

Friday April 27, 2012

The Coalition, Inc. Board of Directors

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News From The Coalition, Inc.

"Communication – Cooperation – Collaboration"

Volume 6, Number 31

Greetings Coalition Family!

We're back from an unplanned, unintended vacation. Thanks to all the readers who missed us and expressed concern.

"I'm not going to pay taxes. When they say I'm going to prison, I'll say no, prisons cost taxpayers a lot of money. You keep what it would have cost to incarcerate me, and we'll call it even." –Jimmy Kimmel

"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

Temps in the 80's 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 <u>camps</u>, check out the After School/Camp handout (http://www.cap4kids.org/philadelphia/parent_handouts/after_school_ca mps_mentoring.html), and check out the newest listing on Cap4Kids, First Tee that offers kids a chance to learn the game of golf while

First Tee that offers kids a chance to learn the game of golf while promoting character and life skills. For summer <u>employment and volunteer opportunities</u>, check out the Teen handout

http://www.cap4kids.org/philadelphia/parent_handouts/teen_resources.h tml

For college resources, check out the Education handout (<u>http://www.cap4kids.org/philadelphia/parent_handouts/education_resources.html</u>).

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 '<u>Your' web link</u> on The Coalition, Inc. web site -----

National Black Arts Spoken Word Tour

Presents

CITY WIDE YOUTH POETRY SLAM

7pm - 9pm City Wide Youth Slam Contestants and School or Youth Groups compete in the categories of Poetry, Spoken Word & Positive Hip Hop

> Monday, May 14, 2012 Moonstone Arts Center 110-A S. 13th Street Philadelphia, PA. 19107 Admission: \$5.00

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

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

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

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Page 02

Page 03 Fire and gunpowder do not sleep together. Afrikan Proverb

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For more information contact Maurice Henderson @ (215) 987-7918 and mauricebrianhenderson@yahoo.com or Leslie Miles @ (267) 444-6528 and milessteps@gmail.com

THIS WEEK

COMMUNITY CHANGE - NATIONAL SUPPORT AGENCY

Presents

Free Workshops on Developing Resources, Fundraising and Grant Writing

6pm-8pm

"Developing Your Resources" Workshop * Come meet presenters of events and activities programming. Obtain information on free, low cost and discounted resources, educational materials, supplies and equipment. Get hot tips on fundraising and grant writing.

> Tuesday, May 1, 2012 Philadelphia School District 400 N. Broad Street Philadelphia, PA. 19130 Free and Open to the Public

10am-12pm or 12pm-2pm "Developing Your Resources" Workshop Come meet presenters of events and activities programming. Obtain information on free, low cost and discounted resources, educational materials, supplies and equipment. Get hot tips on fundraising and grant writing.

> Tuesday, May 8, 2012 Philadelphia School District 400 N. Broad Street Philadelphia, PA. 19130 Free and Open to the Public

The career of a sage is of two kinds: He is either honored by all in the world, Like a flower waving its head, Or else he disappears into the silent forest. Lao Tzu

If you have a favorite relevant quote, why not share it with our readers. send to <u>TheCoalitionNews</u> @gmail.com We will credit you

with the submission.

JOIN THE COALITION, INC!

To join The Coalition go to: <u>TheCoalitionInc.net</u> and download a copy of the Pledge of Commitment and return it to us <u>the.pa.coalition@gmail.com</u> For more information contact Maurice Henderson @ (215) 987-7918 and mauricebrianhenderson@yahoo.com or Leslie Miles @ (267) 444-6528 and milessteps@gmail.com ----- Coalition members! Activate '<u>Your' web link</u> on The Coalition, Inc. web site -----

EMPLOYMENT AND TRAINING OPPORUNITIES

Diversity / Professional Job Fair

Thursday, May 10, 2012, 10AM - 2PM Doubletree Hotel Philadelphia 237 S Broad St, Philadelphia, PA 19107 http://www.diversityjobfairs.com

