



We all hold a piece to the puzzle

6<sup>th</sup> Day November 16, 2012

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# *News From The Coalition, Inc.*

*“Communication – Cooperation – Collaboration”*

**Volume 7, Number 13**

## **Greetings Coalition Family!**

### Progress or Change

In World War II, among other discriminatory acts, the Tuskegee Airmen were denied access to battle because no white commander would lead them into the fray. This says two very blatant things, one, the pervasive feelings of racism were deep in the military, and that in addition there was a non advance policy for black soldiers. Eventually they were allowed into battle, and distinguished themselves to such a degree; they were the preferred escorts of many bomber fleets. When they returned to the states, they were discriminated against even more, just as all of our people who risked everything in defense of this country’s interests, and in at least one recorded case murdered out of fear for what they had learned in battle. Progress?

In the late 50’s the landmark Brown vs. the Board of Education was won in the high courts, now our children are able to be indoctrinated by the descendents of slave-owners in just about any institution we choose, Historically Black Colleges and Universities are closing and our best youth are helping build the status of institutions who still view them as inferior, progress?

In the ‘60’s many black folk staged sit-ins in order to be able to eat at the same lunch counters as whites, they were successful, now our children can give their money to any other ethnic group they choose, progress?

The demise of many black institutions was the result of ‘integration’. Segregation forced our people to create and support institutions and businesses of our own. Many of our dollars were earned and spent within our communities. Some of the greatest economic achievements occurred as the result of our response to segregationist policies, policies we still haven’t defeated, though we have sacrificed our economic strengths. The great Harlem Renaissance, Black Wall Street and many thriving towns and communities came about as a result of segregation. The price for token integration was the sacrifice of our own thriving institutions, sports franchises, colleges, clubs, communities, financial institutions, restaurants, stores et al. We actually fought to take our money out of our communities by the barrelsful into white businesses and communities. Prosperity of established white businesses/institutions boomed, while once strong entities such as the Negro sports leagues and the HBCU’s lost talent and funding. Our people could not wait to run to white businesses, waving fists full of dollars... progress?

Also, since the ‘60’s, miscegenation laws have been either overturned or ignored, allowing us to intermarry with the sons and daughters of those who used to take our women by force, creating a color caste system among our own based on skin tone, progress?

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Imagine if you will, all our talented young black men and women attending HBCU's, and competing on the world stage with any and all comers. Think of the funding these institutions would attract, think of the quality of staff these institutions would attract, think of the billions of dollars in endorsements these institutions would attract. Think of segregated sports teams competing in the same arenas. All black college teams and all black professionals competing against the best Caucasian teams. It wouldn't be long before some of those white universities would have to close their doors.

Imagine a level playing field in science, education and business. The reason white America kept things separate was because they feared the abilities of those they wanted the world to think were inferior.

Integration should never have been our goal, equal rights was, and always has been the issue. Equal rights will never be attained until this country recognizes us as legitimate citizens.

And in spite of all the roadblocks placed in our paths, we continued to excel at whatever opportunity we managed to get. Wherever there was a crack, we created egress.

Consider these few offerings... Tuskegee Airmen; George W. Carver; Buffalo Soldiers; Estevanico; Bill Pickett; Phillip Emeagwali; Elijah McCoy; Benjamin Banneker; Daniel Hale Williams; Martin King, Jr.; Malcolm X; Noble Drew Ali; Paul Robeson; Richard Pryor; Barak Obama; John Johnson; Russell Simmons; Berry Gordy, Jr.; Oprah Winfrey; Lionel Hampton; Duke Ellington; Miles Davis; Scott Joplin; J. A. Rogers; Langston Hughes; Phyllis Wheatley; Maya Angelou; Harriet Tubman; Mary McLeod Bethune; Gwendolyn Brooks; Stevie Wonder; John Coltrane; Will Smith; Dorie Miller; Matthew Henson; Osceola; Katherine Dunham; Ella Fitzgerald and so we won't have to be here long enough to have need a change of clothes, I'll simply say... Sports, Sports, Sports. Baseball, Basketball, Football, Soccer, Boxing, Tennis, Golf; pool, Track and field, Fencing, and as soon as they open the door to Hockey...

