

Lighting The Road To The Future

New Orleans

Data

News Weekly

"The People's Paper"

**One on One with
Soledad O'Brien**

Data Zone

Page 5

FREE
COPY

December 4 - December 10, 2010 45th Year Volume 27 www.ladatanews.com

The Face of AIDS

**Data News
Special Report**

The Soul of New Orleans

Page 2



**Data
Around
Town**

Page 6

**Bayou
Classic
Highlights**



Page 10

Rae Lewis-Thornton

The Face of AIDS



Longtime AIDS survivor and Activist Rae Lewis Thornton at home relaxing with her dog. Thornton travels the country educating young women about the dangers of unprotected sex and contracting HIV.

By George Curry
NNPA Special Correspondent

December 1st, marked another World AIDS Day. With all of the advancements in science, medicine and messaging, it still remains the fastest growing disease in the Black Community, with young women representing now the largest group of new HIV infections today. Data News Weekly presents the story of AIDS Activist and survivor, Rae Lewis Thornton and we hope that you will share this with everyone you know so we can slow and end the progression of this preventable disease.

On January 4, 1987, northbound Amtrak Train #94, en route from Washington, D.C. to Boston, slammed into a set of Conrail locomotives in Chase, Md., 18 miles northeast of Baltimore, killing 16 people and injuring 175 others. At the time, it was the deadliest accident in Amtrak's history. But many people were not acting like it and that troubled Rae Lewis-Thornton, then 24 years old.

"There were reports on television about how there were blood shortages because we knew that you could get HIV through blood," recalled Lewis-Thornton, who was working at the time as a Field Organizer in Washington for the National Committee for a Sane Nuclear Policy (SANE) "People were saying, 'Oh, no, I'm afraid to donate blood because I think I'm going to get HIV.' I thought, 'How silly,' so I asked my boss if I could organize a blood drive." The request was granted and the young organizer got tested along with her activist colleagues.

Cover Story, Continued on next page.

INSIDE DATA

Cover Story	2	Commentary.	8
State & Local.	4	Dollars & Sense	9
Data Zone	5	Special Section.	10

DATA NEWS WEEKLY

P.O. Box 57347, New Orleans, LA 70157-7347
Phone: (504) 821-7421 | Fax: (504) 821-7622

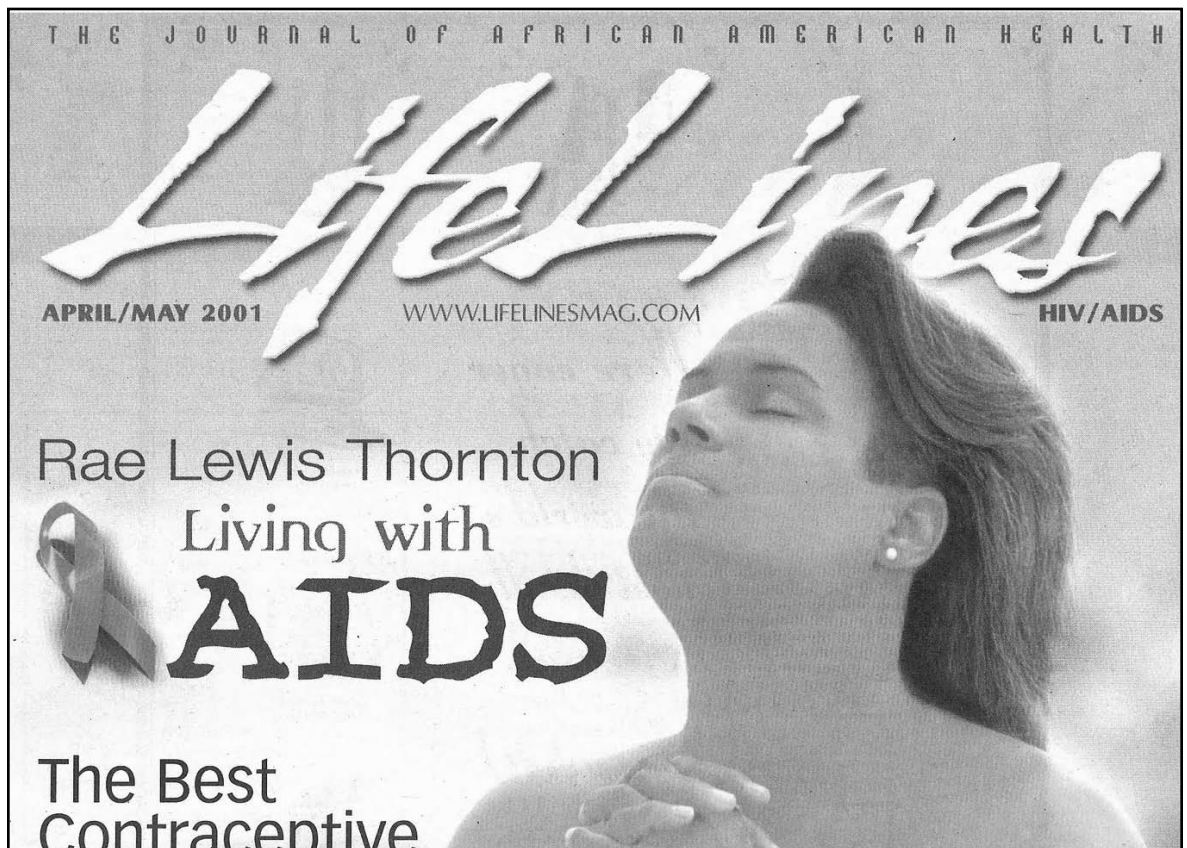
editorial: datanewseditor@bellsouth.net | advertising: datanewsad@bellsouth.net