The Diversity Job Fair of Philadelphia

Thursday, May 24, 2012, 10AM - 1PM Doubletree Guest Suites Hotel 640 W Germantown Pk, Plymouth Meeting, PA 19462 <u>http://www.catalystcareergroup.com</u>

Annual Neighborhood Job Fair

Thursday, May 24, 2012, 9AM - 1PM Temple University Mitten Hall-Great Court 1913 N Broad St, Philadelphia, PA 19122

Philadelphia Job Fair

Monday, June 18, 2012, 11AM - 2PM Crowne Plaza Philadelphia West 4010 City Ave, Philadelphia, PA 19131 http://www.coasttocoastcareerfairs.com

King of Prussia Career Fair

Monday, June 18, 2012, 11AM - 2PM Crowne Plaza Hotel Valley Forge 260 Mall Blvd, King of Prussia, PA 19406 http://www.nationalcareerfairs.com

Job Fair of Philadelphia

Thursday, July 26, 2012, 10AM - 1PM Doubletree Guest Suites Hotel 640 W Germantown Pk, Plymouth Meeting, PA 19462 <u>http://www.catalystcareergroup.com</u>

"Leaders instill in their people a hope for success and a belief in themselves. Positive leaders empower people to accomplish their goals."

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All entries for submission should be received by noon, the Monday prior to publish date and in <u>Press Release</u> form. Philadelphia Opportunity Expo (Veterans & Spouses) Thursday, July 26, 2012, 11AM – 3PM Lincoln Financial Field 1020 Pattison Ave, Philadelphia, PA 19148 <u>https://events.recruitmilitary.com</u>

HEALTH MATTERS

More support for passing on the red meat By Genevra Pittman

NEW YORK (Reuters Health) - People who eat a lot of red meat are more likely to die at any given time than those who go light on the burgers and hot dogs, a new study suggests. Researchers found that the more servings of processed or unprocessed red meat people reported eating daily, the higher their chance of dying over more than a 20-year span.

"Red meat and especially processed red meat contains a lot of compounds and chemicals that have been linked to chronic disease risk," said Dr. Frank Hu, one of the study's authors from the Harvard School of Public

Health -- and cooking red meat produces more carcinogens. Research has suggested that the saturated fat and cholesterol in red meat is linked to plaque buildup in the arteries, which increases the risk of heart disease. Eating more meat was associated with an increased risk of

kidney cancer in another recent study (see Reuters Health story of December 28, 2011).

Hu and his colleagues used data from two large, ongoing studies of U.S. doctors and nurses who filled out regular questionnaires about their typical eating habits as well as physical activity, smoking and family history.

The current report includes information from about 38,000 middle-aged men followed for an average of 22 years after their first survey and 84,000 women tracked for 28 years.

The lightest meat eaters reported getting half a serving or less of meat per day, while the study's biggest meat-lovers had red meat twice or three times daily.

Three ounces of unprocessed meat, one hot dog or two slices of bacon was counted as a serving.

About 24,000 study participants died over the two-plus decades that researchers followed them. Hu and his team calculated that the chance of dying was 12 percent higher for every extra serving of red meat the men and women had eaten each day.

"If everyone is moving forward together, then success takes care of itself." - Henry Ford Each extra serving was also tied to a 16 percent higher chance of dying from cardiovascular disease, in particular, and a 10 percent higher chance of dying from cancer.

That was after taking into account other aspects of health and lifestyle that could influence participants' chances of dying, like weight and smoking, as well as the rest of their diet and various socioeconomic factors.

Substituting one daily serving of red meat with fish, poultry, beans, nuts, low-fat dairy products or whole grains was tied to a seven to 19 percent lower chance of death, Hu and his colleagues reported Monday in the Archives of Internal Medicine.

"The results are not really surprisingly given that previous studies have found consumption of red meat is linked to diabetes, heart disease and certain cancers," Hu told Reuters Health.