My point... blind leaders of the past negotiated to give up our power in order to sit next to someone who did not wish to sit next to us and have a meal prepared and served by someone who did not wish us to eat in their establishment. Now I ask you, is it not insane to force someone who hates you to prepare your plate? Why force someone to take your money and build their own communities while your falls into ruins?

We will make true progress only when we learn to love ourselves, support our own and desire to instill our children with values and morals not based on the principles imbued by the oppressive colonialist political system.

It is time we realize that no one is going to help us but ourselves, and if we don't come together it will all fall apart. Benjamin Franklin once said of the American Revolution: ***“We must all hang together, for if we don't, we will surely hang separately.”***

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

*We desire to bequest two things to our children -- the first one is roots; the other one is wings. ~Sudanese Proverb*

*We are proud to announce that News From The Coalition, Inc. is featured on the internationally acclaimed site Eight Cities Map which is read in more than One hundred eighty countries!*

*Click here:*

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

## **FOR OUR CHILDREN**

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

There are almost 150,000 Latinos in Philadelphia with almost 50% having children. This beautifully diverse population of Puerto Ricans, Mexicans, Dominicans and Latin Americans bring so much culture, ingenuity and grace to our city. Many are recent immigrants and like many of our forefathers, can be a little lost in this large ciudad.

On the [www.cap4kids.org/philadelphia](http://www.cap4kids.org/philadelphia) website, under the

### **Immigration/Refugee** handout

(<http://cap4kids.org/philadelphia/parent-handouts/immigration-refugee-services/latino-resources/>) you will find a subcategory of resources for Latino families (as well as a separate subcategory for Asian families).

Please also remember that this and all content on CAP4Kids can be translated into almost any language using the flags at the bottom of each page. Thanks.

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## **THIS WEEK**

### **Trash to Treasures: Art Workshop**

Saturday, November 17 ~ 1pm – 3pm

Join artist and AAMP Curator of Exhibitions Richard J. Watson for this hands-on art-making workshop! Visitors 12 and up will learn how objects we often ignore or throw away can be used to create beauty in our environments, and will leave having created a new work of art to decorate and enliven their homes.

Workshop begins promptly at 1pm.

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### **2nd Annual Gospel Jazz Vesper**

Featuring Jazz Great Gerald Veasley, with special guest Bryant Pugh and Friends.

November 17, 2012

*"When one door closes  
another door opens; but we so  
often look so long and so  
regretfully upon the closed  
door, that we do not see the  
ones which open for us." -  
Alexander Graham Bell*

7:00 p.m.

Free!

Sharon Baptist Church,  
3955 Conshohocken Ave  
Philadelphia, PA 19131

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

**Spring Garden Indoor Antique & Vintage Flea Market**

November 17, 2012

8AM til 4PM But Early Birds Are Welcome!

820 Spring Garden Street  
Philadelphia, PA 19123

More Than 50 Vendors From The Tri-State Area Featuring Antiques,  
Collectibles, Vintage Furniture, Jewelry, Clothing & Accessory's,  
Glassware, Pottery & Much More!

Free Parking / Free Admission / ATM / Food Court / Handicap  
Accessible

Presented by [Phila Flea Markets](#)

1st & 3rd Saturday Of Every Month - Nov thru March

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**Anthony "Tony" Browder  
Author, Historian, Egyptologist and Archeologist  
Lecture and Book Signing**

Philadelphia – Sunday, November 18, 2012 at 5pm  
African American Museum of Philadelphia  
701 Arch Street  
Tickets \$20.00

African Genesis Institute is a "school without walls" focused on

*Your journey has molded you for your greater good, and it was exactly what it needed to be. Don't think that you've lost time. There is no short-cutting to life. It took each and every situation you have encountered to bring you to the now. And now is right on time. - Asha Tyson*

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developing an understanding and awareness of the African experience in America. Our flagship program, which includes our Free Trip to Africa, is a proactive, 3 semester, educational and cultural program for African American and Latino youth between the ages of 7 and 14. We also offer a series of cultural trips, learning sessions, and other events during the year which are open to the public.

