“I am not unmindful that some of you have come here out of great trials and tribulations. Some of you have come fresh from narrow jail cells. Some of you have come from areas where your quest for freedom left you battered by the storms of persecution and staggered by the winds of police brutality. You have been the veterans of creative suffering. Continue to work with the faith that unearned suffering is redemptive. Go back to Mississippi, go back to Alabama, go back to South Carolina, go back to Georgia, go back to Louisiana, go back to the slums and ghettos of our Northern cities, knowing that somehow this situation can and will be changed. Let us not wallow in the valley of despair.”

Rev. Dr. Martin Luther King, Jr
“I Have a Dream”
August 28, 1963
New Orleanians Reflect on Dr. Martin Luther King Jr.

by Edwin Buggage

It's been over forty years since Dr. Martin Luther King Jr. made his famous "I Have A Dream" speech on the steps of the Lincoln Memorial in which he talked of a day where judging one by race would be replaced by measuring a person's value by the content of their character. A day where love would replace hate in this debate about race; during his life King rose to great heights before an assassin's bullet ended the life of a man who dared to dream, but it did not kill the dream. While the quest to reach the elusive promise land that he spoke of in his "I've Been to the Mountain" speech has not come to fruition and many of the problems that citizens faced during the times of social upheaval and unrest during the Civil Rights Era are still with us.

New Orleans is a city that's facing problems no other city in modern America has ever faced, and during these historic times many New Orleanians are reflecting on the dream of Dr. Martin Luther King Jr. and the extension of that dream which is the America where the life, liberty, and the pursuit of happiness has been the motto, but the reality in these recent trying times has been difficult, and have people from around the city from all walks of life harboring various views about the state of the dream and will it ever become a reality?

Anthony Bean, founder of the Anthony Bean Acting School has been a beacon light in the New Orleans community helping young people find an outlet for their creativity is one of many New Orleanians who are distressed at what some segments the African-American community has become. "We still have the evil monster of racism lurking upon us, but our biggest problem in 21st century is each other." Continuing his thought with the level of passion and despair evident in his tone he says, "It's the lack of love and respect that we have for each other, the lack of trust we have." I have to go back to James Brown's funeral and think when their was a time when were saying, "Say It Loud I'm Black And I'm Proud" and my question is when did we start disrespecting ourselves calling ourselves by all derogatory terms. This is not just a local thing or southern thing it's a national thing where black folks have forgot to love each other or don't care or as they say it's all about me."

Veteran radio announcer and political consultant Larry McKinley has a mixed view about the state of King's Dream as it relates to the world today. "The dream today as far as black people are concerned is a nightmare, I think Dr. King would be disappointed in the way that we are killing each other, the way the educational system has fallen apart which is in part not our fault, and the way we have lost our feelings for parental involvement with our children, I think he would be very disappointed. I think in terms of his dream he would have never envisioned our community as it is today." But conversely McKinley feels despite some of the problems that persists there have been progress, "I think we've moved forward politically, I think he was focused on equality for racial equality, "I don't think he was larger than the struggle for racial equality, "I don't think he was focused on equality for the races or equity for all God's children as much as he wanted opportunities for all people."

“As and educator, I believe his message was that we should work towards level the playing fields of life so that everyone will have a chance to prosper.”

As many small businesses fight to stay viable in post Katrina New Orleans, African-American businesses who previously scratched by now have to do so with a smaller customer base. Some have had to close their doors, while others hold on and view the future with optimism. William "Poppa' Gant, owner of the Afro House Beauty Salon is the epitome of positivity. He sees a bright future for the city of New Orleans and has a positive view of the progress of MLK's dream. "What King did as it relates to Civil Rights have been very beneficial to us as a people; it has created a lot of opportunities for us." "I think it going to get Continued next page.
Better and better, and I am glad to have been born in that era where I could really see the difference, and even with the troubles one could really be excited about our development and improvement as a people in all areas whether we’re talking economics, spirituality, education. “We are making great progress and I think the struggle for civil rights was a major part of making these things happen and our struggle continues.”

For some African-Americans and particularly those from the Crescent City today is like the passage from the Charles Dickens classic novel ‘A Tale of Two Cities’ it is the best of times and the worst of times. Longtime community activist Fred Johnson, says of his feeling about King’s dream today it is a matter of perception and perspective, “It depends on what window you're looking through and it depends on where you are, if you are a New Orleanian and you’re in Texas and you don’t know how you’re going to get home does it look like a dream to you or a nightmare.”

While the problem of race today is a much different animal to tame and as Hurricane Katrina shown, class has also come to the forefront as one of the pressing issues that is an additional impediment to making King’s Dream a reality as Johnson points out. “If you are in any city and you’re in the ghetto, if you are in another city and you’re underpaid, if you are in another city and you’re undereducated, or if you’re living in deplorable conditions then how do you fit into this dream and do you even have room to dream?”