Terry B. Jones
CEO/Publisher
Glenn Jones
VP Advertising & Marketing
Cheryl Mainor
Managing Editor
Edwin Buggage
Editor
Dionne Character
Arts & Entertainment Editor
Melanie Mainor
Copy Editor Intern
June Hazeur
Accounting

Contributors
Edwin Buggage
George Curry
Terry B. Jones
Judge Greg Mathis
Glenn Summers

Art Direction & Production
MainorMedia.com
Editorial Submissions
datanewseditor@bellsouth.net
Advertising Inquiries
datanewsad@bellsouth.net

Please call (504) 309-9913 for subscription information. Dated material two weeks in advance.
Not responsible for publishing or return of unsolicited manuscripts or photos.



Thornton has been featured on the cover of numerous national and international publications, documentaries and talk shows for her bravery in coming out and speaking out about her status in hopes of helping others avoid the disease.

Cover Story, Continued from previous page.

"About three months later, I was coming home from a late day, a 12-hour day, and there was this letter from the Red Cross. In fact, I didn't even open the letter up. I just threw it on the counter, went about my evening and at some point before the night was over, I went through the mail and opened the letter. I had assumed it was a thank-you letter and it was a letter that said, 'Something is wrong with the blood you just donated. Would you please call.'"

Lewis-Thornton did call but got only a recording. She called again from work the next morning and was urged to come into the Red Cross office.

"The entire meeting took five minutes," Lewis-Thornton stated. "She said to me, 'The blood that you donated tested positive for the HIV antibody.' And I didn't have a lot to say. And I remember this woman saying to me, 'Are you okay?' I said, 'Yes.'"

She said, 'Are you sure?' I said, 'Yeah, I have HIV.'"

But it was what the Red Cross staffer said next that stuck in Lewis-Thornton's mind.

"She said, 'Well, you've been tested for the HIV antibody – it doesn't mean you have AIDS. You only have HIV. You may never get AIDS.'" She gave Lewis-Thornton a telephone number to enroll in a HIV trial at the National Institutes of Health (NIH).

"I remember walking out of that Red Cross, that massive white building, walking down those stairs saying, 'Okay, God. I only have HIV. I can handle this. Don't ever let me get AIDS.'"

Just as she had a sense of urgency to

respond to the train crash in Maryland, Lewis-Thornton felt a greater urgency to inform the man she was dating at the time, a Minister attending graduate school at American University in Washington.

She had washed his clothes and they had agreed that he would stop by her apartment that night to pick them up.

"The moment he walked into the door, I said to him, 'I donated blood a few months back. I went to the Red Cross today and they told me that my blood tested positive for HIV.' And he said, 'Excuse me?' He had not been in my house for two minutes. It was a sense of urgency. I couldn't delay it.

He needed to know, I needed to get it out. I needed to tell him. I said, 'I have HIV.' He said, 'Stop playing.' I said, 'No, I have HIV.' He said to me, 'You b—' I said, 'Excuse me?' He said, 'You b—' I said, 'We used condoms, so you don't have HIV. I haven't given it to you.'

"And in that hurt, I still did what I had to do. I gave him the telephone number that they had given me at the Red Cross to refer him to NIH where he could go to get tested. I gave him that number and he snatched the paper out of my hand and he took his clothes and he walked out of my house and that was the last time I've seen him."

Speaking slowly, Lewis-Thornton recounted, "That was the first sign for me that the HIV carries a lot of stigma with it and it was the first lesson in keeping the secret."

By her own admission, Lewis-Thornton was in denial, knowing that she was HIV-infected but clinging on to a thread

of hope: She was only HIV positive, she didn't have AIDS.