## **EMPLOYMENT AND TRAINING OPPORUNITIES**

Asian Arts Initiative is seeking a

### **Chief Operating Officer / Director of Finance and Operations**

who will have primary responsibility for the organization's administration, financial management, facility management, human resources, and technology; and provides expertise and support in areas including HR, financial management, and strategic planning. This role will also work closely with Development staff, and supervises a Development and Operations Assistant as well as contractor / consultants for areas including the year-end audit; tenant relations and facility maintenance; bookkeeping; and general administration. This is an excellent opportunity for a highly organized, driven and detail-oriented self-starter who wants to be a part of a dynamic, hard-working team in a small but growing non-profit environment.

E-mail a cover letter addressing your qualifications and interest; resume; salary requirements; and 3 work-related references to [jobs@asianartsinitiative.org](mailto:jobs@asianartsinitiative.org). Asian Arts Initiative is an equal opportunity employer. Asian Americans and other people of color are strongly encouraged to apply. Please visit us on the web:

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

Asian Arts Initiative is a multi-cultural, multi-disciplinary community-based arts center offering performances, exhibitions, workshops, and training for artists, youth, and adults of all racial backgrounds. Founded in 1993, the organization is in a critical phase of growth, developing and managing a new multi-tenant arts facility in Philadelphia's Chinatown neighborhood, and managing new after-

*Be anxious for nothing, but in everything, by prayer and supplication with thanksgiving, let your requests be known to GOD. And the peace of GOD, which passeth all understanding, shall keep your hearts and minds through YESHUA HaMashiach ben YHVH.*

school programs at three Philadelphia public school sites. The organization has an annual operating budget of approximately \$1.3 million.

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## **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)

### **Philadelphia Veteran Job Fair**

Thursday, November 29, 2012, 11AM – 3PM

Lincoln Financial Field  
1020 Pattison Avenue  
Philadelphia, PA 19148

<https://events.recruitmilitary.com>

### **Philadelphia Career Fair**

Monday, December 3, 2012, 11AM - 2PM

Crowne Plaza  
4100 Presidential Blvd  
Philadelphia, PA 19131

<https://www.nationalcareerfairs.com>

### **Philadelphia Job Fair**

Monday, December 17, 2012, 11AM - 2PM

Crowne Plaza Philadelphia West  
4010 City Avenue  
Philadelphia, PA 19131

<http://www.coasttocoastcareerfairs.com>

### **Jobs Gone Wild**

Wednesday, January 16, 2013, 10AM - 2:30PM

Harrah's Philadelphia  
777 Harrah's Boulevard  
Chester, PA 19013

<http://jobcircle.com>

### **King of Prussia Job Fair**

Tuesday, January 22, 2013, 11AM - 2PM

DoubleTree by Hilton Philadelphia Valley Forge  
301 West Dekalb Pike  
King of Prussia, PA 19406

<http://www.coasttocoastcareerfairs.com>

**HEALTH MATTERS**

*Experience is a hard teacher.  
She gives the test first  
and the lessons afterwards.  
- Anonymous*

## **Health Wealth: The Genesis Project 1/7/04**

Consider the heart and what makes it beat.  
Life light and love are the joys to meet, and consume

A voice whispered I AM.

When you think about all the important things in life, what comes to mind? Does eating to make oxygenated blood come to mind at all? It should, especially when you consider that clean blood will produce the highest degree of protection from disease. Professor Arnold Ehret attests to removing obstructions in his book “The Mucusless Diet Healing System” (p.28). We are forever confronted with the question of what to eat and when to eat. Something is telling us we can do better than we have ever done. Walking into a store that sells food of any kind, what is the answer to the question, will this food produce clean blood? If the food is fruit, then the question should be, is this fruit free of pesticides or other contaminants, is it organic (how close to the ground did it grow)? How close to where I live was it grown? Should I eat this fruit by itself or in combination with another fruit? Is this fruit compatible with some other fruit that I am considering to eat? Are we thinking that we should eat fruit first or not? When we consider vegetables are we thinking about raw or cooked? Do we steam or fry them. Which way to eat the vegetables is the way to produce the best results? What about grain, rice, barley, millet etc., how should we prepare them to get the results that produce the most powerful blood? How can we manage a wholesome change from negative polarity (material food) to positive polarity (the oxygenated blood)? Should I have toasted bread or plain white, rye or whole wheat? Are there preservatives, yeast or other ingredients that would cause me to alter my decision about how I will consume this food? How about legumes like peas and peanuts, do we ask the question about what is the best way to eat them? Do we eat nuts and seeds with dried fruit? If we do, have we checked the label to determine the freshness, the additives? Do we ask, is this food denatured or will it give me the true power that I’m suppose to get from this food? Are you asking yourself if your choice will send you to an early grave or help you to live to see one hundred and twenty years of age? These are just a few thoughts to consider when it comes to diet and nutrition.

