



We all hold a piece to the puzzle

6<sup>th</sup> Day February 22, 2013

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# *News From The Coalition, Inc.*

*"Communication – Cooperation – Collaboration"*

Volume 7, Number 23

## **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 on Tuesday evening,

February 26, 2013

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,

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1899 April 19, 1975) was an American research chemist and a pioneer 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 stigmaterol 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”

*A Friend is one to whom one may pour out the contents of one's heart, chaff and grain together, knowing that the gentlest of hands will take and sift it, keep what is worth keeping and with a breath of kindness blow the rest away.*

- Arabian Proverb

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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*

### **Attention Pre K Parents!!!**

Enrollment is for 2013-2014 on going on through March 2013-  
SPACE IS LIMITED!!!

- Children must be 3years old by Sept 1, 2013

Contact 2015-400-4270 to register.

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### ***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](http://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**

### **Black History Science Class Field Trip**

To accommodate the recent surge in schools registering for the 6th Annual Black History Month Science Field Trip "": Celebrating African American Scientists and Inventors Through Live Demonstrations."

Grand Hank has extended the event series from

March 1 – 8, 2013.

Here's a partial listing of schools lined up to participate:

Prince Hall School	Discovery Charter School
Olney Charter High School	Global Leadership Academy

Charter

Aspira Bilingual Cyber Charter School	M. Hall Stanton
D.U.E. Season Charter School	Harambee Charter School

*"Being a Negro in America means trying to smile when you want to cry. It means trying to hold on to physical life amid psychological death. It means the pain of watching your children grow up with clouds of inferiority in their mental skies. It means having their legs cut off, and then being condemned for being a cripple." - Martin Luther King Jr. Where Do We Go From Here 1967.*

*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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### **JOIN THE COALITION, INC!**

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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.

Contact Us Today

Email: [blackhistory@grandhank.com](mailto: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](http://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](http://www.grandhank.com)

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

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*"If it's necessary to form a Black Nationalist army, we'll form a Black Nationalist army. It'll be ballot or the bullet. It'll be liberty or it'll be death." April 1964... El Hajj Malik El Shabazz*

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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 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](http://www.pahouse.com/EmploymentCenter/?pg=job_fair).  
----- Coalition members! Activate 'Your' [web link](#) on The Coalition, Inc. web site -----

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

*Power and responsibility are fraternal twins; one does not fare well without the other...  
Ga’Kufu Ngozi Madu*

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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.nationalcareerfairs.com>

Philadelphia Career Fair  
Monday, April 8, 2013, 11AM - 2PM  
Crowne Plaza  
4010 City Avenue  
Philadelphia, PA 19131  
<https://www.nationalcareerfairs.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**

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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

*There can be no black-white unity until there is first some black unity.... We cannot think of uniting with others, until after we have first united among ourselves. We cannot think of being acceptable to others until we have first proven acceptable to ourselves.*  
Malcolm X

***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.***

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 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

*We black men have a hard enough time in our own struggle for justice, and already have enough enemies as it is, to make the drastic mistake of attacking each other and adding more weight to an already unbearable load.*  
*Malcolm X*

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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, 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,



*We declare our right on this earth to be a human being, to be respected as a human being, to be given the rights of a human being in this society, on this earth, in this day, which we intend to bring into existence by any means necessary.*

*Malcolm X*

***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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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.

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

Hereeeeeeeeeeeeeees... Kathy's Korner!

*With four growing kids in the house always dashing to school activities and part-time jobs, our schedule was hectic. To add to this, we kept running out of household supplies. I got so frustrated reaching for things that were not there, I instructed them all to let me know when they used the last of any item by putting a note on the refrigerator. As a reminder, I wrote a note: "IF WE ARE OUT OF IT, WRITE IT DOWN."*

*A few days later, there was the following message: "MOM/DAD, YOU MAY BE A BIT OLD-FASHIONED, BUT YOU ARE DEFINITELY NOT 'OUT OF IT."*

*(Kathy Parsons is a regular contributor.)*

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 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-

*I've never seen a sincere white man, not when it comes to helping black people. Usually things like this are done by white people to benefit themselves. The white man's primary interest is not to elevate the thinking of black people, or to waken black people, or white people either. The white man is interested in the black man only to the extent that the black man is of use to him. The white man's interest is to make money, to exploit.*

*Malcolm X*

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 some of the body's longer-term resources, such as control of the immune system, while increasing blood pressure and blood sugar levels.

