



We all hold a piece to the puzzle

6th Day February 15, 2013

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News From The Coalition, Inc.

"Communication – Cooperation – Collaboration"

Volume 7, Number 22

Greetings Coalition Family!

Please for join us and bring your family for a special night as we
celebrate

Dr. Percy Julian legacy

at the Brooklyn Public Library Macon Branch on Tuesday evening,
February 26, 2013, featuring distinguished speaker Nathaniel
Haynesworth who will deliver a lecture titled: " Dr. Percy Julian:
Forgotten Genius-- A Look at the Life and the Accomplishments of
One of the Great American Chemists of the 20th century. " The event
will take place from
5:30-8:00 PM.

The lecture will be held in
Brooklyn Public Library Macon Branch
361 Lewis Avenue, Brooklyn, NY 11233.

Celebrating Black History Month Through Science And Inventions:
DR. Percy Lavon Julian “the Forgotton Genuis” This black history
event is designed to introduce, highlight and reinforce students’
understanding of the important contributions Dr. Julian has made to
science, whose discoveries had a significant effect on the treatment of
persons with glaucoma and inflammatory diseases. Among Dr. Julian
achievements, he was the first person to synthesize physostigmine
(eserine), which was the first effective medication in treating
glaucoma, and he constructed a method to mass-produce cortisone.
The event will tell the story of Dr. Julian and his legacy with live
science demonstrations, where each lesson emphasizing Dr. Julians
inventions whose genius impacts society. One of the goals of this
event is to provide students with a foundation on how science has
evolved over the years with the help of African-Americans. Another
goal is to cultivate more scientifically literate students as we enter a
new phase of standardized testing in science education.

About Percy Lavon Julian (1899-1975) Percy Lavon Julian (April 11,
1899 April 19, 1975) was an American research chemist and a pioneer

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in the chemical synthesis of medicinal drugs from plants. He was the first to synthesize the natural product physostigmine; and was a pioneer in the industrial large-scale chemical synthesis of the human hormones, steroids, progesterone, and testosterone, from plant sterols such as stigmasterol and sitosterol. Born to former slaves in Alabama in 1899, pioneering chemist Percy Julian was not allowed to attend high school but went on to earn his Ph.D. His research at academic and corporate institutions led to the chemical synthesis of drugs to treat glaucoma and arthritis, and although his race presented challenges at every turn, he is regarded as one of the most influential chemists in American history. His work would lay the foundation for the steroid drug industry's production of cortisone, other corticosteroids, and birth control pills. He later started his own company to synthesize steroid intermediates from the Mexican wild yam. His work helped reduce the cost of steroid intermediates to large multinational pharmaceutical companies. During his lifetime he received more than 130 chemical patents. Julian was one of the first African Americans to receive a doctorate in chemistry. He was the first African-American chemist inducted into the National Academy of Sciences, and the second African-American scientist inducted from any field. "The only thing that has enabled me to keep doing the creative work was the constant determination: Take heart! Go farther on. Percy Lavon Julian

“Now I don't believe in black separatism, I'm against it...But I do say this. It seems that our white brothers and sisters don't want to live next door to us... So...they're pinning us in central cities...We're hemmed in. We can't get out. They won't pass the fair housing bill here. And that's true in every city in this country. Now, since they're just going to keep us in here...what we're going to have to do is just control the central city. We got to be the mayor's of these big cities. And the minute we get elected mayor, we've got to begin taxing everybody who works in the city who lives in the suburbs. I know this sounds mean, but I just want to be realistic.”– Dr. Martin Luther King, jr.

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

The house-roof fights with the rain, but he who is sheltered ignores it.- Wolof saying

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Click here:
EightCitiesMAP Choose “Philadelphia’s Online Community
“Newsletter” from the menu.*

Office of Specialized Services of the School District of Phila.

The Office of Specialized Services (OSS) is committed to the educational, social, physical, and emotional well being of students within the School District of Philadelphia. The OSS provides comprehensive special education, behavioral health, school health, and prevention/intervention programs. 215-400-4170

<http://webgui.phila.k12.pa.us/offices/s/oss>

On the www.cap4kids.org/philadelphia website

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

Presidents Day Philly Tour

Saturday: At 9 a.m. treat yourself to breakfast at Old City Coffee located on Church Street. Church Street has been around since the days of [George Washington](#).

At 10 a.m. you can go to the Independence Visitor’s Center where you can get a free tour of [Independence Hall](#) which is the birth place of the United States. It was where The Constitution of the United States was drafted and signed. Another curious note is that the basement of Independence Hall was once the city’s dog pound. At 1:30 p.m., the City Tavern is hosting, Lunch with a Side of Liberty. Lunch will be an 18th century menu served by wait staff dressed up as colonists. The City Tavern has been around since the 1700s and during the drafting of the Constitution, George Washington and other delegates ate there every day.

At 4:30 p.m. you can go to the National Liberty Museum and see sets of White House China that were selected by first ladies such as Martha Washington, Mary Todd Lincoln and Jackie Kennedy.

At 8:30 p.m. there will be a Ghost Tour of Philadelphia where you can take a candle-lit tour of Independence National Historic Park and Society Hill where it is thought that the ghosts of certain founding fathers roam.

Sunday: It’s all about the food.