Copyright 2012, Don Ringgold

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***If you have a favorite joke or quote, why not share it with our readers. send to [TheCoalitionNews@gmail.com](mailto:TheCoalitionNews@gmail.com)***

***We will credit you with the submission.***

***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.***

*Mistakes are a part of being human. Appreciate your mistakes for what they are: precious life lessons that can only be learned the hard way. Unless it's a fatal mistake, which, at least, others can learn from.*  
- Al Franken

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## Should you give up white foods and their 'bad carbs'?

By Kathleen M. Zelman, MPH, RD, LD  
WebMD Expert Column

White foods - essentially, "bad carbs" like sugar and baked goods made with white flour - have been fingered as a culprit in America's obesity epidemic. But is it true that you should kiss white foods goodbye if you want to lose weight and eat healthfully?

Avoiding refined carbohydrates came onto the national radar when low-carb diets like Atkins and Sugar Busters became popular. It didn't help that a 2004 study showed that people who ate too many refined carbs were at increased risk for obesity and type 2 diabetes.

It is easy to overeat foods like cookies or white-flour pasta - and it's even easier to drink sweetened beverages. It's estimated that Americans drink 22% of our total calories, much of that from beverages sweetened with sugar or high-fructose corn syrup.

The diet truth is that carbohydrates are essential for health and are your body's preferred form of fuel. We can't live without them -- but we'd be healthier if we got most of our carbohydrates from "smart carbs" like fruits, vegetables, legumes, low-fat dairy, and whole grains. The bottom line: White, refined foods *can* be part of a healthy diet, but moderation is key.

### What Is White Food?

White food generally refers to foods that are white in color and that have been processed and refined, like flour, rice, pasta, bread, crackers, cereal, and simple sugars like table sugar and high-fructose corn syrup.

Natural, unprocessed white foods, such as onions, cauliflower, turnips, white beans, and white potatoes don't fall into the same category. (Of course, health goes out the window when you deep-fry these or any other vegetables, or slather them with butter, sour cream, or cheese.)

The difference between refined white foods and their healthier counterparts is processing and fiber. Most white carbs start with flour that has been ground and refined by stripping off the outer layer, where the fiber is located. Vitamins and/or minerals are frequently added back to enrich the refined product.

### 'Bad Carbs' Are Less Satisfying

In addition to being easy to overeat, refined carbs are less satisfying than "good carbs." The body absorbs processed grains and simple sugars relatively quickly. Increased blood sugar triggers a release of insulin, and, in an hour or two after eating, hunger returns.



*If half a century of living has taught me anything at all, it has taught me that nothing can bring you peace but yourself. - Dale Carnegie*

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

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Further, many refined-carb foods -- particularly sweetened beverages like sodas -- provide little nutritional value other than calories.

Less-processed "good carbs" are higher in volume and tend to be more filling than refined ones. And controlling portions -- and ultimately, your weight -- is easier when you choose foods that are filling.

If you follow the U.S. government's Dietary Guidelines and make half of your daily grain servings whole grains, this will slow absorption, help meet your fiber needs, and keep you feeling full longer.

But keep in mind that not all whole grains are a good source of fiber. For example, brown rice is more nutritious than white rice because it contains the whole kernel of rice, but it's not necessarily a good source of fiber.

The white food many of us would find hardest to give up is sugar. On average, Americans eat and drink the equivalent of 22 teaspoons of sugar each day, mostly from soft drinks and candy, according to the American Heart Association (AHA). That's as much sugar as in two cans of soda plus a candy bar (roughly 355 calories). Over time, those extra calories add up, causing weight gain and displacing other important nutrients from the diet.

Sugar, in whatever form, provides few nutrients other than calories. Some experts think eating sugar helps lead to cravings for more sweets - and, of course, it can lead to cavities. More significantly, the AHA has raised concerns about sugar's role in obesity, diabetes, and ultimately heart health.

While few of us are willing to give up sugar entirely, if you did, your health certainly wouldn't suffer -- and you'd probably be a little thinner.

