations for each workshop [are now posted](#) on the COSEBOC website.

[Register and sign up now!](#)

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**Join us in the movement to create Great Schools**  
[Join us in Durham](#)

## **COMPUTERS AND TECHNOLOGY**

**Free online journal focuses on technology for nonprofits**

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

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

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

Free subscriptions are available [here](#).

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

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

Mobile Citizen, a provider of mobile broadband for education and

*I think women dwell quite a bit on the duress under which they work, on how hard it is just to do it at all. We are traditionally rather proud of ourselves for having slipped creative work in there between the domestic chores and obligations. I'm not sure we deserve such big A-pluses for all that.*  
**TONI MORRISON**

*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.*

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)

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

Security firm Imperva recently released its list of the passwords most likely to be hacked based on 32 million instances of successful hacking.

Top 10 Worst Passwords:

123456 - 12345 - 123456789 - Password - iloveyou - princess - rockyou - 1234567 - 12345678 - abc123

### **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?



*It takes one woman twenty years to make a man of her son - and another woman twenty minutes to make a fool of him.*

*Helen Rowland*

*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.*

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

Q: Can these coupons be doubled?

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

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

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

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

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

Q: How do I choose the coupons I want?

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

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

*As long as you keep a person down, some part of you has to be down there to hold him down, so it means you cannot soar as you otherwise might. – Marion Anderson*

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

**vagary** \VAY-guh-ree; vuh-GER-ee\  
An extravagant, erratic, or unpredictable notion, action, or occurrence.

### **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