Meanwhile, she was a walking contradiction.

"It was almost like I was living this dual life," she said. "The secret was wearing me down emotionally. Here I am, an Activist, I'm fighting for people's rights. But I'm just halted.

I can't fight for my own rights as a woman with HIV."

She continued, "When I eventually started taking medicine, AZT came along at some point, maybe a few years after. I would take all my medicine and I would take the label off the medicine and tear the label up, flush it in the toilet stool and threw the pill case away – that's just how deep the secret was. It was weighing me down. It was the thing that was killing me quicker. I said it often: the secret was killing me quicker than the disease."

Lewis-Thornton transitioned from HIV to AIDS in 1992.

"It wasn't that the doctor told me that I had AIDS that took me from my denial," Lewis-Thornton explained. "It was that AIDS showed me what it was made of. And that was the thing that took me from my denial: When AIDS stood up in my body and said, 'I'm here and I'm here to stay.'"

To make sure that she stayed around, Lewis-Thornton took 23 pills a day. And that's just the beginning.

"Two years ago, I had to take medicine that I injected twice a day in my stomach," Lewis-Thornton said. "That, by far, has been the most difficult medicine for me to take. It's a twice a day injection. When you inject, the injection itself hurts, phys-

ically hurts. And once you inject, you get a nodule that grows. The nodule can be from the size of a penny to the size of the bottom of Coke bottle.

"The nodule stays from one to seven days. You can't inject it into the same nodule; you have to go to another site. So, I'd get two nodules a day.

Sometimes when I was on the medicine, I couldn't inject in my stomach because I had no free spaces. So, I'd inject in my thigh. Injecting in my thigh is complicated because I have no fat in my thigh – HIV has taken all the fat from my legs and my buttocks."

There's also an emotional side to having AIDS.

"One's own culpability is a major issue," Lewis-Thornton explained. "How did I get myself this jacked up, fighting for my life for the rest of my life. That's hard...It requires a lot of therapy to get you to the place where you can be kind to yourself and say you can accept some responsibility, but don't kill yourself, don't beat yourself up, accepting that you could have done something different to have had a different outcome."

NEXT WEEK: BECOMING ESSENCE MAGAZINE'S COVER GIRL FOR AIDS

To view excerpts from George Curry's interview with Rae Lewis-Thornton and other AIDS Activists, visit www.youtube.com/blackaidsmedia.

This series is made available as part of NNPA's support of Act Against AIDS and the Black AIDS Media Partnership's Greater Than AIDS campaign.

Mayor Links Local Businesses With \$6 Billion In Upcoming Capital Investments At Summit *Aims to Spur Growth in New Orleans Economy*

Mayor Mitch Landrieu held the first summit on economic opportunities for local businesses, "People of New Orleans Rebuilding New Orleans" at the Marriott Hotel. Over 500 local businesspeople heard presentations from The City, Sewerage & Water Board, Recovery School District (RSD), Orleans Parish School Board, Veterans Administration, University Medical Center, and US Army Corps of Engineers about upcoming projects and procurement opportunities.

"We are embarking upon \$6 billion of investments in our capital infrastructure – the most significant urban renewal taking place in the country," said Mayor Landrieu. "We need to work together to keep these dollars local. This summit was about creating jobs, putting people back to work, and ensuring access to economic prosperity for all New Orleanians."

In addition to presentations on upcoming projects and bid timelines, participants were grouped into two breakout sessions to discuss the roadblocks and obstacles local businesses face when bidding or applying for work. The City also hosted a "Business Marketplace" where registrants could network with professionals from banks and lending organizations and directors of important local corporations and large contractors from across the business spectrum. City and community agency representatives were available to address technical assistance and information on various issues including access to credit, working capital, bonding, insurance, and other services.

"Today's summit was the



first step in a strategic process to provide information about the capital project opportunities

coming down the pike," said Deputy Mayor & Chief of Staff, Judy Reese Morse. "We want to

achieve an open and fair process so that everyone has economic opportunity."