So how do you keep from overdoing the white foods or "bad carbs" in your diet?

Use the Nutrition Facts panel on food labels to find out the total carbohydrate, fiber, and sugar content of food products. Also, read the list of ingredients; look for breads, pasta, and other carbohydrate foods that list whole grains as their first ingredient.

To keep sugar in check, the AHA suggests limiting added sugar to 100 calories a day for women and 150 for men. And make your sweet calories work for you by choosing foods that also offer some nutritional goodness, like yogurts or whole-grain cereals.

Source: <http://www.webmd.com/diet/features/truth-about-white-foods>

Hereeeeeeeeeeeeeees... Kathy's Korner!

*There was once a man from the city who was visiting a small farm, and during this visit he saw a farmer feeding pigs in a most extraordinary manner. The farmer would lift a pig up to a nearby apple tree, and the pig would eat the apples off the tree directly. The farmer would move the pig from one apple to another until the pig was satisfied, then he would start again with another pig. The city man watched this activity for some time with great astonishment. Finally, he could not resist saying to the farmer, "This is the most inefficient method of feeding pigs that I can imagine. Just think of the time that would be saved if you simply shook the apples off the tree and let the pigs eat them from the ground!" The farmer looked puzzled and replied, "What's time to a pig?"*

*(Kathy Parsons is a regular contributor.)*

## **FRESH FRUITS AND VEGETABLES**

Mill Creek Farm stand, 49th and Brown (no chemicals)

Saturdays 11 am – 2 pm

Farmers' Market, 52nd and Haverford

Wednesdays 1 pm – 5 pm

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

|267.242.5339 [millcreekurbanfarm.org](http://millcreekurbanfarm.org)

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## **GREEN PIECE**

### **Top 10 Green Pet Tips for Earth Day**

by Dr. Donna Spector

Help your pet tread more lightly on Mother Earth with a few easy changes!

- Scooping poop! Use biodegradable bags to collect your dog's waste. Ordinary plastic bags can take decades to decompose in landfills. If your bag meets biodegradability standards (ASTM D6400) they will decompose in just months. Avoid clumping clay litter for cats. Not only is the clay strip-mined (which is bad for our planet), there are usually several chemicals added to this type of litter which can be harmful for the cat and the environment. There are several environmentally friendly alternatives such as litter made of plant sources or recycled newspaper.
- Consider composting pet waste. This is only an option for the very environmentally responsible family. Animal waste contains nasty bacteria (and other pathogens) that can contaminate soil and anything you may grow there. If you choose to compost, choose a commercially available product or bury an old garbage bin (far away from any food-growing area) to use as a pet waste composter.
- Feed a natural or organic pet food for optimal health and well-

*Honor the past.  
Live in the present.  
Create the future.*

being. These foods provide nutrients which are minimally processed and preserved with natural substances. They do not contain artificial colors or other harmful additives. Organic pet foods also avoid the use of pesticides, hormones, antibiotics, or genetically engineered ingredients.

- Buy local. Purchasing fruits and vegetables at your local farmers market not only helps support your local economy but you will also cut down on the amount of fossil fuel required to ship your pet's food. Besides, your pet will love this tasty addition of green to his life.
- Protect wildlife. Keep dogs on leash and cats indoors to help protect the native wildlife. The [State of the Birds survey](#) describes cats as "important indicators of our nation's environmental health" and lists cat predation as a serious threat to bird populations.
  - Limit the amount of "fish food" you give your pet. Pets represent a threat to fish stocks worldwide. The pet food industry uses approximately 10% of the global supply of forage fish according to a [New York Times Op-ed](#) piece. Too much of certain fish may also pose an increased risk of mercury exposure for your pet. Consider alternating between fish and other meat sources to keep your pet happy.
- Try recycled toys. There are now many toys and bedding made from recycled materials or sustainable fibers to help lessen your pet's carbon pawprint! You can even try making toys out of old socks and rope and beds out of old blankets and towels. This helps avoid taxing the environment and can help protect your dog from dangerous chemicals in plastic chew toys and bedding. Also try recycled ID tags on for size!
- Water conservation. Instead of leaving the spigot running during bath time, try a handheld attachment that turns on and off to decrease the amount of water used during bath time. Use warm (not hot) water to save energy. Select shampoos and grooming products that are phosphate-free and free from chemicals so the dirty bath water is as environmentally friendly

as possible.