As the Crescent City remains a virtual ghost town and areas that were once populated now remain hollow shells of their former selves, it is hard for some to think of dreaming. Communities such as the lower ninth ward and parts New Orleans East are still without basic services as homes and businesses still lie vacant. State Senator Ann Duplessis who represents both areas says of the dream, “As we move forward in our Hurricane Katrina recovery effort we realize that we are still fighting to fulfill Dr. King’s dream.” “That all people are being guaranteed the right to life liberty and the pursuit of happiness.” Responding to her witnessing her district and city being in a present state of disrepair, she says the dream takes on a new meaning. “We have Katrina survivors who still are having problems with their most basic needs such as food, shelter, and clothing.” But she sees brighter days ahead, “King spoke of not wallowing in the valley of despair knowing...” Continued on page 6.
The feeling on the night of September 25, 2006 was euphoric among the literal nation of New Orleans Saints fans. As the Saints delivered a 23-3 victory on “Monday Night Football” fans in Harrah’s Casino roared with every successful Saints play. The phrase that probably echoed with every successful Saints play. “America loves an underdog,” says Burchell, and New Orleans’ trials and tribulations certainly qualify Burchell recognizes that a part of fans’ intensified attachment to the Saints is their history-making first-round playoff bye. Then there is also the unexpected label that the Saints have received—“America’s Team.” “America loves an underdog,” says Burchell, and New Orleans’ trials and tribulations certainly qualify the city for that label.

The reversal of fortune started in the off season. With more well-known teams courting him, Drew Brees chose to come to New Orleans where veteran quarterbacks’ careers had often ended in shame. Brees has had the best season of his career. Then there is the player who was almost known as “Mr. Irrelevant”, a title given to the player who was picked last in the NFL Draft. Marques Colston, one of the Saints’ stand-out players, was almost known as “Mr. Irrelevant”, a title given to the player who was picked last in the NFL Draft. Marques Colston, one of the Saints’ stand-out players, was picked fourth to last but has performed like a top pick. Other players whose careers were said to be done, Scott Fujita and Hollis Thomas, joined the Saints and became impact players. The Saints have provided great pride in watching the Saints beat the Cowboys. “Most of the people (in Dallas) have been very nice to (evacuees from New Orleans) but some have been pretty mean,” she says. “So when the Saints came up here and beat up on the Cowboys I just loved it. I wore my black and gold to work the next day and dared somebody to tell me something.” To add fuel to the fire, some Cowboys fans have taken offense at the “America’s Team” label. Cowboys fans dubbed their team so during their heyday in the 1970’s. And then there are the Houston Texans. Once upon a time the Saints were known for their NFL Draft Day and off season blunders. Ironically the Saints were able to pick Reggie Bush, an NFL Rookie of the Year finalist, because the Texans unexpectedly passed on him. Rigby is much more compassionate towards his Houston counterparts than Vanessa is towards her Dallas counterparts. “Hearing Houstonians talk about the Texans’ draft day blunders makes me feel for them because . . . the Saints were the league’s laughing stock for a long time.”

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Today, Mayor C. Ray Nagin along with New Orleans Police Department Superintendent Warren Riley, District Attorney Eddie Jordan, members of the New Orleans City Council and community leaders held a press briefing on Tuesday Jan 9th to outline initiatives to address the crime rate in New Orleans and to discuss critical efforts on the part of the criminal justice system and the community in addressing crime.

The press conference followed a series of meetings Mayor Nagin convened with a number of community leaders to address murder and to develop crime fighting mechanisms for immediate implementation.

“Today, I and the people here today that represent the criminal justice system stand before the city of New Orleans with a pledge that as we rebuild our city, we will not tolerate the same systemic deficiencies that have plagued us for decades,” said Mayor Nagin. “One murder is too many. I am drawing the line in the sand and intensifying the focus on murder in New Orleans.”

The initiatives the Mayor and others outlined today include:

• Expediting the prosecution of murder cases
• Sheriff deputies will assume some routine NOPD duties and free officers to patrol neighborhoods to increase visibility and prevent crime
• Drug and alcohol stops between the hours of 2 a.m. to 6 a.m.
• Implementation of a Court Watchers program to offer community support to victims and witnesses in the courtroom
• Community Walks throughout the city to promote healing and community involvement in fighting crime
• Clergy Family Intervention plan through which pastors will visit the families of victims on the crime scene
• No Way Out Program created by Clergy members and aimed at giving youth an alternative to a life of crime

“We are increasing accountability and transparency in the Criminal Justice System,” said Mayor Nagin. “We understand that government alone cannot solve this problem. We need residents to continue to organize, march, and to continue to let your voices heard so that together we can reclaim and rebuild One New Orleans.”

The press briefing was held on the street of the first murder of 2007 located at the 300 block of Fourth Street at South Liberty and LaSalle. Since January 1st, the New Orleans Police Department (NOPD) reported eight (8) murders in the city representing an average of one murder a day.

Thanks to the support of the African American community, Democrats took back both the House and Senate and gained several new Governorships and state legislatures. But the hard work is still ahead of us. Elections are not a mandate - they are power on loan from the people. Democrats will fulfill our promises to make our nation safer, our economy fairer, and health care more affordable.

As we celebrate Dr. Martin Luther King Jr. and his dream, we recommit ourselves to working together to build a better America for everyone.

Governor Howard Dean
Democratic National Committee Chairman
that somehow the situation that caused so much suffering can and will be changed.” She continues with her words of optimism and hope by saying, “It is important that we continue to recognize that we have a long way to go, but I believe that if we continue to be diligent and work together we shall overcome.”