If violence is wrong in America, violence is wrong abroad. If it is wrong to be violent defending black women and black children and black babies and black men, then it is wrong for America to draft us, and make us violent abroad in defense of her. And if it is right for America to draft us, and teach us how to be violent in defense of her, then it is right for you and me to do whatever is necessary to defend our own people right here in this country.

Malcolm X

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

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JOIN THE COALITION, INC!

To join The Coalition go to: TheCoalitionInc.net and download a copy of the Pledge of Commitment and return it to us the.pa.coalition@gmail.com

At 10:00 a.m. it's a trip to the Italian Market and the DiBruno Brothers store which is exactly what Barack Obama did in 2008.

At 11:30 a.m. it's a stop at famed Tony Luke's which is where Sarah Palin went and of course, Pat's where, in 2008, the streets of Philly shook a bit when presidential hopeful John Kerry dared to ask for Swiss Cheese on his Cheese steak!

These days it seems sales at stores seem to take precedence over what President's Day is really about. In Philadelphia, they put the emphasis where it should be: back on past and current presidents. This weekend is also a great opportunity to show your children some of the strange but true facts about this city's political history. They'll be learning something without realizing they're learning something-always a win-win situation.

For more information about A Presidential Itinerary, please go to: <http://www.visitphilly.com/itineraries/philadelphia/the-presidential-itinerary/>.

page. Thanks.

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The Chew Family Papers and the Roots of the Underground Railroad

Join an interactive discussion about the beginnings of the Underground Railroad in Philadelphia -- a city often seen as the promised land by those seeking freedom. Led by Jason Allen, Director of Interpretation at Cliveden in Germantown.

February 16, 2013

2PM

[Independence Visitor Center](#)

1 N. Independence Mall West
Philadelphia, PA 19106.

For information: 215-965-2305

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SCIENCE OF BREATH PRESENTATION IN PHILLY

Saturday Feb 16th at 7 – 9 pm

Black and Nobel Book Store
1409 Erie Ave,
Philadelphia Pa, 19140

Mama Ayo Handy-Kendi, founder of Black Love Day and "Breathology", CEO, PositivEnergyWorks, Founder, African

*I am for violence if non-violence means we continue postponing a solution to the American black man's problem just to avoid violence.
Malcolm X*

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American Holiday Assoc. , Transformative Facilitator, Author, Storyteller, Hosts/Producer- "The Sage-ing Baby Boomers Show"

Experience an "Opening up the Heart Breath Meditation for Black Love"

Powerful breath techniques and science of breath theory

Relearn how to Breathe

All at this "POWER OF THE BREATH TOUR" event.

"Recognize the 24/7, always accessible, right under our noses, don't cost us nothing, tool that is "breath"- the easiest, most impactful tool for Spirit, Mind and Body advancement. For minute to minute Yoga, relearn how to breathe." Ayo Handy-Kendi

Increase your Love Vibration and be more empowered, after this experiential, from the purchase of signed copies of "The Power of the Breath Book" " and "The Black Love Book", and "Relearn How to Breathe" DVD

For further Details Call Sister Ramona Bey
[1-609-470-1978](tel:1-609-470-1978)

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EMPLOYMENT AND TRAINING OPPORUNITIES

PLBC Virtual Job Fair

Are you job searching?

The PLBC has added a [Virtual Job Fair](#) to the online Employment Center to assist you in beginning your job search. Employers across the state are looking to add qualified, hardworking individuals to their respective teams, and many of them are **hiring now!**

I recommend that you have an updated resume and reference list and be prepared to fill out applications and cover letters for each job to which you apply.

The Employment Center also features many tools that can help [prepare](#)

*I don't even call it violence
when it's in self defense; I call
it intelligence.
Malcolm X*

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and download a copy of
the Pledge of
Commitment and return
it to us
the.pa.coalition@gmail.com

[you for employment](#), including resume writing tips and samples.

The road to employment is littered with obstacles, but I will continue to partner with you through the process. I encourage you to take advantage of this resource.

If you are unable to reach the [Virtual Job Fair](#) through the link provided, you can also visit by typing in the URL http://www.pahouse.com/EmploymentCenter/?pg=job_fair.
----- Coalition members! Activate 'Your' [web link](#) on The Coalition, Inc. web site -----

The Job Fair of Philadelphia
Monday, February 25, 2013, 10AM - 1PM
Doubletree Guest Suites Hotel
640 West Germantown Pike
Plymouth Meeting, PA 19462
<http://www.catalystcareergroup.com>

Philadelphia Job Fair
Monday, March 4, 2013, 11AM - 2PM
Crowne Plaza Philadelphia West
4010 City Avenue
Philadelphia, PA 19131
<http://www.coasttocoastcareerfaairs.com>

Valley Forge Job Fair
Tuesday, March 5, 2013, Job Fair 9:30AM - 2:30PM
Classes 8AM - 3:30PM
Valley Forge Casino Resort
1160 First Avenue
King of Prussia PA 19406
<http://events.advanceweb.com>

King of Prussia Career Fair
Monday, March 18, 2013 11AM - 2PM
Crowne Plaza Hotel Valley Forge
260 Mall Boulevard
King of Prussia, PA 19406
<https://www.nationalcareerfaairs.com>

Philadelphia Career Fair
Monday, April 8, 2013, 11AM - 2PM
Crowne Plaza

On the one hand, the guns were there to help capture the imagination of the people. But more important, since we knew that you couldn't observe the police without guns, we took our guns with us to let the police know that we have an equalizer.

