

ALSO AVAILABLE FROM

BISHOP FREEZE





I GOT THE KING IN ME

WWW.BISHOPOGFREEZE.COM

A CALL TO MEN, CO-FOUNDERS
TED BUNCH & TONY PORTER



A CALL TO MEN

is a national men's organization addressing men's violence against women, and the eradication of sexism, while maintaining strong coalitions with women's organizations already doing this important work. We help to organize communities in order to raise awareness and get men involved in ending violence against women.

A CALL TO MEN believes that ending violence against women is primarily the responsibility of men. Although historically it has been almost entirely women who have been at the forefront addressing this issue, we think it is essential that men play a primary role in the solution to end it. To do that, well-meaning men...men who, for the most part don't see themselves as part of the problem...need to get involved.

By strategizing with groups across the United States, our vision is to shift social norms that define manhood in our culture, and produce a national movement of men committed to ending violence against women. Through seminars, workshops and other educational vehicles, A CALL TO MEN challenges men to reconsider their long held beliefs about women, in an effort to create a more just society. We achieve this by encouraging change in the behaviors of men through a re-education and training process that challenges sexism.


Please join us!

WWW.ACALLTOMEN.COM

A CALL TO MEN
ENDING VIOLENCE AGAINST WOMEN

STAND UP SPEAK OUT

FEATURING
BISHOP
FREEZE




CALLING ALL MEN (THE SOLUTION)

CALLING ALL MEN FROM THE WEST TO THE EAST, THE NORTH AND DIRTY SOUTH
CAUSE THIS VIOLENCE MUST CEASE. CALLING ALL MY CATS AND DOGS AND WELL
MEANING MEN, TAKING A STAND TO END VIOLENCE AGAINST WOMEN. WORKING
TOWARD SOCIAL CHANGE, IT CAN'T STAY THE SAME. END SEXISM AND DISRESPECTING
WOMEN, MANE. DON'T CALL HER OUT HER NAME MAN, LEAVE HER ALONE, AND IF YOU
PUT YOUR HANDS ON HER, HOMOBOY IT'S ON. ENOUGH IS ENOUGH THE DEGRADATION
MUST STOP. WE GETTING INVOLVED BREAKING OUT OF THE MAN BOX. WE GOTTA OWN
AND ACCEPT RESPONSIBILITY. YOU DON'T OWN HER, SHE'S NOT YOUR PROPERTY. WE
STANDING UP AGAINST THIS VIOLENCE IN THE WORLD, PROTECTING OUR MOMMAS,
BABY SISTERS AND GIRLS. IT'S OFF THE HOOK, ALL THESE MURDERS AND RAPES.
CALLING ALL MEN TO STEP UP TO THE PLATE. COME ON!

CHORUS
WE'RE CALLING ALL MEN, RAISE YOUR VOICE, COME ON AND GET IN... GRAB YOUR
BOYS AND YOUR BEST FRIENDS, YOU DON'T SETTLE, I AIN'T GOT TIME TO PLAY, SAY
SOMETHIN, GO SOMETHIN NO TIME FOR GAMES, HEAR ME SHOUT, HEAR ME CALL THIS
OUT TODAY, CALLING ALL MY MEN

VERSE 2
WE GOT TO BREAK OUT THE BOX OF MALE DOMINANCE, CHALLENGE THE ROLE WE
PLAY SUPPORTING THE VIOLENCE AGAINST WOMEN. WE GOTTA STOP THE SINGIN' WE
RAISING OUR VOICE, THIS IS ONLY THE BEGINNING, THE ROUGHNECKS ALWAYS
BRINGIN LADIES DRAMA, YOU CAN'T SLAP HER CAUSE SHE'S YOUR BABY'S MOMMA,
YOU NEED TO STOP TRYING TO BLOW THAT LADY, YOU DON'T OWN HER BECAUSE
SHE HAD YOUR BABY, ADN'T NO EXCUSES, YOU ADN'T MENTALLY ILL, YOU CHOOSING
NOT TO USE YOUR ANGER MANAGEMENT SKILLS, YOU PLAYING CRAZY, THAT'S WHAT
YOU PRETEND TO BE, YOU NEED TO STOP BE ASKING CHEMICAL DEPENDENCY, MANY
ARE CALLED YALL TO BREAK THE SILENCE, IF YOU DON'T SPEAK OUT YOU CONDON-
ING THE VIOLENCE, REAL MEN WHERE Y'ALL AT, WHERE Y'ALL AT THIS IS A CALL TO
MEN TO WATCH OUR SINA'S BACKS, COME ON!