As we have moved to a new time where some of the physical barriers have been removed a new generation of African-Americans have come of age where the problems of race are less evident, but are present nonetheless. Over the past thirty years a new generation of voices has spawned from the community via hip-hop music. Despite criticism from some sectors of society that deems it as anti-social, and promoting stereotypes and deviant behavior for better or worse since its inception into the public consciousness it has more than any other art form in contemporary times articulated the aspirations and spoke to the conditions in the African-American community. And today has been co-opted as the voice of the youth around the world, Roger “Raj Snooove’ Dickerson Jr. a New Orleans native and is the former Music Director KNOM 104.5FM, club DJ, and music producer who has produced music for many artists including chart topping Cash Money Records recording artist Lil Wayne.

Talking about his generation and how they relate to the dream and how the music is important in invoking, and promoting the ideas and concerns of his generation, “Hip-hop music has been the voice of the culture and the generation, what we see in hip-hop is in effect what’s going on in the neighborhoods, communities and in the family lives.” But he expresses concerns about the turn it has taken in previous years and how it has digressed, “I remember when artists like Public Enemy, X-Clan, Queen Latifah, Boogie Down Productions and others talked about uplifting the community, but today you don’t see that as much.”

In today’s age there seems to be a generational gap where the tradition of continued struggle has ceased explains Dickerson, “Many of our young people today might have heard stories about the struggle but they haven’t lived it.” “I remember stories that my dad told me about playing in Storyville and other places in the French Quarter where he had to play behind a curtain in the back because he was a black piano player in a white club, and that’s not my experience, I’ve never had to DJ behind a curtain, so a lot of the battles they had to fight, and things they had to put up with we didn’t have to so I think we don’t have the same understanding and the fire previous generations had where there is a clear cut enemy where racism had a face with things like Jim Crow Laws and things in place that kept us as second class citizens.” Echoing the sentiments of Fred Johnson he says, “Today’s struggle is as much about class as it is race, but it just happens that a great deal of the people who are in poverty are African-American.” Speaking further about how there is generational schism, “As a generation I feel we don’t have a full appreciation of what these people went through, but I think we as a people need to work together to fix a lot of the things that stop us from progressing as a people.”

It goes without saying that problems still persist and the dream of Martin Luther King Jr. as is the American Dream is a work in progress. Many strides have been made, but the journey towards racial and class parity is still a pressing issue that faces this nation. Hurricane Katrina showed the country the face of the city’s dispossessed and disenfranchised at its darkest hour. But as the old adage says it is always darkest before the dawn, and hopefully these are the days that lie ahead for the country and the region during these historic times. Where people can put away the divisions of race, class, and be one people building together for a new generation, and where the elders can lead the young, passing the baton so they can be the leaders leading future generations to the greener pastures of all people living with human dignity and having respect for each other, and where we can live in a time where we can stop discussing MLK’s dream, because it will be a reality.
Steve Harvey Morning Show Airs In New Orleans

If you have been waiting for Steve Harvey to come to New Orleans, you don’t have to wait any longer. Q93 began airing the Steve Harvey Morning Show starting Monday, January 8 on Q93 (93.3 FM and online at www.Q93.com).

Steve Harvey is a multi-media superstar. He hit the 2004 silver screens with two movie releases, box office smash “You Got Served” and “Johnson’s Family Vacation” re-uniting him with Cedric the Entertainer.

After completing a second season of the WB’s “Steve Harvey’s Big Time Challenge” his latest blockbuster animated live action family film “Racing Stripes” hit theatres last January, and featured the voices of Dustin Hoffman, Whoopi Goldberg and David Spade.

And if film and TV aren’t enough, Harvey is stirring the heels of his popular daily morning drive radio show, “The Steve Harvey Morning Show.” His radio show is syndicated by Premiere Radio Networks and airs in 25 markets including New York, Los Angeles, Chicago, Dallas, Washington, DC, Detroit, Charlotte, Kansas City, Atlanta, Philadelphia and now-New Orleans, LA.

In 2007 Harvey returns to his roots as a stand-up comedian when he kicks off a 15-city King and Young King of Comedy Tour with his nephew, Thomas Miles from “The Steve Harvey Morning Show,” as his opening act.

Always known for his impeccable and undeniable style, designers on all fronts have joined forces with Harvey in the creation of “The Steve Harvey Collection” which features suits, shirts, ties, hats, accessories and shoes.

A native of Cleveland, Ohio, and the youngest of five children, Harvey continues his unending pursuit and commitment to further opportunities in high schools throughout the country with generous contributions from the Steve and Mary L. Harvey Foundation. In addition, Harvey is currently a spokesperson for Ford and Tracfone.

The Steve Harvey Morning Show will airs in New Orleans on Q93 (93.3 FM and online at www.Q93.com) from 5-9 a.m. Monday thru Friday.

Stand with Stan

Stan Barre’s generosity didn’t just begin when he became a successful businessman. He’s been a giver all of his life. He’s the first one to buy a round of drinks or pick up a dinner tab. If a friend needed a loan and couldn’t get it from a bank, it just took a phone call to Pumpy. And over the past 20 years, Stan has been quietly contributing to numerous charities, civic, church and educational institutions.