*It isn't the experience of today that drives men mad. It is the remorse for something that happened yesterday, and the dread of what tomorrow may bring. - Robert Jones Burdette*

- Don't turn up the heat...use a sweater. To save energy during the winter months, use pet clothing to keep your pet toasty instead of turning up the thermostat. Stay cool. Instead of turning the air-conditioner on full blast in the hot summer months, consider chilled pet bed inserts to keep your pet comfortable. Ice cubes are a nice cooling "treat" for dogs.
- Neuter your pet. Pet overpopulation is a real problem—shelters are over-run and homeless pets are everywhere taxing environmental resources. Only one in four dogs finds a permanent loving home. When it comes time for your next pet, support adoption as part of a green lifestyle.

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

**For sustainable enterprise go to Green Jobs Philly**

<http://www.greenjobsphilly.org/news>

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## **GRANTS, SCHOLARSHIPS & INSTRUCTION**

### **United Way seeks applicants for Philly Roots Fellowship**

United Way of Greater Philadelphia and Southern New Jersey has released an application to select 15 individuals to participate in the Philly Roots Fellowship.

The Philly Roots Initiative was developed by United Way and its partners in an attempt to systemically, yet creatively, ensure that young African American men graduate from high school and are college and career ready. The program equips formal and informal adult mentors with the tools they need to assist young men in achieving these goals.

Eligible applicants include:

- \* Individuals (coaches, community members, leaders of groups or small grassroots organizations) that have worked with the same group of at least five young black men in grades 6-12, for at least one year
- \* Individuals who can commit to making a strong contribution to this

*We are made wise not by the  
recollection of our past, but by  
the responsibility for our  
future. ~George Bernard  
Shaw*

emerging community of practice, and who will make a serious effort to increase the capacity and impact of their mentoring work and the broader Philadelphia community

\* Individuals who have been and will continue to do the work they've been doing regardless of whether there is funding or not, or whether they are being compensated to do it, and regardless of where they are employed. Individuals need not be employed or affiliated with a 501(c)(3) organization to apply.

Preference will be given to those applicants who can demonstrate that they are serving young black men in grades 6-12 at risk of dropping out of school, who attend schools on United Way's Targeted Schools List.

To download the application, go [here](#).

### [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)

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

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

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

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## **2013 Bill Gates Scholars Program Giving Away 1,000 Scholarships to Minority Students**

Nationwide ([BlackNews.com](http://BlackNews.com)) -- In recognition of Black History Month,

Nationwide Insurance is encouraging consumers to get on line to share, build and capture important family history in celebration of the rich heritage and legacy of the African American family. In addition, consumers can visit [Pandora.com](http://Pandora.com) to build a personalized music library and support the

United Negro College Fund (UNCF).

Every year, the Gates Millennium Scholars (GMS) Program selects 1,000

talented minority students to receive a good-through-graduation scholarship to use at any college or university of their choice. The program provides scholars with personal and professional development through our leadership programs along with academic support throughout their college career.

Administered by the United Negro College Fund, the program was initially funded by a \$1 billion grant from the Bill & Melinda Gates Foundation. Since 1999, it has funded the education of more than 16,000 students, awarding them more than \$614 million dollars to pay for tuition, fees, books and housing.

The program aims to reduce financial barriers for African American, American Indian/Alaska Native, Asian Pacific Islander American and Hispanic American students with high academic and leadership promise who have significant financial need; increase the representation of these target groups in the disciplines of computer science, education, engineering, library science, mathematics, public health and the sciences, where these groups are severely underrepresented; develop a diversified cadre of future leaders for America by facilitating successful completion of bachelor's, master's and doctoral degrees; and provide seamless support from undergraduate through doctoral programs, for students selected as Gates Millennium Scholars entering target disciplines

The deadline for submission is January 16, 2013.