CHORUS
VERSE 3
WE GOTTA EDUCATE AND RE-EDUCATE OUR BOYS, RESPECT WOMEN CAUSE WOMEN
AREN'T OUR TOYS, WOMEN ARE OUR QUEENS A GOD GIVEN GIFT, THIS INDIVIDUAL
SEXISM IT GOTTA SHUT THE SEX, OKES AND THE DISSIN GOTTA END, STOP COLLUD-
ING AND CLOWNING WITH OTHER MEN, CHALLENGE THE TRADITIONAL IMAGES OF
MANHOOD, TREAT HER RIGHT SON, YOU BETTER TREAT HER GOOD, I'M NOT CONDEM-
ING YOU BRO, CAUSE YOU HIT HER BEFO' WE JUST LETTING YOU KNOW WE GONNA
HOLD YOU ACCOUNTABLE, CALLING ALL MEN TO ACCEPT ACCOUNTABILITY, TAKING
DIRECTION FROM WOMEN IN OUR COMMUNITIES, ALL MY WOMEN WHERE Y'ALL AT,
HOLLA BACK! TEACH US HOW TO LOVE Y'ALL AND STOP THE ATTACKS, I'M SPEAKING
OUT SO I'M CALLING ALL MY BROTHERIN, LET'S END THIS VIOLENCE ON OUR WOMEN
THAT'S SUFFERING.

CHORUS
VIOLENCE AGAINST WOMEN IS A PROBLEM THAT EACH MAN MUST OWN AND MAKE
A PERSONAL COMMITMENT TO END, WHILE SOME MEN ARE THE PERPETRATORS
ALL MEN ARE THE BENEFACTORS OF VIOLENCE AGAINST WOMEN, IT WILL NOT
END UNTIL WE AS MEN, DECIDE THAT IT WILL.

BREAKING OUT OF THE MAN BOX (THE CHALLENGE)

CHORUS
BREAK OUT THE MAN BOX
VERSE 1
IT'S TIME TO BRING THIS ISSUE TO THE LIGHT, AND HOLD MEN ACCOUNTABLE, IT'S
TIME TO GET IT RIGHT, NAMING THE PROBLEM, START IT FROM THE BEGINNING,
MEN OWN UP TO STOP VIOLENCE AGAINST WOMEN, BREAK OUT THE BOX,
STARTING A REVOLUTION, BUT FIRST WE GOT TO FIND A PRACTICAL SOLUTION,
YOU LEARNED EARLY AS A BOY BE TOUGH, BOYS DON'T CRY OR WHINE THEIR
ROUGH! YOU FIGHT LIKE A GIRL, HIT LIKE A SISSY, I'M A MAN CAN'T NOBODY DISS
ME, I'M A MAN, I ADN'T NO MAMMA'S BOY, I'LL TAKE A STAND IF YOU BRING THE
DRAMA BOY, BUT BRING TOUGH DON'T MAKE YOU A MACK, BREAK THAT LIE AND
TAKE A STAND, OUR WOMEN ARE DYING AND IT NEEDS TO STOP MEN IT'S TIME TO
BREAK OUT THE BOX.

CHORUS
VERSE 2
WHILE WOMEN ARE ASSAULTED AND VICTIMIZED, WE STAND BACK AND WATCH
THE BAD GUYS, ABUSERS A.K.A. RUFFNECKS, THEY RAPE WOMEN AND THEY CALL
IT ROUGH SEX, TREATEN WOMEN LIKE THEIR VALUE IS LESS, SAYING ALL SHE GOT
IS SOME BOOTIE AND BREASTS, RUFFNECKS DO THE GANG RAPES, WHILE THE GOOD
GUYS WATCH AND JUST PARTICIPATE, THE GOOD GUYS ARE THE WELL MEANING
MEN, JUST WATCHING A KAFFI GO DOWN THAT'S A SIN WHAT'S WRONG YOU
SCARED, YOU GAY, GET YOU SOME IS WHAT THE RUFFNECKS SAY, WELL MEANING
MEN WE GOT TO STEP IN, DENOUNCING VIOLENCE AGAINST WOMEN LET THE RUFF-
NECKS KNOW WE DENAPROVE, WE BREAKING OUT THE BOX SO
Y'ALL, BETTER MOVE!