Born and raised in the lower 9th Ward, Stanford P. Barre, Jr. inherited his father’s nickname “Pumpy.” He was educated at St. Augustine High School and served in the United States Army. After receiving an “Honorable Discharge”, Stan joined the New Orleans Police Department where he became a highly decorated officer. In 1977, he was named “Policeman of the Year”.

Stan Barre’s first venture into the business world as a connoisseur at the 1984 World Fair was a total bust. Never one to be discouraged, he quickly followed that by opening Pumpy’s Jazz Club in the 7th Ward. From there, his entrepreneurial juices began to flow. Today, Pumpy’s Creole Kitchen has become one of New Orleans finest restaurants. His catering company (Crystal Catering) has served almost every Mardi Gras organization in town. He is a joint venture partner as the connoisseur at the New Orleans Louis Armstrong International Airport. Mr. Barre was a co-owner of the New Orleans Brass Hockey Team. Stan is also the Founder and Board Chairman of Tieme Cottages, a non-profit organization and President of Common Street Ventures, a consulting and parking Development Corporation.

Stan has been married to Barbara for 40 years. They have 3 children and 7 grandchildren.

Stanford P. “Pumpy” Barre Jr. is a true success story. He’s never forgotten where he came from. Never forgotten his roots. And never forgotten the less fortunate.

We are proud to call him friend.

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Hazel Trice Edney
NNPA Washington Correspondent
WASHINGTON (NNPA) – If he were still alive, Dr. Martin Luther King Jr. would be turning 78 on Monday, Jan. 15. And more than likely, he would still be preaching the gospel on behalf of the oppressed. Even in death, his former aides say, King still provides an example for us to follow.

“Martin was theologically grounded to keep the boycott morally based and spiritually motivated,” says the Rev. Joseph Lowery, 85, who co-founded the Southern Christian Leadership Conference with Dr. King in 1957. “Martin's training and personal commitment to love everybody, came shining through in his leadership. He was willing and did endure unearned suffering without bitterness and hate… ‘We must hate the sin while loving the sinner.’”

The 381-day Montgomery bus boycott that began in Dec. 1, 1955 was the first major civil rights leadership role for Dr. King, a young preacher then only 26 years old. Rosa Parks, a young seamstress, was arrested for refusing to sit in the back of the bus. But, by then, King had received his bachelor of divinity from Crozer Theological Seminary. He was pastor of the Montgomery’s Dexter Avenue Baptist Church.

He also had been severely tested.

“I was present when he addressed media following the bombing of his home,” says Lowery, the dean of the civil rights movement. “I was present in Birmingham when, as he was speaking, a young White man leaped upon the stage and struck him in the face before anyone could intervene. I marveled at his refusal to insist that the confused young man be arrested, but engaged him in dialogue with forgiveness and compassion.”

He not only had passion and compassion, but he always had a plan, says Jesse Jackson Sr., who dropped out of the Chicago Theological Seminary in 1965 to participate in the Selma-to-Montgomery March for voting rights.

“He planned and then acted on the plan,” says Jackson. “For example, our last staff meeting we had with him, his last work day, we were planning a Poor People’s Campaign to organize for jobs and income and health care for every American. He was pulling together a multi-racial coalition of Blacks, Hispanics, Latinos and Native Americans.”

Today’s leaders should take a lesson from that, says Jackson.

“The King week should be the busiest week for voter registration and voter restoration for those 5 million who have lost the right to vote. And for the ending the war in Iraq because it’s taking away the budget we need for development,” Jackson says. “That would be a very simple plan, a plan for action.”

“I met Martin for the first time in Boston at a seminar when he was attending Boston University,” Lowery remembers. King received his doctorate of philosophy from Boston in 1955. “He was a warm, friendly brother whose intellect and spirituality were obvious, but not ostentatious,” says Lowery, then pastor of the Warren Street United Methodist Church in Mobile, Ala. He said they met again after King began in Montgomery, Ala., at an Alabama Council on Human Relations meeting.

Dr. King didn’t just surround himself with senior warriors, he used wisdom to mix seasoned civil rights leaders with the youth, says the Rev. Willie T. Barrow, a longtime member of the Rainbow/PUSH board of directors and minister of justice at the Vernon Park Baptist Church in Chicago.

“He was able to get the weak and the strong. He put those two together. And many leaders are not able to do that. They've got to have a 'yes' person, a person that would agree with them on everything, practically, but that was not him,” says Barrow.

Though fighting mammoth battles for civil rights, he also had the patience to intervene in staff conflicts, she recalls.

“He had the ability to listen with inner-city young people like Jesse Jackson and Andrew Young,” Barrow recalls. “He had the ability to listen and then to think things through and then say, ‘Now, I’ve been sitting here for an hour and I’ve been listening to you all.’ And then he would make us look at each other, talk to each other and if somebody was supposed to apologize, they would apologize. To me that was so unique.”

Envisioning the future, Lowery says he doubts that there will ever be another King-like leader.

“Media, among other factors, will do everything possible to preclude such circumstances,” Lowery says. “There are many leaders in many areas of the Black experience. The civil rights movement has inspired many to be vigilant and alert and take a stand for justice, even in their respective fields. Elected officials, educators, journalists, preachers, business persons, corporate execs, as well as the civil rights technicians are involved in the struggle in diverse ways…So perhaps there is less need for one leader…if ever there was [just] one.”