Bobby Seale

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

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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.

4010 City Avenue

Philadelphia, PA 19131

<https://www.nationalcareerfaairs.com>

The Diversity Job Fair of Philadelphia
Tuesday, April 23, 2013, 10AM - 1PM

Doubletree Guest Suites Hotel

640 West Germantown Pike

Plymouth Meeting, PA 19462

<http://www.catalystcareergroup.com>

HEALTH MATTERS

Article X

The Genesis Project

The method of removing the poisons, mucus, and or waste can be a key factor toward recovery. At a certain point instead of panicking and turning back, one can apply the way of our “earthly mother” . Like our worldly mother, our earthly mother provides for us a very special nurturing quality. She is a source for healing grace. As we study, we will find that our earthly mother has provided herbs that can be our meat. There is a specific herb that has an affinity for healing each organ in the body. Here we quote Hippocrates (and perhaps Imhotep) ‘the father of medicine’ “Your food are your remedies and your remedies are your food”. For instance, hawthorn berry rebuilds and enhances the structure of the heart. Cayenne pepper, a fruit, strengthens the cardio vascular system, capillaries, arteries, and veins. Garlic is also great for the heart and cardiovascular system. It destroys viruses and destructive bacteria, lowers bad cholesterol and eliminates plaque. Four cloves is a sufficient amount to consume. Odorless garlic is on the market and preferable to the cloves because of the sulfur content and sometimes burning to the taste. An adverse reaction is very rare. When consumed moderately garlic is strengthening and enhances vitality. The three herbs in combination eliminate heart palpitations. They are a tremendous gift to the heart of humanity.

Ginkgo biloba extract is excellent for brain function. Ginseng extract nourishes the lungs. A ginseng ginkgo combination can be very beneficial. These herbs are placed in a 10-milliliter vial with a honey base, alcohol free. When evaluating ginseng consider that American is suggested for women (Yin) and Chinese is recommended for men

Our position was: If you don't attack us, there won't be any violence; if you bring violence to us, we will defend ourselves.
Bobby Seale,

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(Yang). Of course the yin alludes to the passive power in human nature and the yang alluding to the active power of human nature. If one needs to be more passive, then American Ginseng is recommended. If there is a need to be aggressive Asian or Chinese Ginseng render interesting results**. Consider Korean and Siberian ginseng as well. Ginseng and royal jelly in combination is quite useful for energy.

Slippery elm, comfrey, thyme and pineapple are also very powerful in nourishing the lungs. Eyebright, bilberry, and carrot are great herbs for the eyes. Eating blueberries for a few days improves eyesight, and has a cleansing effect on the colon.

Milk thistle and holy thistle are right for the liver. Marshmallow, the herb not the sugar puffs, strengthens the kidneys. When we consider what is good for the stomach, colon, small intestines, gall bladder, spleen, pancreas, and urinary tract, dandelion, slippery elm and goldenseal root are excellent. This goldenseal root is very powerful and cannot be used in all cases. Copyright Don Ringgold 2013

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The Physical Toll Of Racism

(BlackDoctor.org) -- This is not new news to you, but statistically, black males in America are at increased risk for just about every health problem known. African Americans have a shorter life expectancy than any other racial group in America except Native Americans. In the past, some researchers have blamed it on poverty -- one of the most powerful determinants of health -- but now researchers are beginning to examine discrimination itself. Racism, more than race, may be cutting black men down before their time.

It is possible, they believe, that the ill health and premature deaths can be laid -- at least in part -- at the feet of continuous assaults of discrimination, real or perceived. "We have always thought of race-based discrimination as producing a kind of attitude," says Vickie Mays, psychologist and director of the UCLA Center on Research, Education, Training and Strategic Communication on Minority Health Disparities. "Now we think we have sufficient information to say that it's more than just affecting your attitude. A person experiences it, has a response, and the response brings about a physiological reaction."

The reaction contributes to a chain of biological events known as the stress response, which can put people at higher risk of cardiovascular disease, diabetes and infectious disease, says Namdi Barnes, a researcher with the UCLA center. That protective response includes the release of cortisol, often called the stress hormone. It increases blood pressure and blood sugar levels and suppresses the immune system. Those are all good things

The main goal of the future is to stop violence. The world is addicted to it.
Bill Cosby

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when it comes to fleeing a wild beast or a suspicious sound in a dark parking lot. But for many African Americans, these responses may occur so frequently that they eventually result in a breakdown of the physiological system.

"This whole phenomenon of cumulative biologic stress is real," says Nicole Lurie, director of the Rand Center for Population Health and Health Disparities.

Racism, Davis says, is something a black man lives with, although these days, teaching tennis to, mostly, wealthy white people, he doesn't often feel its sting. "Sometimes there's stress, but you've got to keep on living," he says.

Still, the Compton native has troubling memories of being pulled over by police as a young man for no apparent reason, and worries that such things could still happen to his boys. "When I was a kid, we never went through Culver City," he says. "They'd watch you go in, sometimes stop you. I don't want my kids getting stopped because of the color of their skin. They're good boys."