Terrance Osborne's Solo Art Exhibition entitled If "Feeling Good" Were a Color

New Orleans, LA, December 4-5, 2010—Most recent works by Artist, Terrance Osborne for two days only at Harrah's New Orleans Hotel and Casino, 228 Poydras Street, New Orleans, LA 70130, Vieux Carre Ballroom 2

Each year, celebrated Artist, Terrance Osborne (honored as one of the 3 Favorite Local Artists in 2010 Times Picayune's "Readers Choice Awards") produces a group of new works to culminate into one solo exhibition. At this time he also chooses a local non-profit organization which he sponsors with proceeds from the show. This year, Osborne has a beautiful new collection of more than 25 works of art. His art is vibrant, inviting and truly represents the culture and spirit of New Orleans. Tickets will sell out fast and this is a show you will not want to miss! Proceeds from ticket and art sales sponsor the New Orleans Ballet Association (NOBA). 100% of the



proceeds from the opening night reception, 50% of the proceeds of the featured work below, and 10% of all other sales of the exhibition will benefit the free training and education programs of the New Orleans Ballet Association. Annually, NOBA, in partnership with NORD, schools, and other entities, provide more than 3,000 free dance classes and activities in three parishes. Since the inception of the NORD/NOBA Center For Dance in 1992, thousands of children are exposed to the transforming power of the art of dance through over 27,000 tuition-free

classes worth in excess of \$3 million. In a professional training environment, students learn not only the technique of dance but also the life skills like taking responsibility, persistence, self-discipline, and mutual respect that contribute to productive and successful lives. The motto at NOBA is: "Where Dreams Become Reality".

The Opening Reception is on Saturday, December 4th from 6-9p.m. Along with the viewing of these beautiful works of art, there will be wine and cocktails, hors d'oeuvres and live music by the Mark Weliky Jazz Trio. Tickets are \$35 per person or \$50 per couple and can be purchased online at www.galleryosborne.com or by calling NOBA at (504) 522-0996.

Sunday, December 5th from 11am-5pm –Free admission.

Operation REACH, Inc. assisting the family of George Elmore

Nine-year-old killed on eve of Thanksgiving Day

National non-profit Operation REACH, Inc., will assist the family of George Elmore, the nine-year-old Harvey resident killed in a shooting last Wednesday, with expenses for the memorial service. Donations to the George A. Elmore Memorial Fund at Capital One can be accepted at Operation REACH's website at www.operationreach.org. In addition, the organization will put out an appeal to its 5,000 plus supporters requesting donations for the memorial fund.

George was a participant in Operation REACH'S Home for Homework Program, an after school academic program for students in kindergarten through eighth grades in the Tallow Tree Community of Harvey, LA. George and his two brothers had attended the program faithfully since mid-October with his last day being the Friday before Thanksgiving as the program closed for the Thanksgiving holiday. Volunteer social workers and counselors were present Monday afternoon and are available throughout the week at the Home for Homework Program to assist participants, staff and the AmeriCorps volunteers with coping with George's tragic death.

When he addressed staff and volunteers early Monday morning, Operation REACH's Founder and CEO Kyshun Webster, Sr., Ph. D., encouraged them to channel their grief into positive actions, such as including gun safety in the program's curriculum. Webster also pointed out that this is the first time in the program's 12 year history that a child actively enrolled has been the victim of fatal violence. This tragedy, he says, emphasizes the importance of extended day programs such as Home for Homework that connect caring adults with our kids. Twenty-seven youngsters are currently enrolled in the program.

CNN's Soledad O'Brien Talks to Data News Weekly about Her New Book and Inspiring Young Ladies in New Orleans

By Edwin Buggage

Soledad O'Brien is a standout as a Journalist and has over the past five years covered the pain, anguish, angst and triumphs of the people of New Orleans. Now O'Brien has turned the lens onto herself in her new book entitled, 'The Next Big Story.' In it O'Brien gives us an up close and personal look at herself and the stories she's covered. "I wrote the book in response to some of things I had been working on 'Black in America' and 'Latino in America' and people always asked me where do you come from and what your perspective on these stories," O'Brien told Data News Weekly. "I went in it talking about my background and how my life experiences and my family shaped some of the ideas I have on the topics of race, gender, identity and many others."

Recently, O'Brien traveled to the Crescent City as part of her book tour, speaking to a group of high school girls at the New Orleans Public Library and being interviewed by NOPL Board President and renowned Musician Irving Mayfield. She says excitedly of the young people and their questions, "I love girls when they are this age because they are very engaged and thinking about their future, and I learned so much from them; these girls were so smart." Continuing she says, giving praise to the young ladies in attendance, "When I was a high school senior I was not thinking about how am I going to balance a family and a career?"

Soledad is an example of a modern woman balancing life, family and career. It is something she feels good about being a positive influence and role model for young girls who aspire to reach higher, "While in New Orleans I was asked how do you have a job where you travel around the globe and work?" O'Brien talks of her impact on young women and the changing roles of women in society saying, "I think young girls today want to do it all and let the sky be the limit, and for me to be able to be an example of how that can be done is a great feeling."

As the embodiment of a twenty-first century woman Soledad seems to have it all, beauty, brains, a career and her family life intact. Ms. O'Brien is a modern woman who is the epitome of flavor and finesse and is passing that message on to young people. She is elegant, intelligent and the girl next door, all simultaneously.