Team leadership remains the key to winning, says Jackson.

“He would often say, ‘Don’t give me all the credit. Give credit to my ground troops,’” recalls Jackson. “He had a team of us. We think of Dr. King and we see pictures of Dr. King and we think, ‘There he is. He had a dream.’ But, he also had a team…And we’re still that team.”
There go the neighborhoods

By Tom Farley, M.D.

Bike paths, parks and sidewalks aren’t frills, but it turns out they’re a bit too "visionary" for us.

Those of us who suffered through a year of painful planning meetings sensed that it was happening, but last week we got the final word. The money is gone.

The only elements of Unified New Orleans Plan that will be funded, we’re told, are “recovery” items. We can forget "visionary" items, including bike paths, playgrounds and beautification.

Troy Henry, a consultant to the planning effort, said leaders are trying to stick to the Louisiana Recovery Authority’s call for a plan that will simply help the community recover. He said they want to avoid criticism that we’re asking for too much. Sixteen months ago, the story was different. Then, I stood outside a barricaded Jackson Square, where President Bush promised the nation that “the work that has begun in the Gulf Coast region will be one of the largest reconstruction efforts the world has ever seen.”

The Associated Press reported then that “rebuilding across the devastated region is expected to cost $200 billion or more in the near term.”

Some of us, imagining $200 billion pouring into a ruined city, saw the greatest opportunity in American history to rebuild a wonderful place that maintained the charms of the old New Orleans and also fixed its many problems. How could so many billions have disappeared so quickly?

First, the $200 billion never materialized. The $62 billion that was approved dwindled fast.

After FEMA’s botched emergency relief effort and their multibillion-dollar recovery contracts, the state was left with $10.4 billion for community development. Then the LRA gave private homeowners, businesses, the hospital system, schools and a long list of others nearly all of those funds, leaving New Orleans neighborhoods only $116 million. That is just 4 percent of the $3.3 billion the Lambert group estimated we need.

It makes me wonder what exactly we are rebuilding here.

Do people really want to rebuild their houses only to live in a pock-marked wasteland of vacant lots and half-filled strip malls? Yes, we need hospitals and schools, but what about people who are trapped in their houses because the sidewalks are treacherous chunks of concrete, the streetlights are decapitated and neighborhood playgrounds have been replaced with puddles and debris?

Katrina didn’t just destroy buildings; it also destroyed neighborhoods. Bike paths, street lights, sidewalks, walkable commercial centers, playgrounds and other areas where children play and neighbors talk to each other are not frills. Safe common areas are what makes a bunch of houses a neighborhood. Hundreds of people in dozens of neighborhoods eagerly came to planning meetings. Ideas poured in. You can dismiss beautification as “visionary,” but the fact is that quality of life is important to people here, and it is becoming increasingly important as an economic development tool nationally.

Walkable, active neighborhoods also happen to be healthy neighborhoods. Most of the leading killers of our time – heart disease, diabetes, cancer – can be prevented by physical activity, and some of the best ways to get the daily physical activity we need is to walk for errands or jog in a nearby park.

It seems that the billions the federal government is sending us for community development have all been spoken for – by individuals who want their houses back and institutions that want their buildings back. It’s hard to blame them for asking. But great neighborhoods are much more than buildings. In the long line of petitioners for the federal dollars, why should neighborhoods be dead last?

Tom Farley is a professor at Tulane University. His book, “Prescription for a Healthy Nation,” was recently published by Beacon Press. His e-mail address is tfarley@tulane.edu.
Life Insurance as a Key Element of Financial Planning

Abstract: Investments are only one part of a long-term financial strategy. Insurance can be just as critical. Without proper protection, an unexpected death could cause a financial plan to collapse.

When thinking about their financial futures, many people focus solely on their investment strategy. The questions that they most often ask are how will they reach their financial goals for retirement, college for children, and other long-term needs.

Life insurance is a cornerstone of financial planning because investment plans usually assume that you will live to your life expectancy so that your income will continue to be generated until retirement. But what happens if there is no income because of the death of a breadwinner? How will your children fund their college education? How will your spouse live in retirement? What happens to the assets you’ve accumulated if there is no insurance to cover everyday expenses?

Life insurance can be an important addition to any financial plan, designed to help your family meet current or future needs. Life insurance can help cover immediate expenses and can provide long-term protection of the assets you’ve earmarked for your family’s future. For example, insurance will help pay for final expenses, such as unpaid medical bills, funeral expenses and estate settlement costs. Also, life insurance can help provide the money to meet the ongoing costs of running a household without dipping into savings and depleting assets needed for the future.

The Death Benefit proceeds from a properly structured life insurance policy received by your beneficiary are generally free from Federal income tax and can help put the children through college and continue building a retirement nest egg for loved ones.

Keep your insurance up to date with your changing needs

It’s not enough to buy a life insurance policy once and forget it. As our lives change, we need to re-evaluate our insurance coverage to ensure that it continues to meet changing needs.