Having survived a childhood of poverty, with eight siblings, an alcoholic father and a churchgoing mother who kept the family centered and straight, the thought of sudden illness at this comfortable point in his life didn't enter his mind. Although neither Davis nor his wife thought the 6-foot-3, 250-pounder who plays tennis for a living could be seriously sick, a day after the first symptoms, an MRI showed that he had suffered a mini-stroke. He was lucky. A transient ischemic attack is a kind of low-level warning that conditions are ripe for a more serious stroke unless the patient follows medical advice, most typically blood-thinning drugs, improved diet and exercise.

Death comes sooner THE shorter life expectancy of black men has been an inflexible truth since slavery. The gap has slowly narrowed throughout the last century, and the most recent improvement is attributed to lower accident and homicide rates, along with life-sustaining treatments for AIDS, all of which afflict a greater proportion of black men.

Still, heart disease, stroke, hypertension, diabetes, obesity and most cancers strike black men sooner, and cut them down more often, than white men. And the higher incidence of disease among black men is set against a backdrop of an increased incidence of poverty, which carries with it a multitude of health problems.

Violence, including accidents and homicide, lays its claim on black men early. Homicide is the leading cause of death for black men ages 15 to 34, followed by unintentional injuries. (For white men those ages, unintentional injuries are the leading cause of death, followed by suicide.) In every decade that follows, for every leading cause of death, the rates of disease for black men are disproportionately high. Once they become sick,

Page 10

Hereeeeeeeeeeeeeees... Kathy's Korner!

I was having a cold one at a local tavern when I looked across the bar and spotted who I thought was Randall 'Tex' Cobb, former world Karate Champion and one time contender for the heavyweight boxing title of the world. I motioned to the bartender and asked if I was correct, and he said, "Sure, he comes in here all the time, but he doesn't like to be bothered." I said that I didn't think he'd mind being approached by a fellow Texan, and I would love to get his autograph. The barkeep then said, "He's not from Texas, He's from Louisiana." I said that was ridiculous, why would he be called 'Tex'?" "Because..." the barkeep said, "we don't want a repeat of what happened the last time someone called him 'Louise'." (Kathy Parsons is a regular contributor.)

they are more likely to suffer worse consequences and die sooner of the disease.

It adds up to an average life span for black men that is 6.2 years less than for white men, and 8.3 less than the national average, 77.8 years, for all races and both genders.

The major culprit in the black-white mortality gap is cardiovascular disease. The death rate from heart disease is about 30% higher among blacks than whites, according to the Centers for Disease Control and Prevention. The prevalence of diabetes is about 70% higher, and diabetes significantly increases the risk of heart disease.

High blood pressure is the leading risk factor for heart disease in African Americans, and some researchers have speculated that the cause is genetic

About half the people in the world are salt sensitive, but about 80% of African Americans are salt sensitive. That means that a diet high in salt is more likely to result in high blood pressure. But blacks living in African countries have few blood pressure problems, casting doubt on a genetic link. "Salt sensitivity is completely related to potassium intake," says Dr. Karol Watson, cardiologist and co-director of preventive cardiology at UCLA. "And that's related to fruit and vegetable intake." More veggies equals less salt sensitivity.

But fresh produce is hard to come by in poor neighborhoods. Poverty and lack of access to health care, more significant among blacks, open the doors to a host of hazards. Poor people smoke more, exercise less and are more likely to be victims of accidents and violence. "There's a whole boatload of things that are in the environments where they're more likely to grow up," Lurie says. "HIV, crime, that kind of stuff. There's a lot of extra dying going on from trauma."

Anyone living in a poverty-stricken neighborhood has health disadvantages, says Dr. Roshan Bastani, director of the Healthy and At Risk Population Program at UCLA's Jonsson Cancer Center. "It's where you live, what kind of work you do, what kind of food you eat, access to physical activity, where you go for health care," she says. "It's kind of a vicious cycle that gets worse and worse."

About 25% of African Americans live in poverty, compared with about 8% of whites, according to the U.S. Census Bureau's most recent report, and about 20% of blacks are uninsured, compared with about 8% of whites.

And those African Americans who are poor are more likely to live in disadvantaged neighborhoods than are poor whites, according to a March 1998 report in the International Journal of Urban and Regional Research.

Only 6% of poor whites live in high poverty areas, while 34% of poor blacks live in such areas, where risks of violence are higher and access to fresh, healthy foods and safe places to exercise are lower.

When a violent minority that crosses color lines comes to believe that killing those you know or do not know is a reasonable solution to problems, we are in need of another vision.

Stanley Crouch

Vance Pierre, 45, of Inglewood says he encountered more than a few risks in his youth, including getting run over by a car. As a teen, he and his friends thought it was fun to jump in front of oncoming cars to make them swerve. "I'd be drinking like a 40-ounce, and I'd say, 'Hey, watch this,' " he says. "A couple of times I couldn't get out of the street in time." His father died of alcoholism, and today Pierre says he doesn't drink anymore. He also knows the benefits of eating fruits and vegetables, and sometimes will make a meal of all vegetables. But more often, he says, it's convenient to eat out at places like McDonald's or Popeyes Chicken & Biscuits. Mysterious disparity STILL, all the socioeconomic factors together don't fully explain racial disparities. Researchers S.L. Isaacs and S.A. Schroeder, in a study reported in the Sept. 9, 2004, New England Journal of Medicine found that people earning \$15,000 a year or less from 1972 to 1989 were three times more likely to die prematurely than those earning \$70,000 or more. But at the lowest levels of income, less than \$10,000 a year, black men still had a 21% greater risk of death within the study period than whites.