CHORUS
VERSE 3
WE GOT TO STOP VIEWING WOMEN AS OBJECTS, SHOWING THEM LOVE WITH
EQUAL RESPECT, WE STANDING UP AGAINST THE VIOLENT ABUSE, BREAKING OUT
THE BOX, NO MORE EXCUSES, WHAT WE VIEWING IS A SOCIAL ILL, WHEN WE SEE
AN OUTBURST TELL THAT BRO TO CHILL, WELL MEANING MEN IT'S TIME TO DO
SOMETHING, WHEN YOU SEE A DUDE SLAP HIS GIRL, SAY SOMETHING, WE GOT TO
GET THIS PROBLEM SOLVED, CALLING ALL MEN TO GET INVOLVED, CALLING ALL
MEN TO TAKE THIS SERIOUS, RAISE YOUR VOICE IF Y'ALL FEELING THIS RUFF-
NECKS, STOP MAKING WOMEN BLEED, WE STANDING UP FOR WOMEN LIKE ADAM
DID FOR EVE, STOP HITTING ON HER, KNOCK IT OFF, WE BREAKING OUT THE BOX
DON'T BE SILENT OR SOFT.

CHORUS
VIOLENCE AGAINST WOMEN IS A PROBLEM THAT EACH MAN MUST OWN AND MAKE
A PERSONAL COMMITMENT TO END, WHILE SOME MEN ARE THE PERPETRATORS
ALL MEN ARE THE BENEFACTORS OF VIOLENCE AGAINST WOMEN, IT WILL NOT
END UNTIL WE AS MEN, DECIDE THAT IT WILL.

STAND UP SPEAK OUT (THE SOLUTION)

CHORUS
STAND UP, IT AIN'T GOT TO BE THIS WAY INSIDE, WE GOT TO SPEAK OUT, MEN WE
GOT TO RAISE OUR VOICE, IT'S TIME TO STAND UP.

VERSE 1
THE TIME IS NOW FOR REAL MEN TO STAND UP AND SPEAK OUT! VIOLENCE
AGAINST WOMEN MAKES ME WANNA SHOUT, D.V., RAPES AND SEXUAL ASSAULTS, I
GOT TO KEEP IT REAL, BROTHERS IT'S OUR FAULT!
IT'S PROBLEM, A MANIFESTATION OF SEXISM, IF YOU'RE BRIDE, TRIPPIN BROTHERS
YOU DON'T HAVE TO HIT THEM IT'S A CLUSE ROOTED WAY BACK IN HISTORY, IT'S
TERRIBLE LIKE A FORM OF SLAVERY, BUT THAT'S NO EXCUSE FOR THE VIOLENCE
AND ABUSE, WE FREE MEN IT'S TIME TO START WALKING IN THE TRUTH, STOP
TRIPPIN HOME BOY, DOMINATING YOUR WIFE, YOU'RE ALL STRESSED OUT TALKIN
BOUT TAKING HER LIFE, YOU NEED A CHECK UP FROM THE NECK UP AND RECOGN-
IZE, THE WOMEN YOU MISTREATEN THAT'S YOUR WIFE, SO OPEN YOUR EYES MEN
IT'S TIME FOR CHANGE, STAND UP AND SPEAK OUT IT, 5 TIME TO STOP THE PAIN.

CHORUS
VERSE 2
SHOUTS OUT TO THE BROTHERS THAT DON'T DO THE RIGHT THING, WELL MEANING MEN
TREATING WOMEN LIKE QUEENS, NEVER TREAT THEIR LADY WITH NO DISRESPECT
ALWAYS PUT HER FIRST, WITH NO NEGLECT, BECAUSE SHE'S BONE OF MY BONE
FLESH OF MY FLESH, IT'S TIME TO LOVE YOU LIKE YOURSELF, CAUSE YOU'RE THE BEST
WELL MEANING MEN IT'S TIME TO STEP IN, AND CHECK THIS MESS BEFORE WE ALL
BE CORRUPT, LAYED BACK WATCHING OUR SISTERS GET BEAT, IT'S TIME TO SPEAK
UP MEN AND TAKE THE HEAT, AINSH GOING ON WITH YOUR NEXT DOOR
NEIGHBOR, SAY SOMETHING ABOUT THAT MAN'S BEHAVIOR, THE VICTIM A
FEMALE, A MALE PERPETRATED IT, YA SICK TO YOUR STOMACH AND YOU KNOW
YOUR STRAIGHT HATIN IT, THAT'S A CRIME AND YOU'RE NOT SAYING NOTHING,
CHALLENGE THAT BROTHER KEEP IT REAL, AND STOP FRONTIN'.