Consider:
- How long ago did you buy your life insurance? Were your family circumstances different?
- Have there been changes in your family’s income, savings, debt or financial goals that could impact your insurance coverage needs?
- If you have term coverage, what is the duration of the coverage? Will it be long enough to provide protection until your children are through college? Will it help protect your spouse’s retirement assets?
- Do you anticipate any significant changes in your financial situation?
- Have you reviewed your insurance in light of your long-term savings goals?
- Who is your beneficiary? Is this who you want to get the proceeds today? Can this beneficiary manage the cash provided by the life insurance?

As you consider these questions, take time today to review your present life insurance coverage. Talk to your financial professional about reviewing your existing coverage to determine if it is adequate to help assure a sound financial future for your family. AXA Advisors, LLC does not provide legal or tax advice. Please consult your tax or legal advisor regarding your individual situation.

Don Smith offers securities through AXA Advisors, LLC, (member NASD, SIPC) 1555 Poydras Street, Suite 2000, New Orleans, LA 70112, 504-524-8771 and offers annuity and insurance products through an insurance general agency affiliate, AXA Network, LLC and its subsidiaries.

In many ways, the day was like any other. Ben, who always ate a healthy diet and knew the importance of regular exercise, headed out for his usual morning jog. Sadly, when he returned home, my dear friend Ben Ruffin collapsed and died of a massive heart attack. He was just 64 years old.

Unfortunately, Ben’s story isn’t unique. We hear grim tales just like his every day in the news and through our friends and our families. Cardiovascular disease, which includes heart attack and stroke, is the leading cause of death for African-American men and women. According to the American Heart Association (AHA), each year it takes more than 100,000 people from their loved ones and families far too soon. More than 40 percent of all African-Americans have high blood pressure (hypertension), one of the most critical indicators of cardiovascular health.

When you think of someone having a heart attack, you might think of someone like Ben â€“ a middle-aged man. The truth is cardiovascular health isn’t just a “man’s issue.” Seventy million Americans have heart disease, which is the leading cause of death in the US. But did you know that over half of those – 54 percent – are women? Surprised? You’re not alone. Many women believe that cancer is more of a threat to their well-being, but they’re wrong. The AHA reports that nearly twice as many women in the United States die of heart disease and stroke as from all forms of cancer, including breast cancer.

Much of the burden of heart disease and stroke could be eliminated by reducing its major risk factors, according to the Centers for Disease Control and Prevention (CDC). Those risk factors include high blood pressure, high blood cholesterol, smoking, diabetes, lack of exercise and poor nutrition. You’ve heard it before, but I’m going to say it again - lifestyle choices, like what you eat and how much you exercise, play such a critical role in preventing all kinds of potentially devastating diseases, not the least of which is heart disease. Even the ways you respond to stress may play a role in your cardiovascular health because unhealthy responses to stress may lead to other risk behaviors like smoking and overeating.

My friend Ben was 64 when he had his fatal heart attack – a little younger than the average age of 66, according to the CDC. But it’s not just those with gray hair that need to know how to keep their hearts healthy. In a recent survey published by the American Journal of Epidemiology, researchers were surprised to find that most young adults did not know the major risk factors for heart disease. Many bad habits that are risk factors for developing heart disease later in life, like diet and exercise patterns and tobacco use, begin when we’re young. It takes years, and in some cases decades, for those bad habits to catch up with us. Young people need to know their future heart health is shaped by the choices they make today. But there are things that contribute to your risk for developing heart disease that you can’t control â€“ like age and family history.

In addition to lifestyle changes, your doctor may choose to prescribe prescription medicines. The good news is there are 146 new medicines in the pipeline that can treat or prevent dangerous cardiovascular conditions and stroke. Available heart disease and stroke treatments have helped reduce the death rate from these conditions by half over the last 30 years. The difference these treatments are making is astounding. According to the National Heart, Lung and Blood Institute (NHLBI), as many as 815,000 more Americans would die from heart disease and 250,000 more would die from stroke every year without these medicines.

Patients who need help accessing their prescription medicines can turn to the Partnership for Prescription Assistance, a national clearinghouse of patient assistance programs sponsored by America’s pharmaceutical companies. Since April of last year, the Partnership for Prescription Assistance has helped connect more than 3 million patients in need to programs that provide either free or nearly free medicines. For more information, patients can call 1-888-4PPA-NOW or visit www.pparx.org.

Awareness is the first step in combating heart attacks and stroke, and its precursors such as hypertension. Visit your physician regularly so they can catch any irregularities early. Like with my dear friend Ben â€“ just because you look great on the outside, doesn’t mean your insides are keeping up. Eat right, exercise regularly, and if your doctor prescribes you a course of medicines make sure to take them exactly as prescribed. It’s important - skipping doses or forgetting refills can have a serious impact on the effectiveness of your medicine. We must remain vigilant because no matter what our age, sex or race, heart disease affects us all.

Larry Lucas is the vice president for Pharmaceutical Research and Manufacturers of America (PhRMA).
NEW ORLEANS (AP) — Two shotgun blasts were fired into the home of the town's mayor, who says he had been cursed at before but never physically threatened.

Police stepped up security after the shots were fired early Monday at the home of Ernest Lampkins, who was elected in 2004 as the first black mayor of the small, predominantly white northwest Louisiana town.

An NAACP leader on Tuesday called for an FBI investigation. One slug left a hole the size of a baseball in a glass panel separating the living room from the family area, and another lodged in a wall. No one inside the house was injured.