And in a Feb. 9, 1990, study in the Journal of the American Medical Assn. researchers compared black and white death rates per 100,000 people 35 to 54 years old and found the black rate 2.3 times higher. When they adjusted the data for known risk factors such as smoking, alcohol intake and diabetes, the gap narrowed to 1.9 times, and when they adjusted further for income, it narrowed to 1.4 times. How people live, die and get sick depends on economic class as well as race, but all of the adjustments combined didn't completely explain the black-white mortality gap, leaving about a third of the problem unexplained, the researchers found. The reasons behind that final third remain a mystery. "Life expectancy for everyone is increasing, but the disparities are not getting better," says Lurie of Rand.

Seeking to explain that gap, researchers have grown increasingly interested in the theory, based on a growing body of evidence linking stress to poor physical health, that racial discrimination can result in unremitting stress. That additional, ongoing stress might explain some of the still mysterious gap.

For a black man, a stress response to discrimination can be triggered by something as subjective as feeling suspicious eyes on him in a department store. "That can be annoying," says Michael Johnson, 38, of Inglewood. "You know you've got money in your pocket to pay, and somebody is following you around. We've all felt that. But you get so used to it, you're numb to it."

In one of the first studies to examine the effect of discrimination on lifestyle behaviors, researchers looked at 3,300 adults, black and white, from a range of income groups, ages 18 to 30, and followed them for 15

*All the gods are
dead except the
god of war.*

Eldridge Cleaver

years. The study, published in the Aug. 13 American Journal of Epidemiology Advanced Access, found that 38% of whites reported feeling discriminated against in housing, education or work, while 89% of blacks reported such feelings of discrimination.

Regardless of income or race, all who felt discrimination were more likely to have unhealthy behaviors, including smoking, drinking and use of marijuana. "When people feel they're treated unfairly," says Dr. Luisa Borrell, professor of epidemiology at Columbia University Mailman School of Public Health and author of the study, "they're going to find a way to cope with that unfair treatment."

Stress of racism PEOPLE feel and respond to discrimination in similar ways, though the experience of discrimination is more common to blacks.

Among blacks, it's more commonly felt among men, the researchers found.

Mays was lead author on a paper published in the 2007 Annual Review of Psychology that examined studies looking at the responses of the brain and body to race-based discrimination. Experiences of racial discrimination can set the brain up for what's known as the fight or flight response. While that biological response can be life-saving, too much of it sets people up for heart disease, diabetes, obesity and infection.

If it happens over and over again, in large doses of vulgar taunts or small doses of perceived slights, parts of the brain become overwhelmed. Two things can happen. The brain can shut down the release of chemicals and people respond with a kind of numbness. Under production of cortisol can result in depression and is linked to asthma, allergies, and rheumatoid arthritis. Or it can fail to shut down, leaving the body at a continuous state of heightened alert.

"Let's say something occurs where you follow me around in a store," Mays says. "I think that's racist. My blood pressure goes up. I get upset. Then I go to a different store. Someone appears to start following me. I am primed from a previous experience and I feel it again. We call it a micro-assault."

According to research into stress, such emotionally packed memories are held in a part of the brain called the amygdala, which regulates fear responses through the release of hormones such as cortisol. "Amygdala-driven stress responses are fight-or-flight based, tailored to survive now, ask questions later," says Billi Gordon, a postdoctoral researcher at the UCLA center. The chemical release happens quickly, aiming for a quick, life-saving response. There isn't even enough time to consult the cortex, the logical part of the brain.

Cortisol readies the body for the immediate danger, taking resources away from the some of the body's longer-term resources, such as control of the immune system, while increasing blood pressure and blood sugar levels.

The problem here is that there will always be some uncertainty about how quickly Saddam can acquire nuclear weapons. But we don't want the smoking gun to be a mushroom cloud.
Condoleezza Rice

That's fine for the short term, but if it happens again and again, over a lifetime, the continual assaults of racism can result in a greater vulnerability to infection from a weakened immune system. In the long run, it places the body at increased risk for inflammatory diseases such as cardiovascular disease and possibly obesity and diabetes as a result of repeated changes to the regulation of glucose, says Barnes.

Over time, the disruption of cortisol control can get even worse. At first, the release of the hormone acts as an anti-inflammatory agent in the body. But if the body continually overloads with cortisol, the protective system shuts down and then actually reverses, increasing inflammation, which is linked to high blood pressure, cardiovascular disease and possibly diabetes.

"One of the most dangerous things that can happen to the body is when the cortisol signal is compromised or no longer working. It remains in a heightened state," Gordon says.

Mays believes, and argued in the recent paper, that scientists know enough about people's reactions to racial discrimination and also the body's response to stress to link the two. "The literature is building," she says.

"It's downward synergy," Gordon says. "Each time you have a micro-assault, it accumulates and each one changes the person's sense of self-worth. You are constantly feeling a little bit different. Over a long period of time, it's like the water that undermines the sea wall."

One of the foremost researchers on the health effects of stress, Dr. Bruce McEwen, head of the Harold & Milliken Hatch Laboratory of Neuroendocrinology at Rockefeller University, has written in his book, "The End of Stress as We Know It": "Stress hormones acting on the hippocampus can engrave important experiences into our long-term memory, but excessive or chronically elevated levels of these same hormones can damage the very part of the brain that shuts them off."