CHORUS
VERSE 3
MEN IT'S TIME TO ACCEPT RESPONSIBILITY, AND STOP AFFLICTING OUR WOMEN
VIOLENT INJURIES, THE BLAME IS ON YOU AND THE REST OF US TOO, IF I SIT BACK
AND WATCH YOU BEAT UP ON YOUR BOO, SHE DIDN'T DESERVE THAT, WHY YOU
SLAP HER LIKE THAT? CRACKER JACK CAT! WANNA BE A MACK, DISSIN THAT
QUEEN WITH THAT DEGRADATION, YOU WANT TO SEE HER FALL STRAIGHT HAT-
ERATION, WE GOT TO TAKE A STAND BRO AND GET INVOLVED, TO ENDING THIS
VIOLENCE I'M HOLLERIN AT MY DOGS, TAKE A STAND NO NEUTRAL POSITIONS, WE
GOT TO COME TOGETHER LIKE SOME SOLD OUT CHRISTIANS, OWN UP MEN CAUSE
THAT'S WHAT'S UP MEN, WE CAN CHOOSE TO BECOME PART OF THE SOLUTION,
STOP VIOLATING WOMEN'S HUMAN RIGHTS, RAISE YOUR VOICE MEN IT, 5 TIME TO
FIGHT.

CHORUS

BREAK OUT THE MAN BOX (EMPOWERED BYSTANDERS)

CHORUS AND BACK GROUND VOCALS--BREAK OUT OF THE MAN BOX
IN THE SOCIALIZATION OF MEN WE ARE TAUGHT VERY EARLY ON THE IMPORT-
ANCE OF THE "MAN BOX", THE MAN BOX HOLDS ALL OF THE INGREDEnce OF
WHAT IT MEANS TO BE A MAN IN SOCIETY, AS DEFINED BY MEN, AND EVERY-
THING OUTSIDE OF THE BOX IS SEEN AS WEAK, AND ASSOCIATED WITH WOMEN,
SO AS MEN WE WORK HARD TO KEEP OUR RELATIONSHIP WITH THE MAN BOX IN
TACT, WE DON'T CRY OR OPENLY EXPRESS FEELINGS AND EMOTIONS, WE MUST
BE TOUGH, NO ROOM FOR BEING SOFT, WE MUST OBJECTIFY AND SHOW POWER,
AND CONTROL, OVER WOMEN, ESPECIALLY THOSE WE ARE PARTNERED WITH
WE MUST BE AGGRESSIVE AND SHOW NO PAIN! (X)

THE MEN THAT MEN LOOK UP TO ARE PLATINUM CARD CARRYING MEMBERS OF
THE "MAN BOX", ATHLETES, LAW ENFORCEMENT OFFICERS, HIGH PROFILE
BUSINESS MEN, MILITARY MEN, ALL ASSOCIATED WITH VIOLENCE AND
AGGRESSION, AS MEN WE MUST BEGIN TO EXAMINE HOW OUR RELATIONSHIP
TO THE MAN BOX HELPS TO DEFINE WOMEN AS LESS VALUE, PROPERTY AND
OBJECTS AND HOW IT GREATLY CONTRIBUTES TO THE VIOLENCE THEY EXPERI-
ENCE FROM MEN
DURING GANG RAPES YOU HAVE MEN WHO ARE WILLING PARTICIPANTS,
OTHER MEN WHO ARE COERCED INTO PARTICIPATION BY THREATS AGAINST
THEIR DESIRED MANHOOD, COMMENTS LIKE, "WHAT'S WRONG ARE YOU
GAY?" "YOU DON'T LIKE GIRLS," "ARE YOU SCARED?"