Police Chief J.D. Dunn said he didn't know why it happened or who was responsible.

Officers increased security at the mayor's home after the shots were fired Monday and used handheld metal detectors to check people entering Monday's Board of Aldermen meeting.

"We don't know if the shooting was racially motivated. We have nothing to suggest that at this point," said James Pannell, head of the Shreveport chapter of the National Association for the advancement of Colored People, but he said the group is concerned because Lampkins is black.

Agents at the FBI's Shreveport office did not immediately return a call seeking comment. "Anytime you shoot in someone's house, there is intent to kill," Lampkins said.

The mayor said about 10 people in the town of some 2,600 residents oppose everything he does. "They're really anti-administration. They are not team players. They are citizens who have a vendetta," he said. "I'm not saying they have anything to do with it, but they have created an atmosphere to making such things possible."

"It could be I'm black or the fact that I defeated the acting mayor," he said. Lamphkin, a retired educator, has lived in Greenwood, 10 miles west of Greenwood Mayor Ernest Lampkins talks about the shots that were fired into his home early Monday morning. He is standing near the broken glass of an inside door damaged by one of the shots. Photo by Jim Hudelson

Shreveport, for about 20 years. He said he found a "For Sale" sign posted in his yard in December but has never faced physical threats.

"I enjoy what I do in terms of being mayor," he said. "The only thing that has bothered me is the invasion of my home and the personal safety of my family."

Caddo Parish Sheriff Steve Prator said charges in the case will depend on motive. "If it was intended to intimidate, then you have a realm of hate-crime," he said.

Greenwood is about 150 miles north of Westlake, where Gerald Washington, that town's first black mayor, was found shot to death in a parking lot Dec. 30, a few days before he was to take office. The coroner and the sheriff pronounced Washington's death a suicide, but his family and supporters have questioned the ruling.
What’s in a Name?

by David Sylvester

I recently completed a charitable bicycle trip in Africa, riding over 7000 miles from Cairo, Egypt to Cape Town, South Africa. The trip made me the first and only American African to cross two continents on a bicycle. I have plenty of great and fascinating stories. Many are funny, others bittersweet, some are poignant, but all are entertaining. Surprisingly one story has stood out and if it was not for the fact that I have a picture of it, many would never believe it. It is for that reason that I am sharing it with you.

While in Lilongwe, Malawi, I came across a store by the name of “Niggers.” That’s right “Niggers”! The other riders, who were all white, could not wait to inform me of this to see my reaction. Initially, I thought that it was a very bad joke, but when the other riders were adamant about the existence of the store, I had to see it for myself.

What I found was a store selling what the owner called “hip hop” clothing. It was manned by two gentlemen, one of them asked! (Talk about living up to or in this case down to a stereotype.) I asked the guys what was up with the store name? After hearing my obvious non-Malawian accent and figuring out that I was from America, the man thumped his chest proudly and said “P-Diddy, New York City! We are the niggas!”

My first reaction was to laugh because many things when isolated can be very funny, but it quickly dawned on me that this was so not funny at all. It was pathetic. I did these bicycle trips across the USA and throughout the ‘Mother Land’ in honor of one of my good friends, mentors and fellow African American, Kevin Bowser, who died on 9/11. Here I am, a black man, riding across the world on his bicycle in honor of another black man, riding ‘home’ and what do I see? Some Africans calling themselves niggers! They were even so proud of it they were asking people to ask! When I relay the story to folks back home in Philadelphia, most of them will laugh too and realize it by saying, “well, we can say it to each other” or “there is a difference” or even “they just spelled it wrong.” It should have been “Nigga’s” or “niggah’s.” Gee, like that would make a difference.

The issue is not the spelling. I was wrong. We are wrong. There is no justification for an infraction of this magnitude. The word and the sentiment behind it is flat out wrong! We have denigrated and degraded ourselves to the point that our backwards mindset has spread like a cancer and infected our source, our sisters, our brothers, our Mother Land. I have traveled all over the world and have never seen a store by the name of “Jew Devils”, “Spic Bastards”, “Muf-Divin Dykes” or anything like that! Only the store Niggers!

I am to blame for this. Every time I said the word I condoned it. By not correcting others or rationalizing it I gave it respectability. By looking the other way when others said “hey nigga what’s up” I allowed others to see it and ultimately that when I purchase CDs, DVDs, t-shirts and other stuff, I enriched it. I now see the error in my ways and I am so sorry black men and women. The flame that we call entertainment, which was only meant to warm and entertain us, now engulfs us and scorches our own self-esteem. If a child only knows to refer to men and women as niggers, bitches, pimps and hoes, then what is he/she to grow up thinking of themselves and others as he/she gets older?

This is no joke. The bottom line is this, I rode over 12,000 miles on two continents through 15 states and 13 countries and broke two bikes in the process to get to a store in Africa called “Niggers.”

I am willing to step up and admit my part in the havoc that we have wrought on our mindset, but I think that we are all to blame. I will finish with this:

If you don’t like being called a nigger, bitch, faggot, dyke, spic, Jew dog, wop, towel head or anything ilk, then think. Think before you speak those words, write those lyrics, support that rhetoric and most of all think before you purchase! Purchasing is akin to compliance. I may like the beats and rhythms of some songs but I cannot support it anymore. You rappers are intelligent, find another word to describe yourselves. And “if they call you a nigger it’s one thing, but if you answer to it then there is really something wrong.” “It ain’t what they call you, it’s what you answer to.” Bill Clinton.