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

*Nobody can give you freedom.  
Nobody can give you equality  
or justice or anything. If  
you're a man, you take it.  
Malcolm X*

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." 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

*When a person places the proper value on freedom, there is nothing under the sun that he will not do to acquire that freedom. Whenever you hear a man saying he wants freedom, but in the next breath he is going to tell you what he won't do to get it, or what he doesn't believe in doing in order to get it, he doesn't believe in freedom. A man who believes in freedom will do anything under the sun to acquire... or preserve his freedom.  
Malcolm X*

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 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](mailto:millcreekfarmphilly@gmail.com)

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

*I realized that if I was going to achieve anything in life I had to be aggressive. I had to get out there and go for it... I know fear is an obstacle for some people, but it's an illusion to me. - Michael Jordan*

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 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

*There is nothing better than adversity. Every defeat, every heartbreak, every loss, contains its own seed, its own lesson on how to improve your performance the next time. - Malcolm X*

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 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](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)

### **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

*In my mind, I've always been  
an A-list Hollywood superstar.  
Y'all just didn't know yet. -  
Will Smith*

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:

February 24: 2pm, Philadelphia:  
African American History Museum,  
701 Arch Street

For further information, please call 215-247-5121 or visit us online at <http://africangenesis2.org/visit-africa-free/>

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### **SEAMAAC seeks board members**

The [Southeast Asian Mutual Assistance Associations Coalition](#) is seeking additional Board members to continue supporting immigrant communities.

SEAMAAC is one of Greater Philadelphia's leading advocates and supporters of immigrants, refugees, and their families as they seek access to opportunities to survive and thrive in the United States. SEAMAAC's Board of Directors seeks dedicated new members who are passionate about enriching the lives of these populations.

SEAMAAC is seeking seasoned professionals who are dynamic and interested in promoting SEAMAAC's mission; particularly those who have experience in human resources, corporate relations and/or experience with African/ Caribbean immigrant communities.

Interested persons should contact [leigh.elaine@gmail.com](mailto:leigh.elaine@gmail.com)

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Founded in 1977, Bread & Roses Community Fund is a unique partnership of donors and activists who share a vision of a just society, one in which power and resources are distributed equitably.

Bread & Roses raises money from individuals to provide grants, technical assistance and leadership development to support community-based organizations in the Delaware Valley that are taking collective action to bring about social change.

Community leaders, activists, and organizers all over the region are working hard to make real change. From fighting gun violence to improving schools or winning rights for immigrants, there's a lot going on.

To support them, [Bread & Roses Community Fund](#) is seeking proposals for community organizing. Racial & Economic Justice Fund



*Put yourself in a state of mind  
where you say to yourself,  
Here is an opportunity for me  
to celebrate like never before,  
my own power, my own ability  
to get myself to do whatever is  
necessary. - Martin Luther  
King, Jr.*

and Future Fund grant applications are due on Friday, March 1st at 5pm.

And through our membership in the [Funding Exchange](#), Bread & Roses is part of a national funding movement to support social change philanthropy.

Bread & Roses relies on both large and small contributions from individuals to create real change in our region. Join our community of supporters to fund community organizing in the Delaware Valley! [Make a donation or learn about planned giving options today.](#)

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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 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 [destinedforadream.com](http://destinedforadream.com)[[http://r20.rs6.net/tn.jsp?e=001VpBYI6eUSJyw1Azm01Jnibw9KFYTP6EU7hssy2MZYgRlLnXbdPrsTq3sO4CFH-EwLIgmzgVurhC86D7ZvRxcdycpSRNyiw6Ugz1dmG-Qfm-WqQxCyuiCK8qO74fP7\\_AsC\\_evnOvOQ7xfTSuLJ03lp-dSvjZfFNaLGBeCDy3yI4KC6z0OfaZiMwJ54dz2S1h4xOBm6nWjU8j5-6WbpbZ1c7NqrSZ9VJkivYKY\\_OC-AAtFThP9OGqxDUm5VYE-IOuWo9CR0fvKs=](http://r20.rs6.net/tn.jsp?e=001VpBYI6eUSJyw1Azm01Jnibw9KFYTP6EU7hssy2MZYgRlLnXbdPrsTq3sO4CFH-EwLIgmzgVurhC86D7ZvRxcdycpSRNyiw6Ugz1dmG-Qfm-WqQxCyuiCK8qO74fP7_AsC_evnOvOQ7xfTSuLJ03lp-dSvjZfFNaLGBeCDy3yI4KC6z0OfaZiMwJ54dz2S1h4xOBm6nWjU8j5-6WbpbZ1c7NqrSZ9VJkivYKY_OC-AAtFThP9OGqxDUm5VYE-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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*Start where you are. Use what you have. Do what you can. - Arthur Ashe*

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](mailto:opportunity1016@gmail.com)

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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**

*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

*How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong. Because someday in your life you will have been all of these. - George Washington Carver*

- Spoken Word Artists

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## **COMING UP**

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

## **COMPUTERS AND TECHNOLOGY**

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

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

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

*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

- 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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### **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

*Any sane man, race or nation that desires freedom must first of all think in terms of blood. Why even the Heavenly Father tells us that "without the shedding of blood there can be no remission of sins." Then how in the name of God, with history before us, do we expect to redeem Africa without preparing ourselves, some of us to die?- Marcus Garvey*

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**

### **bouleversement**

\bool-vair-suh-MAWN\; Complete overthrow; a reversal; a turning upside down.

### **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\*\*