CHORUS AND BACK GROUND VOCALS--BREAK OUT OF THE MAN BOX
AND IN MANY CASES YOU WILL FIND "WELL MEANING MEN" AS BYSTANDERS
NOT WILLING TO STEP UP AND DENOUNCE THE BEHAVIOR, NOT WILLING TO TRY
AND STOP IT, NOT WILLING TO REPAIR THEIR RELATIONSHIP WITH THE
OTHER MEN, WELL MEANING MEN, OPERATING OFF OF THE PRESENCE THAT AS
LONG AS THEY ARE NOT PARTICIPATING THEY ARE NOT DOING ANYTHING
WRONG, NOT UNDERSTANDING THAT AS BYSTANDERS THEY ARE ACTUALLY
PARTICIPATING, THEY ARE IN FACT, GIVING THEIR PERMISSION AND APPROVAL.

"BAD GUYS" DEPEND ON THIS COLLECTIVE RELATIONSHIP, UNDERSTANDING
AND NEGOTIATED DEALS THAT ALL MEN HAVE WITH THE MAN BOX
CHORUS--BREAK OUT OF THE MAN BOX
BREAK OUT OF THE MAN BOX AND CHALLENGE THE TRADITIONAL IMAGES OF
MANHOOD THAT ARE INTENDED TO KEEP YOU IN THE BOX AND SUPPORT MEN'S
VIOLENCE AGAINST WOMEN.

CHORUS

GET IN THE GAME (JOIN THE TEAM)

VERSE 1
MEN, WE GOT TO STOP VIEWING OUR WOMEN AS OBJECTS, SHOWING THEM LOVE
WITH EQUAL RESPECT, WE STANDING UP AGAINST THE VIOLENT ABUSE,
BREAKING OUT THE BOX, NO MORE EXCUSES, WHAT WE VIEWING IS A SOCIAL
ILL, WHEN YOU SEE AN OUTBURST TELL THAT BROTHER TO CHILL, WELL
MEANING MEN IT'S TIME TO DO SOMETHIN, WHEN YOU SEE A DUDE BRING
ABUSIVE SAY SOMETHIN, WE GOT TO GET THIS PROBLEM SOLVED, CALLING ALL
MEN TO GET INVOLVED, CALLING ALL MEN TO TAKE THIS SERIOUS, RAISE YOUR
VOICE IF Y'ALL FEELING THIS ABUSIVE MEN STOP MAKING WOMEN GRIEVE, WE
STANDING UP FOR HER LIKE ADAM DID FOR EVE, STOP HITTING ON HER, KNOCK
IT OFF, WE BREAKING OUT THE BOX DON'T BE SILENT OR SOFT, GET IN THE
GAME!

CHORUS
BROTHERS THE TIME IS NOW FOR US TO STEP UP AND DO THE RIGHT THING, TO
END VIOLENCE AGAINST WOMEN BECAUSE WE ARE THE ONES TO BLAME, WE
ARE NOT INDICATING YOU AS MEN, WE ARE INVITING YOU AS MEN, TO START
WORKING FOR SOCIAL CHANGE, GET OFF THE SIDE LINES AND GET IN THE
GAME!

VERSE 2
MEN IT'S TIME TO ACCEPT RESPONSIBILITY, AND STOP AFFLICTING OUR WOMEN
WITH VIOLENT INJURIES, THE BLAME IS ON YOU AND THE REST OF US TOO, IF I
SIT BACK AND WATCH YOU BEAT UP ON YOUR BOO, SHE DIDN'T DESERVE THAT,
WHY YOU SLAP HER LIKE THAT? IT DEMONSTRATES YOUR WEAKNESS, WANNA
BE A MACK, DISSIN THAT QUEEN WITH THAT DEGRADATION, YOU WANT TO SEE
HER FALL STRAIGHT HATERATION, WE GOT TO TAKE A STAND BRO AND GET
INVOLVED, TO ENDING THIS VIOLENCE I'M HOLLERIN AT MY DOGS, TAKE A
STAND, NO NEUTRAL POSITIONS, WE GOT TO COME TOGETHER LIKE SOME SOLD
OUT CHRISTIANS, OWN UP MEN CAUSE THAT'S WHAT'S UP MEN, WE CAN CHOOSE
TO BECOME PART OF THE SOLUTION, STOP VIOLATING WOMEN'S HUMAN
RIGHTS, RAISE YOUR VOICE MEN, IT'S TIME TO FIGHT, GET IN THE GAME!