O'Brien spends considerable time in the city and has been embraced as a native although she hails from New York. Laughing she says, "I love that the people of New Orleans claiming me as their own, it is a great city of amazing people who don't know the meaning of the word quit."

New Orleans is a town where cuisine reigns supreme. In talking with Ms. O'Brien she gives her recipe for success that stresses the power of staying positive and focused on your goals, "I think putting your head down and not allowing anything to knock you off your game is very important



Cnn Anchor and Author Soledad O'Brien signs her new book titled "The Next Big Story"

whether you are trying to move back to your city, rebuild your house, go to college or be a journalist." She uses the people of New Orleans to illustrate this point, "It's

just a matter of perseverance and weathering the storms that sometimes can get to you and knock you off balance." "But don't get thrown off your game and tune

out the noise around you and stay focused on your destination and continue down the road you've chosen and you will be a success in life."



Find us on facebook
Data News Weekly



Data Around Town

Men of Soul, Peabo Bryson, Freddie Jackson, Howard Hewitt and Jeffrey Osborne gave a rousing performance at the Norman C. Francis Scholarship Fund Concert. The Concert held at the Ernest Morial Convention Center was a fun filled event that also featured comedian Bill Cosby and Data was there!



Happy Birthday!

Glenn Amadee celebrated his birthday at the Perfect Fit

Photos by Glenn Summers





"My family's been fishing for eight generations. It's just a way of life. That's why we've got to get this cleaned up."

*Pete Floyd
Commercial Fisherman,
Pascagoula, Mississippi*

Making This Right

Beaches

Claims

Cleanup

Economic Investment
Environmental
Restoration

Health and Safety

Wildlife

When the spill hit, a lot of people said it would be the end. BP said they would try to make this right. But how was an energy company going to help a fisherman?

Putting People to Work

The first thing they did was rent my boat and hire me to help with the cleanup. They made up my losses so I could pay my bills. And they worked with all kinds of people here from fishermen and shrimpers to restaurant owners. It helped us keep our businesses open. And it helped us make ends meet so we could support our families.

Staying for the Long Haul

When they capped the well in July and finally killed it, we were all relieved. But would BP stick around? Well, they did. The beaches are clean and we're back on the water fishing so things are getting a whole lot better. They are still here and have said they will keep working for as long as it takes.

Getting Back to Normal

BP asked me to share my story with you to keep you informed. If you still need help, please call 1-866-448-5816 or go to bp.com. If you're wondering what you can do, well – the next time you're shopping, buy a little Gulf seafood. There is none finer.

For information visit: bp.com
restorethegulf.gov
facebook.com/bpamerica
twitter.com/bp_america
youtube.com/bp

For assistance, please call:
To report impacted wildlife: (866) 557-1401
To report oil on the shoreline: (866) 448-5816
To make spill-related claims: (800) 440-0858
louisianagulfresponse.com



Joining the Fight Against AIDS



Terry B. Jones
Publisher

Dear Readers,

As you may know, December 1st was World AIDS Day, a day when we call attention to a pandemic that has touched so many of us. According to a recent survey by the Kaiser Family Foundation, nearly 60% of Black Americans know someone who is living with or has died of HIV/AIDS—for many a family member or close friend. And we have been significantly and disproportionately affected by this disease, accounting for half of the more than one-

million Americans living with HIV/AIDS today, while representing just 13% of the population.

This is unconscionable.

June 2011 will mark 30 years since the first case of HIV was diagnosed. The moment brings not only an opportunity for reflection, but also for a renewed commitment from each of us to do our part to end the spread of this disease.

AIDS has been robbing us of our future for far too long. But we are better positioned now than ever before to do something about it. This July, President Obama released the National HIV/AIDS Strategy (NHAS), the nation's first-ever coordinated response to the epidemic. In doing so, the President put AIDS back on the public agenda. One of the goals of the NHAS is to increase the quality of care being given to Blacks who are HIV positive, which should result in better health outcomes for those infected, as well as fewer new transmissions of HIV. The NHAS also seeks to lower the number of annual new infections by 25 percent by 2015, from 56,300 to 42,225.

That's why we're proud to tell you about our new partnership with Greater Than AIDS.

Greater Than AIDS is a new, national movement to unite and mobilize Americans in response to the AIDS crisis in our country, in particular the devastating epidemic facing Black Americans. As part of The National Newspaper Publishers Association, a 70-year-old federation of more than 200 Black Community Newspapers from across the United States, we will be working with Greater Than AIDS on a year-long effort to increase attention to HIV/AIDS on our pages as well as in our communities, through special events that use the occasion of the 30th Anniversary to spark new conversations about HIV/AIDS in Black America. We will also be tracking implementation of the National HIV/AIDS strategy in our communities. The strategy, passed in July, focuses on reducing new infections, increasing access to care, and reducing HIV-related health disparities, specifically among the most disproportionately affected groups.