No single 'X factor' WHETHER that process can be directly linked to experiences of discrimination is unproven. But Robert Sapolsky, professor of neuroscience at Stanford University School of Medicine, whose early work with McEwen helped chart the effect of stress on the brain, sees it as a plausible theory.

"To my knowledge, no one has looked at the relationship between being an outgroup [racial or otherwise] and things like cortisol levels, but it makes perfect sense. It's a corrosive, permeating experience of lack of control -- the very definition of chronic psychosocial stressor," he says.

"That's a sure pathway to poor health."

Mays and her colleagues, and others studying the causes of racial disparities, believe this may be happening in great numbers to minorities in the United States, and in the greatest numbers to African American men.

"This may be the explanatory variable," Mays says. "For African Americans, it may not be just diet, or that you don't walk enough."

*There are no warlike people -
just warlike leaders.
Ralph Bunche*

Studies keep pouring out showing racial disparities in health. A recent one in the September 2007 *Annals of Epidemiology* found that even in the so-called stroke belt of Southern states, where all races and both genders suffer the highest rates of stroke in the country, African American men are stricken at the highest of the high rates.

The study's lead author, Dr. George Howard, chairman of the department of biostatistics at the University of Alabama at Birmingham, is not ready to finger discrimination as the primary cause.

"It's a whole toxic cocktail of bad things, but if I had to pick one, it would be socioeconomic status," he says. "It's clear that racism plays a role, but I don't think it's the 800-pound gorilla."

No one factor, including the possible biological toll taken by the accumulated insults of racism, will rise to the level of 800-pound gorilla.

Attacking the problem, Lurie says, means looking beyond medicine to every aspect of society. "Ultimately, to make a real difference in life expectancy and health disparities, you have to simultaneously attack social and nonmedical determinants," she says.

Recent priority STATISTICIANS have been taking note of the corrosive effect of race on health status for more than a century. But it's only since 2000, when President Clinton proposed and Congress allocated \$150 million to establish the National Center on Minority Health and Health Disparities, that understanding the complex reasons and working to correct the gap have become a national priority.

The center supports basic, clinical and population research on health disparities and has funded more than 100 universities and academic institutions, including UCLA, as well as hospitals and community health centers to help establish programs examining health disparities. It provides loans to doctoral students doing health disparities research, so far contributing to the efforts of more than 1,000 professionals.

In March 2002, the Institute of Medicine released a report, "Unequal Treatment: Confronting Racial and Ethnic Disparities in Health Care," that for the first time mapped out the scope and depth of racial disparities in health.

Poverty creates a vicious cycle, one that tennis coach and stroke survivor Davis, born into a large family in Compton, has escaped. His sons, in their Ladera Heights home with weekly backyard barbecues and plenty of sidewalk space for running and skateboarding, are protected from poverty's worst health consequences.

These days, Davis takes his medication. He says he's trying to eat better, but Carrie rolls her eyes, setting off a good-natured marital debate about actual quantities of sausages consumed versus vegetables. And he's still trying to figure out what kinds of exercise to add to his professional routine that can be sometimes rigorous, other times little more than

*We are at war, and our
security as a nation depends
on winning that war.
Condoleezza Rice*

throwing balls back to students.

As long as there is racial discrimination, scientists say, there is the potential for added stress that just may prove to be the mysterious variable in the shortened lives of black men.

But when it comes to the health of their sons, the Davises, like so many parents, worry most about the boys' love for junk food, bacon and red meat.

By John Williams, BDO Staff Writer

source: <http://www.blackdoctor.org/articles.aspx?counter=27604>

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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

|267.242.5339 millcreekurbanfarm.org

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GREEN PIECE

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

Microsoft Scholarships

Microsoft Scholarships help students who are pursuing degrees in computer science, engineering, and other technical areas of study. The scholarships are for students who are currently enrolled in a U.S. college or university.

Scholarships include General Scholarships, Women's Scholarships, Minority Scholarships and Scholarships for Students with Disabilities. Minority applicants must be from African-American, Hispanic, or

What Clinton did with Monica Lewinsky does not add up to Bush lying to the world, saying, Let's invade Iraq because they've got weapons of mass destruction. It just doesn't add up. The man cheated on his wife, but nobody died. Americans are not coming home in body bags because of that.
Spike Lee

Native American descent. Women's Scholarships are for women pursuing a PhD degree.

Students applying for a Microsoft Scholarship must have a grade point average of 3.0, financial need, an interest in the software industry, and must complete an internship in Redmond, Washington. Applicants must also have leadership qualities. The scholarship money can be used for tuition only, not room and board.

Eligible students must already be enrolled in college pursuing a Bachelors degree in computer science, computer engineering, electrical engineering, math or physics. The college or university can be located in the U.S., Canada, or Mexico.

Microsoft offers more than a half-million dollars in scholarships. The scholarships encourage more students to pursue technical degrees. Microsoft employs 90,000 people in over 100 countries and is a leader in home and business technology products, internet tools and other business and office solutions.

The deadline for this scholarship is usually in FEBRUARY of each year, and the award amount VARIES.

For more details, visit

<http://careers.microsoft.com/careers/en/us/internships-scholarships.aspx>

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

Human salvation lies in the hands of the creatively maladjusted.
Martin Luther King, Jr

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 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](#).