"What's surprising is the magnitude... Even a small amount of red meat is associated with a significantly increased risk of mortality," he added. Hu said that it's probably a combination of chemicals and compounds that are found in red meat, including saturated fat, cholesterol and lots of salt -

 especially in processed meat -- that account for increased health risks in meat-eaters, although his study can't prove a cause-and-effect relationship.

Though he doesn't necessarily recommend everyone drop their burgers at once, Hu said it's not a bad idea to try to cut back on red meat, given this and other evidence of its less-than-stellar health record.

"We're not talking about everyone becoming a vegetarian -- I think a small amount of red meat is still okay as part of a healthy diet," he said.

"We're talking about no more than two or three servings of red meat a week. Basically, red meat should be an occasional part of our diet and not a regular part of our diet."

SOURCE: <u>bit.ly/zGjfPu</u> Archives of Internal Medicine,

online March 12, 2012.

----- Coalition members! Activate 'Your' web link on The Coalition, Inc. web site -----

Diseases from imported food on the rise: CDC

WASHINGTON (Reuters) - Food-borne disease outbreaks in the United States caused by imports seemed to rise in 2009 and 2010, with fish and spices the most common sources, the Centers for Disease Control said. Almost half of the outbreaks, or localized epidemics, pointed to foods imported from areas that had not been linked to outbreaks before, the CDC said in a statement.

"As our food supply becomes more global, people are eating foods from all over the world, potentially exposing them to germs from all corners of

If you had to identify, in one word, the reason why the human race has not achieved and never will achieve its full potential, that word would be ''meetings.'' – Dave Barry

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

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the world, too," said CDC epidemiologist Hannah Gould, lead author of a report on the upturn. From 2005 to 2010, 39 outbreaks and 2,348 illnesses were linked to imported food from 15 countries. Of those outbreaks, 17 occurred in 2009 and 2010. Overall, fish was the most common source of imported food-borne disease outbreaks at 17, followed by spices with six outbreaks, including five from fresh or dried peppers. Nearly 45 percent of the imported foods causing outbreaks came from Asia, the CDC said. Gould's report was presented on Wednesday at the International Conference on Emerging Infectious Diseases in Atlanta. According to the Department of Agriculture's Economic Research Service, food imports grew to \$86 billion in 2010 from \$41 billion in 1999. Much of that growth has occurred in fruit and vegetables, seafood and processed food products.

(Reporting by Ian Simpson; Editing by Daniel Trotta)

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

"The strength of the team is each individual member. The strength of each member is the team." - Phil Jackson

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

----- Coalition members! Activate 'Your' web link on The Coalition, Inc. web site -----

Recycling Services Inc. in Pottstown takes styrofoam on Saturday and Tuesday mornings. <u>http://www.recyclingservices.org/</u> For sustainable enterprise go to Green Jobs Philly <u>http://www.greenjobsphilly.org/news</u>

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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?

If I have the belief that I can do it, I will surely acquire the capacity to do it, even if I may not have it at the beginning"-Mahatma Gandhi

If you have a favorite relevant quote, why not share it with our readers. send to <u>TheCoalitionNews</u> @gmail.com We will credit you with the submission. Take food to sites, divide apples, and dole out the goods. You'll be doing a major part to help people get the fruits and veggies they need. And that's a green movement to be proud of. To participate in Fresh for All, contact Tunisia Garnett (215-339-0900 ext. 238 or tgarnett@philabundance.org). For more information, go to www.philabundance.org

GRANTS, SCHOLARSHIPS & INSTRUCTION

Grants for Women You May Qualify for Grants to Earn a Degree Online. Search Schools. EducationConnection.com/GrantsInfo

Apply For Scholarships Stop Paying For College! Apply For Scholarships Online Today. CollegeAdviser.com