This partnership is a continuation of our longtime collaboration with the Black AIDS Institute. You can count on us to keep you updated on the work being done by local, state, and federal agencies as well as community-based organizations to achieve

these goals. We will let you know what's working—and what isn't. And we'll let you know what you can do to help.

You also have an important role to play. Greater Than AIDS recently launched the "Deciding Moments" campaign which highlights everyday opportunities to take a stand against HIV/AIDS—to be "greater than" the disease. With each of us doing our part, together we can change the course of this epidemic.

We decide whether or not to get informed. We decide whether or not to get tested. We decide whether or not to use condoms. We decide to seek treatment or not. We decide to disclose our HIV status to others or not. We decide to stand with our loved ones living with HIV/AIDS or not.

And we decide if we are going to get involved or not.

Are you Greater Than AIDS? Get started by visiting www.greaterthan.org to learn more. And, check back with us for more information and resources throughout the year.

Thank You

Sarah Palin is Everywhere



Judge Greg Mathis
NNPA Columnist

Mathis' Mind

Very few people outside of Alaska knew who Sarah Palin was when, in 2008, Republican Senator John McCain selected her to be his running mate for his presidential bid. Though many were left confused by

the choice, they also had to admit that, on paper, the young Governor Palin seemed to be a viable political threat: she worked her way through college, her husband had a blue-collar job, she was raising five children, one with special needs, and her oldest daughter, still a teenager, was pregnant. It seemed that, on many levels, Palin could readily identify with the average American because she was just like them. Slowly, the media began to chip away at Palin's glossy exterior and most of us saw the truth: she was ill-prepared for national politics...and that worried us. Thankfully, we didn't have to wait to see if she could rise to the challenge; McCain was defeated and President Barack Obama went on to make history.

Though she lost in 2008, Sarah Palin didn't go away quietly. In fact, her profile – along with her income – has increased. This begs the question, "What is she gearing up for, now?"

Since hastily resigning from the Alaska governorship in 2009, Palin has been everywhere. First, she took to the internet, sharing her thoughts on various political issues. Then, she made the talk show rounds to promote her new book. She even landed a new job as a Political Analyst for FOX News. In recent weeks, she debuted a new show on Alaska and announced that she has another book due out. She has, for all intents and purposes, become a bona-fide media personality. But, she hasn't given up politics. During the mid-term elections, Palin's political action committee raised money for numerous Republican candidates, including many Tea Partiers. She traveled the country, campaigning on behalf of individuals whose values she shares.

Is she a Media Personality or a Politician? We're not sure and Palin isn't talking...yet.

The 2012 presidential elections will get underway soon and everyone – friend or

foe – is waiting on Palin to make an announcement, one way or the other. She's hinted that she might consider the job but won't discuss it beyond that. Perhaps she's trying to decide whether or not she wants to give up her new found fame and fortune for the stress of a political run. Maybe she's aware that more than a few big named Republicans, Karl Rove and Barbara Bush among them, think she should "just say no" to presidential politics.

Whatever the reason for her reticence in making a decision, we should all be thankful. The one good thing about Palin's increased media exposure is that more and more people, including those in her own party, are beginning to see that she is not presidential material. Here's to hoping that Mrs. Palin continues to grow her media empire, enjoying fame and fortune beyond her wildest dreams, and stays out of national politics.

Manage Your Holiday Money Wisely In Today's Economy

Many consumers are experiencing an off year due to a "bah humbug" economy, but LSU AgCenter Family Economist Jeanette Tucker says holiday spending is expected to be up this year. Americans will spend about \$688 per household on gifts, decorations, food and other purchases this holiday season, according to the National Retail Federation – a 2.3 percent increase over 2009 sales.

If this amount was put on a

credit card at 18 percent interest – and assuming only minimum payments at 2 percent were made – it would take more than six years to pay off the balance. Tucker points out consumers would also pay \$485 in interest charges.

"Considering the current economic climate, families are encouraged to plan their holiday purchases more carefully than ever," she said, advising families to avoid allowing holiday spending to cause their financial secu-

rity to backslide.

Tucker says it's best to say "no" to gifts and other purchases that you truly cannot afford. "The greatest gift you can give your family is financial stability."

From gifts and parties to decorations and travel, the holiday season brings a multitude of financial pressures.