CHORUS
VERSE 3
WE GOTTA EDUCATE AND RE-EDUCATE OUR BOYS, RESPECT WOMEN CAUSE
WOMEN AIN'T OUR TOYS, WOMEN ARE OUR QUEENS A GOD GIVEN GIFT, THIS
INDIVIDUAL SEXISM IT GOTTA SHUT THE SEX, OKES AND THE DISSIN GOTTA
END, STOP COLLUDING AND CLOWNING WITH OTHER MEN, CHALLENGE THE
TRADITIONAL IMAGES OF MANHOOD, TREAT HER RIGHT SON, YOU BETTER
TREAT HER GOOD, I'M NOT CONDEMNING YOU BRO, CAUSE YOU HIT HER BEFO'
WE JUST LETTING YOU KNOW, WE GONNA HOLD YOU ACCOUNTABLE, CALLING
ALL MEN TO ACCEPT ACCOUNTABILITY, TAKING DIRECTION FROM WOMEN IN
OUR COMMUNITIES, ALL MY WOMEN WHERE Y'ALL AT, HOLLA BACK! TEACH US
HOW TO LOVE Y'ALL AND STOP THE ATTACKS, I'M SPEAKING OUT SO I'M
CALLING ALL MY BROTHERIN, LET'S END THIS VIOLENCE ON OUR WOMEN
THAT'S SUFFERING.

CHORUS

STAND UP SPEAK OUT IS THE RESULT OF THE COLLECTIVE EFFORT AND VISION OF
TONY PORTER, BISHOP FREEZE AND TED BUNCH. THIS PROJECT HAS BEEN INSPIRED
BY THE WORK OF A CALL TO MEN AND THE COUNTLESS WOMEN WHO HAVE HELPED
US TO UNDERSTAND SEXISM, MALE DOMINATION AND JUSTICE. WE WOULD LIKE TO
THANK OUR LORD AND SAVIOR, JESUS CHRIST FOR THE BLESSINGS AND ABILITY TO
BRING FORTH THIS IMPORTANT MESSAGE AND CREATIVE EXPRESSION.

BISHOP FREEZE GIVES THANKS TO MY LORD AND SAVIOUR JESUS CHRIST, MY WIFE
LAURETHA PARKER AND THE PARKER CHILDREN, MY PASTOR REV. LAWRENCE WHITE
AND THE C.O.F.L.C. #202 FAMILY, TED BUNCH AND TONY PORTER FOR BLESSING ME
WITH THIS AWESOME OPPORTUNITY.

EXECUTIVE PRODUCERS: TED BUNCH AND TONY PORTER - ACT MEN CONSULTANTS
INC., DWAYNE PARKER - FROM CRIME TO CHRIST RECORDZ
ALL MUSIC PRODUCTION OWNED BY BISHOP FREEZE DWAYNE PARKER
#1 INTRO GET IN THE GAME CO-PRODUCTION SNOOPY OF A.B.G.
#2 CALLING ALL MEN CO-PRODUCTION SEIZE
#3 BREAK OUT THE BOX CO-PRODUCTION JACOB BELLEMY
#4 HURTING AND ALONE CO-PRODUCTION SEIZE
#5 BREAKING OUT OF THE MAN BOX CO-PRODUCTION SNOOPY A.B.G.
#6 STAND UP SPEAK OUT CO-PRODUCTION JACOB BELLEMY
#7 WIFE CO-PRODUCTION JACOB BELLEMY
#8 GET IN THE GAME CO-PRODUCTION RICKY BELLEMY
#9 BONUS TRACK - GET IN THE GAME REMIX CO-PRODUCTION SNOOPY A.B.G.

ALL SONGS RECORDED AND MIXED AT CRIME TO CHRIST RECORDZ STUDIOS, TACOMA, WA.

ENGINEERED BY BISHOP FREEZE/ MASTERED BY PACIFIC STUDIOS TACOMA, WA. (253)272-2010

FOR BOOKING CONTACT: INFO@ACALLTOMEN.COM OR
BISHOPFREEZE@GMAIL.COM

DESIGN & ADDITIONAL PHOTOS BY: THOMAS SHEVLIN - THIRDEYE53@COMCAST.NET
PHOTOS PROVIDED COURTESY OF GETTY IMAGES

SPECIAL THANKS TO: THE FIRST LADY, LAURETHA PARKER ON "HURTING & ALONE",
MS. GINA ON "HURTING & ALONE" AND "BREAKING OUT OF THE MAN BOX" AS WELL AS
JASON EMMANUEL ON "STAND UP-SPEAK OUT" AND "CALLING ALL MEN".