<u>Top 2011 Online Grants</u> Grant Funding May Be Available See If You Qualify! <u>www.ClassesUSA.com</u>

<u>\$10,000 Scholarship</u> No GPA, No Essay, No Stress! Takes Only 3 Short Min. Don't Wait <u>www.ScholarshipZone.com</u>

SpotLight On Our Efforts

Use A Library Card and Help Free Hundreds of Thousands of Black Men Incarcerated in America

Join the movement to stop the American system of *The New Jim Crow* by checking a book out of your local library or by buying and reading a paperback copy of *The New Jim Crow*. All high school and college students must read this book! <u>Step One</u>: Get a library card. They are usually free! <u>Step Two</u>: Ask to check-out a copy of *The New Jim Crow* at your local, school or neighborhood library. This is usually free.

<u>Step Three</u>: If your library does not have *The New Jim Crow*, ask when they will have it. If they do not give you an adequate answer, contact the

Hereeeeeeeeeees... Kathy's Korner!

On my sixty-seventh birthday, my grandson called to wish me a happy birthday. Then he asked "Granddad, how old are you now? Ever the jokester, I replied...I can remember when I thought a website was where a spider lived; a hard drive was a long and bumpy road, heck, my first hearing aid was powered by steam. My social security number is 2. Boy, when I went to school, there was no history class, there's a picture of Moses in my yearbook. I knew Burger King when he was a prince. My birth certificate has roman numerals on it and says 'expired'.

(Kathy Parsons is a regular contributor.)

library commissioner, executive director, principal of your school or the President of the Library Board and let them know that this is a book you want in your library.

Step Four: Encourage all of your friends and family to perform steps one, two, three and four. Encourage all ex-felons or Black men who have had a brush with the law to perform steps one, two, three and four. Or:

<u>Click Here</u> to purchase a paperback copy of The New Jim Crow. <u>Click Here</u> to view a 25 minute video of Michelle Alexander speaking on Democracy Now about The New Jim Crow.

<u>Click Here</u> to hear a segment of Michelle Alexander on National Public Radio speaking about The New Jim Crow.

<u>Click Here</u> to see a 3 minute trailer of Michelle Alexander speaking about the The New Jim Crow.

<u>Click Here</u> to find out if and when Michelle Alexander might be in your city or state speaking on The New Jim Crow.

Click <u>NJCevents@gmail.com</u> to discuss bringing Michelle Alexander to your city.

<u>Click Here</u> to become a member of The Black Star Project.

<u>Click Here</u> to learn more about The Black Star Project.

With these few actions, you will become part of the social movement to end the unjust and over-incarceration of Black men in America and to destroy the new system of Jim Crow that is decimating millions of men from Black communities across America. It is as simple as getting a

library card in your city or county, checking out a copy of *The New Jim Crow*, reading it and returning it.

Please email **blackstar1000@ameritech.net** or call 773.285.9600 with any questions or if you need support in these strategies.

----- 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
- ----- Coalition members! Activate 'Your' web link on The Coalition, Inc. web site -----

"The lightning spark of thought generated in the solitary mind awakens its likeness in another mind." -- Thomas Carlyle

COMING UP

SAVE THE DATE!!!

Saturday, May 5, 2012 10:00am – 3:00pm

The Porter's Day Care & Educational Center will be celebrating our 16th Annual Unity Day!!!

We are a non-profit organization and we are contacting you with the hope that your organization will join us in reaching out to our community.

Several hundred youth & families come out to our event each year and with your support, we can continue to touch lives in our community.

Our event will kick-off on Friday morning, May 4th with a live radio broadcast. On Saturday, May 5th we will hold our Annual Unity Day!

Porter's Day Care & Educational Center is located at: 1434 Belfield Avenue.

We hope we can count on you to be a resource provider or vendor and to reserve your table early. For more information, please contact Ms. Darlene Davis at <u>215-329-2300</u> or at <u>ddavis3347@aol.com</u>.