"Don't let this pressure, often combined with enticing sales and impulse purchases of last-minute items, cause you to lose perspec-



tive," Tucker says. "Remember, spending money you don't have to save money on a sale item is no savings at all."

Tips to manage spending during this holiday season:

- Make a budget and commit to following it. Identify and list all the gifts and decorations you plan to buy, the parties you will attend and the travel expenses you anticipate. Calculate how much you can realistically afford to spend on each of these items. Do not exceed your preset limits.

- Make a gift list and check it twice. Like Santa, list all family members, friends and co-workers for whom you plan to make purchases. Be flexible in cutting the list to accommodate your budget.

- Comparison shop. Consider online shopping to compare products and costs to find the best deals, but be sure to figure in shipping costs. Check sale ads regularly, and be selective in your shopping. Remember, it's the thought that counts, not the price.

Once you have purchased a gift for someone, cross them off your list. Avoid adding last-minute impulse items just to make your gift seem more meaningful.

- Trim your list. To maintain your budget, you may have to cut down your list of recipients and gifts. Discuss alternative options with close friends and family members. Consider drawing names; exchanging "homemade" gift certificates for babysitting, home repair, yard work or other services; sharing a photograph of the gift giver and recipient;

substituting "family" gifts for individual gifts; mutually agreeing to limit gifts to something personal, meaningful but inexpensive or even suspending some gift exchanges this year.

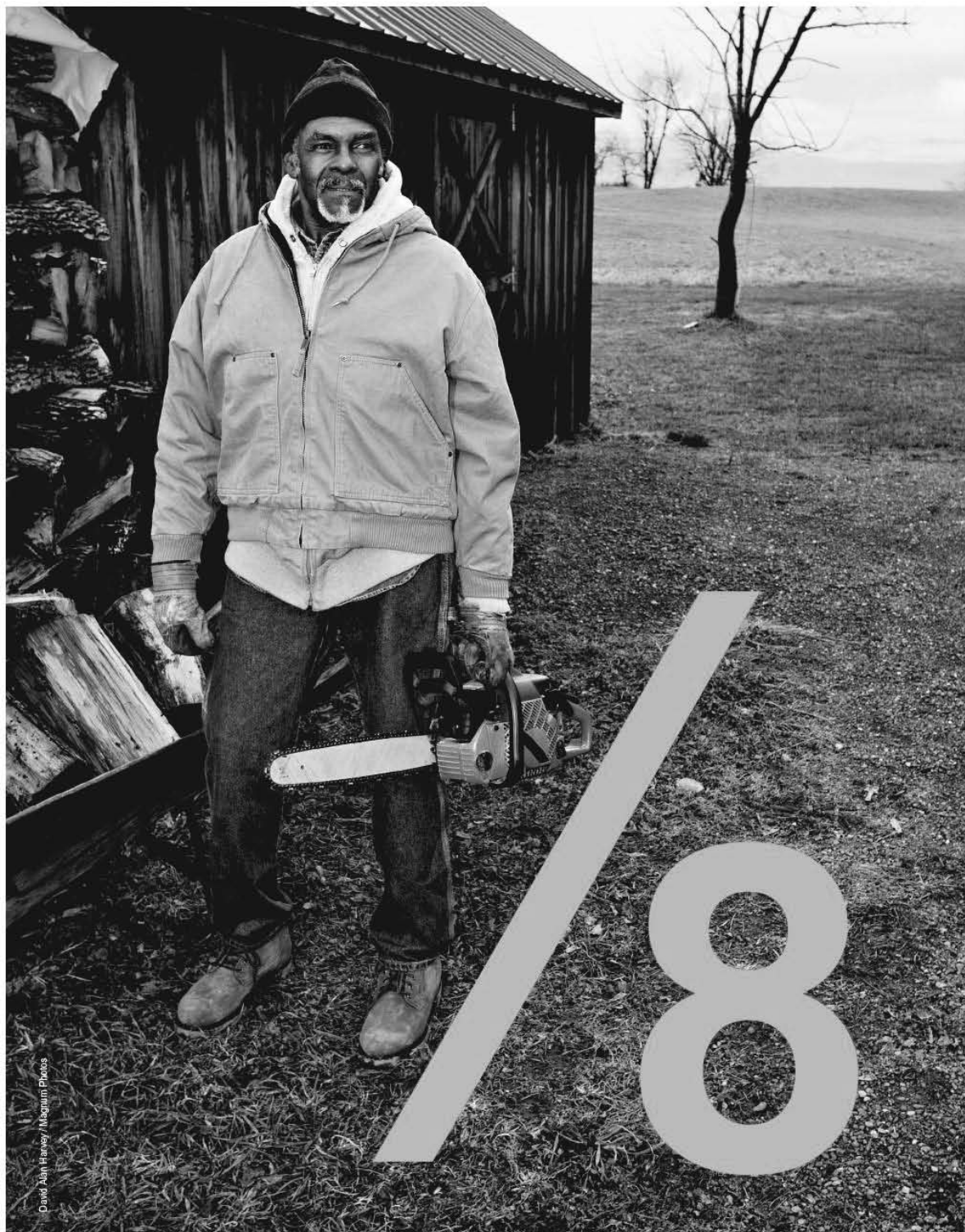
You also may have to be selective in the parties you attend. Many people will add substantial costs with other expenses, such as elaborate gift wraps and sending holiday cards. Avoid costly wrapping and consider sending a letter or personalized electronic greeting rather than individual cards.