STAND UP - SPEAK OUT A CALL TO MEN BISHOP FREEZE

A CALL TO MEN

STAND UP - SPEAK OUT



ENDING VIOLENCE AGAINST WOMEN

- 1. INTRO - GET IN THE GAME (THE PROBLEM) - 2. CALLING ALL MEN (THE SOLUTION)
- 3. BREAKIN OUT THE BOX (THE CHALLENGE) - 4. HURTING & ALONE (THE PAIN) - 5. BREAKIN OUT OF THE MAN BOX (EMPOWERED BYSTANDERS) - 6. STAND UP! SPEAK OUT! (TAKING ACTION)
- 7. WIFEY (THE STANDARD) - 8. GET IN THE GAME (JOIN THE TEAM)
- 9. BONUS TRACK - GET IN THE GAME REMIX

EXECUTIVE PRODUCERS:
TED BUNCH, TONY PORTER, DWAYNE PARKER



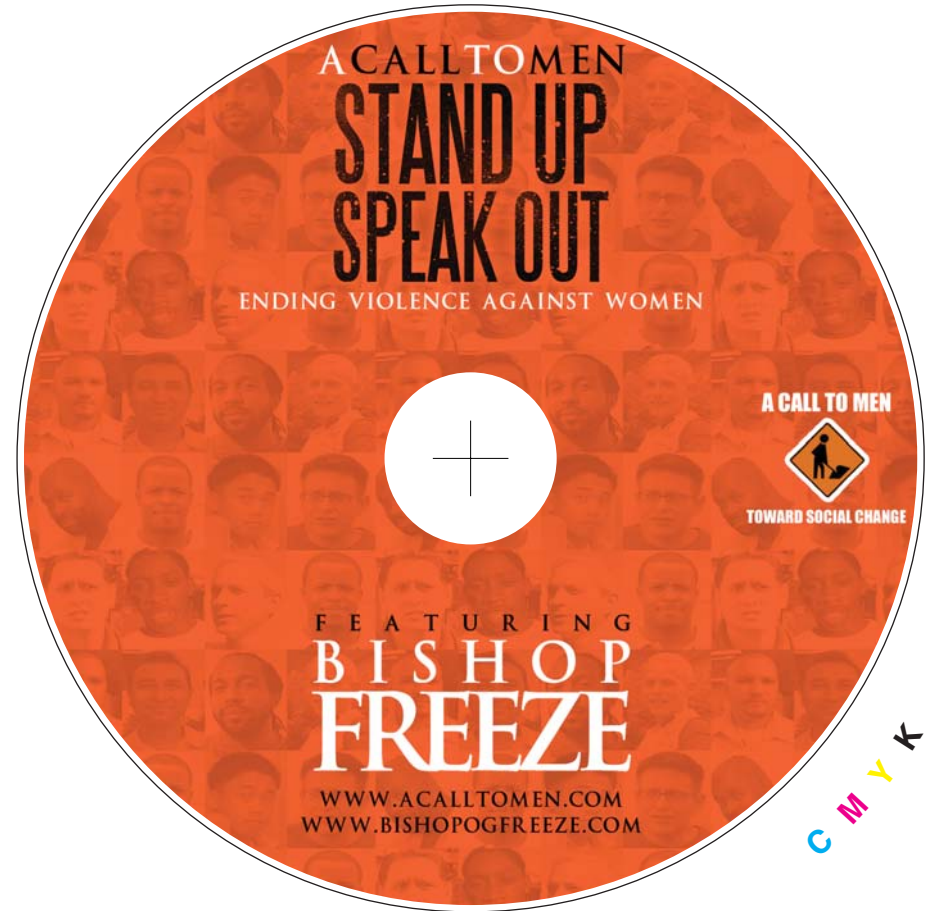
FBI Anti-Piracy
Warning:
Unauthorized
copying is punishable
under Federal law.



WWW.ACALLTOMEN.COM - WWW.BISHOPOGFREEZE.COM

STAND UP - SPEAK OUT A CALL TO MEN BISHOP FREEZE

STAND UP - SPEAK OUT A CALL TO MEN BISHOP FREEZE



C M Y K

Job Name: M05322C
Date Received : 08-29-07
Films Outputted : 08-31-07