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[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

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

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

www.ScholarshipZone.com

SpotLight On Our Efforts

The d'Zert Club and African Genesis Institute are sponsoring a FREE trip to Egypt for 200 students between the ages of 7 and 14. Also being sponsored are 100 adult group leaders.

These travelers will participate in the annual Teen Summit 1000 program.

Those interested in earning this ALL EXPENSE PAID trip to the Motherland are invited to attend a free information and enrollment meeting at one of the following locations:

*Revolution is a serious thing,
the most serious thing about a
revolutionary's life. When one
commits oneself to the
struggle, it must be for a
lifetime.
Angela Davis*

Grover Washington Jr. School	Mastbaum High School
Planet Abacus Charter School	Longstreth School
Conwell Magnet School	Mifflin School
Laboratory Charter School	Alliance for Progress Charter
	School
Finletter School	Anna B. Pratt School
Dr. Ethyl Allen Promise Academy	Bok Technical High
	School
Penrose School	Creative Learning Academy Charter
	School

If your school is not registered, this is your last chance to participate in this historical event. We are committed to having the maximum number of schools participate in this years 6th Annual Black History Month Field Trip: Celebrating African American Scientists and Inventors Through Live Demonstrations. (See event flyer below)

Contact Us Today

Email: blackhistory@grandhank.com or call us at [215-247-1109](tel:215-247-1109)

REGISTRATION DEADLINE: FEBRUARY 22, 2013

Please Circulate To Your Circle Of Influence!

Visit or website at www.grandhank.com

Tyraine Ragsdale aka Grand Hank

Scientist & President

Grand Hank Productions, Inc.

Phone: [215-247-1109](tel:215-247-1109)

Website: www.grandhank.com

"Knowledge Is Power...Anybody Can Be A Scientist Including You!"

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Destined for a Dream Foundation

UAC is not only a network of 75 partner organizations and programs driving change from the ground up, we are a family! You may have seen recent reports that a member of our family, Destined for a Dream

*The first lesson a
revolutionary must learn is
that he is a doomed man.
Huey Newton*

was involved in a bus accident late Saturday evening in Boston returning from a tour of Harvard University. Though most of the students and chaperones were treated and are home, several students and adults are still in the hospital in serious condition. Destined for a Dream Foundation's focus is to work closely with disadvantaged youth to build their leadership skills, develop self-discipline, positive self-esteem, and the ability to work in teams. Destined for a Dream also works to ensure that youth grow academically, socially and culturally.

At UAC the Power of Coalition means that, together, we can accomplish what no one organization can do alone. UAC, Harvard University, the Red Cross and the Yankee Bus Company have already shown their support by providing aide and services. Won't you join us?

Support Destined for a Dream by making a donation to help the families of those injured. You can make a donation online at [destinedfordream.com](http://r20.rs6.net/tn.jsp?e=001VpBYI6eUSJyw1Azm01Jnibw9KFYTP6EU7hssy2MZYgRILnXbdPrsTq3sO4CFH-EwLIgmzgVurhC86D7ZvRxcdycpSRNyiw6Ugz1dmG-Qfm-WqQxCyuiCK8qO74fP7_AsC_evnOvOO7xfTSuLJ03lp-dSvjZfFNaLGBcDy3yI4KC6z0OfaZiMwJ54dz2S1h4xOBm6nWjU8j5-6WbpbZ1c7NqrSZ9VJkivYKY_OC-AAAtFThP9OGqxDUm5VYE-IOuWo9CR0fvKs=) [http://r20.rs6.net/tn.jsp?e=001VpBYI6eUSJyw1Azm01Jnibw9KFYTP6EU7hssy2MZYgRILnXbdPrsTq3sO4CFH-EwLIgmzgVurhC86D7ZvRxcdycpSRNyiw6Ugz1dmG-Qfm-WqQxCyuiCK8qO74fP7_AsC_evnOvOO7xfTSuLJ03lp-dSvjZfFNaLGBcDy3yI4KC6z0OfaZiMwJ54dz2S1h4xOBm6nWjU8j5-6WbpbZ1c7NqrSZ9VJkivYKY_OC-AAAtFThP9OGqxDUm5VYE-IOuWo9CR0fvKs=]

or by mail to Destined for a Dream Foundation/UAC 1207 Chestnut Street, Philadelphia, PA 19107. Thank you for your prayers and support.

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OpportUNITY, Inc @ The Willie G. Williams Community Center
A Construction Training Program Providing Human Services

1016-18 South Street
Philadelphia, PA 19147

Office: [267-297-8006](tel:267-297-8006)

Cell: [267-579-6301](tel:267-579-6301)

Email: opportunity1016@gmail.com

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**Cathy Harris Launches a 2013
"National Health and Business Empowerment Tour"**

Hello Everyone:

Those who profess to favor freedom, and yet depreciate agitation, are men who want crops without plowing up the ground. They want rain without thunder and lightening. They want the ocean without the awful roar of its many waters. This struggle may be a moral one; or it may be a physical one; or it may be both moral and physical; but it must be a struggle.

Frederick Douglass

On January 2, 2013, I was on the road out of Atlanta, GA on my way to Detroit, Michigan to launch a "[National Health and Business Empowerment Tour](#)" starting in February 2013.