David Sylvester is a personal trainer, who teaches health to adults in Philadelphia.

The commentary above attempts to address the common use by Black folk today of the word Nigger. Recently, the incident with “Sinfeld,” actor Michael Richards (Kramer) using the word in a debasing and flagrant manner during his comedy club act, was more than an example of, ‘When Keep, It Real Goes Bad!’ It became a clarion call for a moratorium on the word by many of our Civil Rights Leaders including Rev. Jesse Jackson, and others. Many others are siding in defense of the word being used by Blacks like Rev. Dr. Michael Eric Dyson.

Use of the word has been labeled a ‘term of endearment, and a source of empowerment for our people by many in the Hip Hop generation, and the word is used ad-infinitum by rappers and singers on records, actors in movies, and our sons and daughters on the corner, at school, in the barber shop and on MySpace. Debates across the country are taking place on the radio, at conferences, on the television, and in living rooms. This word has again become a hotbed of controversy.

Data News Weekly would like to know how you feel about the use of the word today. Do you condone the word? Do you think it has changed in meaning with the change in spelling? Will you allow your child to refer to themselves openly as a Nigger, Nigga, Niggah, Nicca, or any other form of the word. Will you let them refer to you that way? If so Why? If not, Why?

Sound off, we will be running a feature on this topic in the Feb 10 Issue of Data, and you can be a part of speaking to this issue. Make your comments on Talk Back and include your photo so it can run with your comments in the paper.
DENVER – An attorney for a 3-year-old man facing police questioning in the slaying of Denver Broncos cornerback Darrent Williams said that his client knows nothing about the shooting.

In the first public comments made on his behalf, Willie Clark's attorney, Michael Andre, also said his client's arrest for a parole violation is the result of mistaken identity, Denver media reported.

Andre did not immediately return a call left at his office by The Associated Press.

"My hope is to start clearing this man’s name," Andre said after meeting with Clark for about 40 minutes Monday at the Denver City and County Jail. "Mr. Clark does not have any information concerning the Darrent Williams investigation."

Williams was shot as he drove away from a New Year’s Eve party at a nightclub. Police won’t say whether they know the motive for the slaying but have said there was an altercation at the club.

Denver Police have not called Clark a suspect but said they hoped he could provide information that could help solve the case. In a statement, police said there were no new developments in the case.

Clark grew up in the same neighborhood as 8-year-old Brian Hicks, of Denver, who is jailed on unrelated drug and attempted murder charges. Hicks is the registered owner of a 1998 Chevrolet Tahoe that is similar to witnesses' description of a vehicle used in the shooting, Andre said.

Hicks has been jailed since Nov. 9 on a charge of possessing drugs with intent to distribute. He also is accused of shooting at a woman who was later killed a week before she was to testify against him.

Russell to announce his intentions this week

LSU quarterback JaMarcus Russell will announce Wednesday whether he is entering the NFL draft.

A school spokesman labels recent reports that the quarterback had already decided to turn pro as "premature."

Russell threw for 332 yards and two touchdowns in last week’s Sugar Bowl rout of Notre Dame and at six-foot-six, 257 pounds would likely be a first-round pick in April’s draft. If he turns pro, Russell would end his LSU career with six-thousand, 525 yards and 32 touchdowns in three seasons.

He was a full-time starter to past two years.

If Russell were to remain in school, he’d begin next season as a leading Heisman Trophy candidate and help strengthen the Tigers’ chances to contend for a national championship.

Like Dr. Martin Luther King,
I have a dream of New Orleans coming back and being a viable and strong city for all!

Honorable Dale N. Atkins
Civil District Court Clerk

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Monday, January 15
5:30 – Lars Edegran
8:00 – Mark Braud

Tuesday, January 16
5:30 – Lars Edegran
8:00 – Cindy Scott

Wednesday, January 17
5:30 – Lars Edegran
8:00 – John Boutte

Thursday, January 18
5:30 – Lars Edegran
8:00 – George French

Friday, January 19
7:00 – Amasa Miller
9:30 – Leah Chase

Saturday, January 20
7:00 – Amasa Miller
9:30 – Ingrid Lucia

Sunday, January 21
5:30 – Amasa Miller
8:00 – Philip Manuel

Entertainment subject to change.
20% off

Discount taken at register. See store for details.

ALL SPECIAL ORDER CARPET
Offer valid 1/11/07 - 2/3/07.

10% off

Discount taken at register. See store for details.

ALL IN-STORE WHIRLPOOL WASHERS AND DRYERS $397 OR MORE
Offer valid 1/11/07 - 1/15/07. Purchase price excludes taxes and delivery. Not valid on Special Order, previous sales or installation fees.

ALL IN-STORE CHROME WIRE SHELVING
Applies to assortment #25833 only.
Offer valid 1/11/07 - 1/30/07.

FREE GIFT CARD
Via mail-in rebate with purchase of any in-stock ceiling fan $99 and above.
Offer valid 1/11/07 through 1/15/07. See store for details.

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