* * Outside PA * * *

CALLING ALL MEMBERS OF GREEK LETTERED ORGANIZATIONS: Baltimore City Community College needs members of GREEK LETTERED organizations that are willing or interested in doing a STEP show and providing our students with information as apart of their community outreach to participate in our BCCC MEET N GREEK event 11-3 on April 24th. For more information please contact Carlos Muhammad at <u>cmuhammad@bccc.edu</u>.

COMPUTERS AND TECHNOLOGY

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: <u>News From The</u> <u>Coalition, Inc.</u>

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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*.

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.

<u>NTEN:Change</u>, 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 <u>here</u>. ----- Coalition members! Activate '<u>Your' web link</u> on The Coalition, Inc. web site -----

Group offers low-cost web access to nonprofits

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

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

-- 12 months of service from Mobile Citizen extended to 15 months at no additional charge. With this, nonprofits receive three free months of service per account.

-- Dedicated Mobile Citizen Customer Care customized for non-profit organizations.

-- A free one-year membership to NTEN, a nonprofit technology network, ongoing information and news as well as access to a support community.

-- A choice of additional benefits including an educational webinar series. For more information, email <u>Free Trial</u>.

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

Here is a test to find out whether your mission in life is complete. If you're alive, it isn't. Richard Bach

A HAND UP!

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

America's Original Savings Network

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

FREQUENTLY ASKED QUESTIONS

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

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

Q: Can these coupons be doubled?

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

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

Q: How can I use \$1,000.00 worth of coupons in 90 days? A: With our program, you get to choose the coupons you want, when you want them. This way you never have to worry about the coupons expiring.

Q: How do I choose the coupons I want? A: Each coupon book contains coupon request slips which you fill out and send in. Those coupons are then mailed to you. ----- Coalition members! Activate '<u>Your' web link</u> on The Coalition, Inc. web site -----

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

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"The goal of an effective leader is to recondition your team to be solution focused rather than problem focused." - Jim Rohn

If you have a favorite relevant quote, why not share it with our readers. send to <u>TheCoalitionNews</u> @gmail.com We will credit you with the submission. Please listen to the **"Time For An Awakening"** Program with Bro. Elliott, this and every Sunday at 7 pm. Listen at <u>www.900AMWURD.com</u> Call 215.634.8065 or toll free 1-866-361-0900 to join the discourse!!!!

Sister Phile Chionesu, organizer of the Million Woman March, "Nu Day Resurrection and Liberation" Show LIVE each Saturday evening 10:30 PM--12:00 midnight EST. "NU Day" is heard in Philly and, worldwide, through the internet at: www.blogtalkradio.com/empresschi Or you can tune in via podcast at 646-652-2232 Call in and give your thoughts, comments, opinions at 1-646-652-2232 Or send an instant message to mwmsistahood@aol.com to chat on line. Civil Alert Radio with Sabir Bey- Every Tuesday 9:30 p.m. EST (6:30 P.M. PST)

Format Style: Open forum along with special invited guests. Listen via your cell: 858.357.8450 On the web: http://www.blogtalkradio.com/civilalert

This spot reserved for The Coalition, Inc. friend and supporter Jeff Hart Listen to Jeff Thursdays after City Council meetings on W.U.R.D 900AM

Now that it's all over, what did you really do yesterday that's worth mentioning? ~Coleman Cox I would not waste my life in friction when it could be turned into momentum. ~Frances Willard

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God grant me the serenity to accept the people I cannot change, the courage to change the one I can, and the wisdom to know it's me. ~Author unknown

If you have a favorite relevant quote, why not share it with our readers. send to <u>TheCoalitionNews</u> @gmail.com We will credit you with the submission.

Just remember, there's a right way and a wrong way to do everything and the wrong way is to keep trying to make everybody else do it the right way. - Colonel Potter of MASH

WORD-OF-THE-WEEK

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