To apply for the 2013 Gates Millennium Scholars program, visit:  
[\\_www.scholarshipsonline.org/2012/08/the-gates-millennium-scholars-program.ht](http://www.scholarshipsonline.org/2012/08/the-gates-millennium-scholars-program.ht)

ml\_ (<http://go.netatlantic.com/t/26242912/69810745/272120/72/>)

To find hundreds of other scholarship opportunities, visit:

[\\_www.ScholarshipsOnline.org\\_](http://www.ScholarshipsOnline.org)

(<http://go.netatlantic.com/t/26242912/69810745/272121/73/>)

## **SpotLight On Our Efforts**

### **Thanksgiving Dinner Drive**

The Holiday Season is just around the corner and many families like those which we support at ACHIEVEability struggle to provide traditional Thanksgiving meals and Holiday gifts for their children. While ACHIEVEability can help offset some of their costs of living, our families are responsible to pay for expenses such as rent, utilities, food and childcare. Money is often scarce for essentials and can be especially difficult to manage during this time of year. This is where

*A leader must have the courage to act against an expert's advice.*

your support comes in.

### Thanksgiving Dinner Drive

At ACHIEVEability, we want our families to have the best Thanksgiving possible. To help, we provide everything a family needs to celebrate the Holiday together. Here is how you can help: Sponsor one or more ACHIEVEability families by providing an entire Thanksgiving dinner including: turkey, canned vegetables, gravy, stuffing, etc.

Organize a donation drive for non-perishable items (canned and boxed food) and gift certificates and gift cards

Donate money or gift cards or gift certificates to help purchase food

If you are interested in assisting with the Thanksgiving Dinner Drive please contact ACHIEVEability Events Manager Brian Hoskins at [brian.hoskins@achieveability.org](mailto:brian.hoskins@achieveability.org) or 215-748-8814.

All donated Thanksgiving items need to be picked up or delivered by Monday, November 19, 2012.

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### **Philadelphia Area Research Community Coalition**

Stable, large organizations are thought to be most capable of sustaining community-based research coalitions. However, small grass roots organizations may offer unique opportunities to engage in CBPR.

#### Objectives

To describe the process and lessons learned establishing the Philadelphia Area Research Community Coalition (PARCC), a heterogeneous group of organizations including large and small grass roots community organizations.

#### Methods

Over two years, PARCC successfully established an academic community research partnership of 22 diverse organizations of variable size and with variable experience in health research. PARCC's success is based upon committed leadership of representatives of the community-based organizations, a preexisting relationship and trust among selected members from the community and academia, extensive time commitment of members to the coalition's work, and the rapid development of work group activities that gave all members a meaningful role in the coalition.

#### Results and Lessons Learned

Since its inception 2.5 years ago, PARCC members have established core work groups, a governance structure and operating principles.

*Why do children want to grow up? Because they experience their lives as constrained by immaturity and perceive adulthood as a condition of greater freedom and opportunity. But what is there today, in America, that very poor and very rich adolescents want to do but cannot do? Not much: they can "do" drugs, "have" sex, "make" babies, and "get" money (from their parents, crime, or the State). For such adolescents, adulthood becomes synonymous with responsibility rather than liberty. Is it any surprise that they remain adolescents?  
~Thomas Szasz*

During the early stages, while the coalition is developing trust, structure, and governance procedures, and research priorities, it can actively participate in community based research as long as the trust building and capacity building is not ignored. Accomplishments include research training activities, community health education projects, and collaboration in research originating in the community and in academia.

### Conclusions

Building a CBPR coalition from the ground up involving organizations of diverse size presents unique challenges that can be overcome with committed leadership and appropriate startup funding.

### Learning Objectives:

- Describe the process of starting, establishing and maintaining a coalition with grass root organizations who are interested in participating in CBPR
- Identify the key challenges, successes and lessons learned of developing a partnership in this manner
- Discuss how the coalition's structure and governance evolved

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## **Stop Hunger Now Meal Packaging Event!**

Join the movement to end hunger in our lifetime! Help us reach our goal to package 150,000+ meals on November 24th. Working together we can create a world without hunger.

Saturday November 24, 2012

10:30 AM - 3:00 PM

FREE

Show up and help out!

Pennsylvania Convention Center, Hall G

N. 12th Street and Arch Street

Philadelphia, PA 19107

Info Phone: 6092302179

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*A machine has value only as it produces more than it consumes - so check your value to the community.  
~Martin H. Fischer*

## Urban Affairs Coalition's Annual Thanksgiving Basket Program

Donate Now!