Other cities besides Detroit, MI where we have relatives and friends and plan on bringing the tour include - Indianapolis, IN, Columbus, Dayton and Youngstown, OH, Chicago, IL, Pennsylvania, New York, New Jersey, Maryland, Washington, DC, Virginia, North and South Carolina, Florida, Alabama, Louisiana, Texas and California.

Remember if you keep doing things the same way, then you will get the same results, which means sometimes in order to become successful in your career, business and life, you need to "step out on your faith" -- outside of your comfort zone...so I felt that I needed to take my empowerment company, [Angels Press](#), my services and products, nationwide.

As this country prepares for an [EXPLOSION](#) of sick people especially children, African Americans know very little about Genetically Modified foods so we will be educating the community on which foods to eat while avoiding Genetically Modified Organisms (GMOs).

Let's face it - the education system in this country is horrible with 70% dropout rates of many African American students in many cities. Either we change this system or we seriously look at 'home schooling' or building '[afrocentric schools](#)' as an option (Read "[How To Change the Education System.](#)")

Working with children is extremely hard and not everyone can do it! Nowadays many teachers, after being abused by students, are retiring from the school system at the age 30. On the other hand if you like working with children or if you are a retired educator, you need to write a good business plan and go to black banks and set up 'tutoring' and 'learning centers' in your own communities.

Our goals are to uplift the masses of people while reconstructing our communities to build vital nations. In order to create a greater unity among the African American community, we must have an outlet to disseminate vital information in various forms that will assist us to promote and define our interests and aspirations.

Now it's time for a national tour, to really bring the message home. This is why I recently launched another initiative "[Cathy Harris](#)

*Wake up AFRIKA! let us work towards the one glorious end of a free, redeemed and mighty nation. Let AFRIKA be a bright star among the constellation of nations.
Marcus Garvey*

[School of Learning](#)" to provide 'hands-on' training to the entire family via the phone, internet, etc. for those we can't reach on the tour.

As a veteran, I would particularly like to work with veterans. We are seeking other speakers and trainers who can join us on this tour so we can make a major impact in African American communities across the country. We just ask that you not be involved in any type of network or multi-level marketing ventures or anything that will negatively impact the community.

Whichever communities embrace our health and business "action plans" will be the communities we will be working with in the future.

The tour will be starting out in Detroit, MI in February 2013 -- where I will be in the surrounding area or states for at least 2 months. If you would like to join us on this tour or add your city to the tour, or schedule an event, then call (770) 873-2072 or email info@CathyHarrisSpeaks.com with your name, phone numbers, website including facebook.com, twitter.com, linkedin.com and other addresses.

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Family Survival Inc. is a 501(c)3 organization provides cultural, educational, spiritual and economic tools needed to create a positive and lasting legacy within the African American community.

*Family Survival Inc., a 501(c)3 organization, was founded by Brothers Rashie Abdul Samad and Rashie Abdur Rahim after realizing that the key to reclaiming the African American community lies in re-establishing connection with Africa, it's art, history, culture, economy and people. The program started with exposing young people to the culture of African music and art, as well as learning the basics of business. While the founding principles remain intact, the program has expanded by partnering with other community organizations and businesses in the spirit of umoja (unity) to ensure our collective *Family Survival*. Together, these organizations will make an even greater impact on the youth and elders in the community for the benefit of whole.*

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ARTS FOR AWARENESS

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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

I am not opposed to the white race as charged by my enemies. I have no time to hate any one. All my time is devoted to the up-building and development of the Negro Race.
Marcus Garvey

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

* * Outside PA * * *

FREE EVENT

The African History Network Lecture Series presents

“SHOULD AFRICAN-AMERICANS CELEBRATE BLACK HISTORY MONTH?”

Presentation & Discussion with Michael Imhotep of The African History Network Show,

Saturday, Feb.16th, 2013, 2:00pm - 6:00pm at

Nandi's Knowledge Cafe',

12511 Woodward Ave.

Highland Park, MI (4 blocks South of Davison Fwy between Glendale & Highland St.)

FREE EVENT - Donations Accepted. For more information or to have Michael Imhotep do this presentation for your organization call (313)

462-0003 or email us at TheAHNShow@gmail.com or visit www.TheAfricanHistoryNetwork.com. DVDs will be on sale. Please bring the youth.

*Our mistreatment was just not
right, and I was tired of it.
Rosa Parks*

RSVP on Facebook

at <https://www.facebook.com/events/402113266542766/>

Listen to this lecture LIVE if you can't attend in person on The African History Network Show, Saturday, Feb. 16th, 2:30pm-6:00pm EST on www.BlogTalkRadio.com/TheAfricanHistoryNetworkShow <http://www.blogtalkradio.com/TheAfricanHistoryNetworkShow>> or by phone LIVE at [\(914\)-338-1375](tel:914-338-1375).

COMPUTERS AND TECHNOLOGY

Free online journal focuses on technology for nonprofits

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

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

Free subscriptions are available [here](#).

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*There are no black conservatives. Oh, there are neoconservatives with black skin, but they lack any claim to blackness other than the biological. They have forgotten their roots.
Stephen Carter*

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

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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

arrogate \AIR-uh-gayt\ To claim or seize without right or justification; to appropriate; To claim on behalf of another; to ascribe.

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 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/empreschi 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**