- Begin saving for next year. Although it may be late this year, remember, holiday spending is an annual expense. Consider establishing a savings account that you regularly contribute to throughout the year. Check to see if your bank or credit union offers "Holiday Club" accounts that allow you to make regular, automatic deposits.

Savings will help reduce your dependence on credit when the holidays roll around. But if you turn to credit cards, be sure to use them responsibly, Tucker says.

Designate one card to use for holiday shopping and leave the others at home. Be sure to select a card with a low interest rate – check for zero percent interest offers. Finally, keep a record of all expenses and stay within your budget so you can pay off the bill when it arrives in January.

"Remember, those 'bargains' that are so tempting in the store are not really bargains if you end up paying interest on them," Tucker says.



David Alan Harvey / Magnum Photos

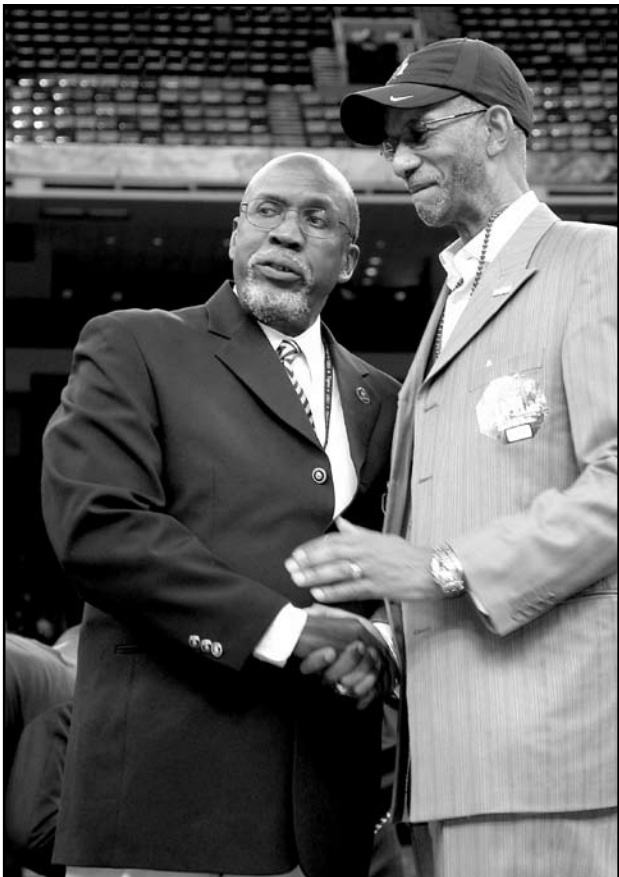


1 in 8 Americans is struggling with hunger. Including people like your neighbor who lives two houses down, your day care provider, or the person who works on the road repair crew. Who's the 1 in 8 in your life that needs help? Go to feedingamerica.org to see how your support can help those in need.

**FEEDING
AMERICA**
Formerly named
America's Second Harvest*

Bayou Classic Weekend Highlights

Photos by Glenn Summers





In case you forget, the gas cap is on the right.

Introducing the Chevrolet Equinox. The crossover that offers an amazing 32 MPG highway and up to 600 highway miles on a single tank of gas.¹ That's better than Honda CR-V, Toyota RAV4 and even Ford Escape Hybrid.² Equinox was even named a *Consumers Digest* "Best Buy" two years in a row. Everyone deserves a crossover that saves money at the pump. **Starting at \$23,490.³ Find out more at chevy.com.**



2011 LTZ as shown, \$29,315³

¹ EPA estimates for FWD models. ² EPA estimated MPG highway (2WD): CR-V, 28; RAV4, 28; Escape Hybrid, 31. ³ MSRP. Tax, title, license, dealer fees and optional equipment extra. The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. Chevrolet and Equinox are registered trademarks and Chevy is a trademark of General Motors. ©2010 General Motors. Buckle up, America!