For the past 28 years, UAC has reached out to the City's most challenged communities by distributing Thanksgiving Baskets to 1,000 needy families throughout Philadelphia. UAC works with more than 80 community groups, churches, and elected officials in all neighborhoods to identify those who are most in need and distribute Thanksgiving Baskets to them. You can join UAC and Brown's Family Shoprite to ensure we are able to continue in our efforts to fight hunger by helping us feed 6,000 individuals in need!

A small donation of \$25 can feed a family of 6!

Click here to make a donation! [http://www.uac.org/thanksgiving-basket-program?utm\\_source=Priorities+11052012&utm\\_campaign=10-23-12+Priorities&utm\\_medium=email](http://www.uac.org/thanksgiving-basket-program?utm_source=Priorities+11052012&utm_campaign=10-23-12+Priorities&utm_medium=email)

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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

AAUF is kicking off our

### **15th Annual Toy Drive**

we will be collecting toys through the end of December.

You can donate new toys or \$10 gift cards for older children at our office at 2227 N. Broad Street.

*He that will not apply new remedies must expect new evils; for time is the greatest innovator.*  
*Francis Bacon*

The Toy Drive will be hosted at two locations this year in North and West Philadelphia. Details to follow.

Aissia Richardson, President  
African American United Fund  
2227 N. Broad Street  
Philadelphia, PA 19132  
[215-454-2583](tel:215-454-2583) phone/fax  
Website: [www.aauf.org](http://www.aauf.org)  
Blog: <http://aaufpa.blogspot.com/>  
Twitter: akoben

You can find AAUF on MySpace and Facebook too!

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

### **A Day for HEALing**

SATURDAY, NOVEMBER 10th 2012

10:00am - 5:00pm

META Center,  
214 W. 29th St., 16th fl.,  
NYC, NY 10001

In the aftermath of Hurricane Sandy, many people are experiencing varying degrees of stress, trauma, anxiety, frustration, and more.

Others are offering their unconditional loving assistance and support!

It's time for healing, recovery, and rebuilding.

Rev. Barbara is offering low cost energy healing sessions to assist in this healing and recovery process.

In an atmosphere of peace and tranquility you'll be invited to simply relax, let go and allow various levels of your being to be realigned to their natural rhythms, allowing for the wholeness of your being to be restored

*If there must be trouble, let it  
be in my day that my child  
may have peace.  
Thomas Paine*

Please feel free to share this opportunity with anyone you think might benefit from the beautiful gifts of Reiki, Christ Light Healing or Reconnective Healing.

\$ 44.00 per 40 min. - By appointment!

Available Appointments

10:00am 10:45am 11:30am

12:45pm 1:30pm 2:15pm

3:30pm 4:15pm 5:00pm

Contact Rev. Barbara

718-863-1553

[bdominick55@hotmail.com](mailto:bdominick55@hotmail.com)

Cash at the door or pay on line with the link below.

[www.sanctuaryofdivinelight.com/exchange](http://www.sanctuaryofdivinelight.com/exchange)

Rev.Barbara is a metaphysician, Reiki Master, Christ Light Healer and Reconnective Healing Practitioner. She offers private healing sessions, spiritual consultations and Reiki workshops as well as a monthly

Angelic Circle of Peace at the META Center.

OneLOVE,

Rev. Barbara

Energy HEALing Practitioner

718-863-1553

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

"We are the Infinite Light of One Love"

## COMPUTERS AND TECHNOLOGY

*The classics are only primitive literature. They belong to the same class as primitive machinery and primitive music and primitive medicine.*  
- Stephen Leacock

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

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

[NTEN:Change](#), a free online journal from the [Nonprofit Technology Network](#), provides the guidance and practical considerations nonprofits need to make the sound investments and decisions that will help them meet their goals.

Free subscriptions are available [here](#).

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

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

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

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

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*The will of the people is the only legitimate foundation of any government, and to protect its free expression should be our first object. - Thomas Jefferson*

## **A HAND UP!**

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

### **America's Original Savings Network**

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

<http://nofullprices.net>

### **FREQUENTLY ASKED QUESTIONS**

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

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

Q: Can these coupons be doubled?

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

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

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

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

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

Q: How do I choose the coupons I want?

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

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

**acquiesce** \ak-wee-ES\ To accept or consent passively or without objection

### **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\*\*

