Breast Cancer
The Enemy in our Midst

October is Breast Cancer Awareness Month.

Think about your Health.

For women in the U.S., breast cancer death rates are higher than those for any other cancer besides lung cancer. That rate is even higher in African-American women. According to the National Breast Cancer Foundation, African-American women are 39 percent more likely to succumb to breast cancer than Caucasian women.

On the Cover: New Orleans women turned out to support the New Orleans Breast Cancer Walk for the Cure. Support is growing for the event every year.

by Brenda Wilson
Special Contributor

Cover Story, Continued on next page.
For Black Women, Breast Cancer Strikes Younger

Many African-American women don’t fit the profile of the average American woman who gets breast cancer. For them, putting off the first mammogram until 50 — as recommended by a government task force — could put their life in danger.

“One size doesn’t fit all,” says Lovell Jones, Director of the Center for Research on Minority Health at Houston’s M.D. Anderson Cancer Center. Jones says the guidelines recently put out by the U.S. Preventive Services Task Force covered a broad segment of American women based on the data available. “Unfortunately,” he says, “the data on African-Americans, Hispanics and to some extent Asian-Americans is limited.”

So while the recommendations may be appropriate for the general population, he says, it could have a deleterious effect on African-American women who appear to have a higher risk of developing very deadly breast cancers at early life.

More Deadly Breast Cancers

When you look at the death statistics for breast cancer in African-American women and compare them to White women, it’s stunning. Beginning in their 20s, into their 50s, Black women are twice as likely to die of breast cancer as White women who have breast cancer. In older Black women, cases of breast cancer decline, but the high death rates persist.

Overall, breast cancer deaths have been declining for nearly a decade (by 2 percent annually), yet deaths of African-American women have been dropping at a much slower pace. In 2009, an estimated 40,170 women will die from breast cancer. Nearly 6,000 will be African-American women.

Dr. Vanessa Sheppard, a behavioral scientist at the Lombardi Comprehensive Cancer Center at Georgetown University, has been conducting a study to understand the response of African-American women to treatment for breast cancer, so she’s seen this up close.

“We’ve lost eight African-American women,” she says. “That’s a pretty high mortality rate in about 200 women.”

Personally, Sheppard says, she’s lost friends who were 32, 36 and 40 from breast cancer. Studies estimate that 20 to 30 percent of breast cancers in African-American women are triple-negative breast cancers. This means the risk factors for breast cancer and progesterone receptors and won’t respond to drugs that work by preventing the hormones from reaching the cancer cells. Triple-negative cancers also are HER-2 negative, another hormone, and therefore don’t respond to any of the treatments known to block the cancer’s growth.

“The breast cancer is more aggressive,” says Sheppard, “The tumors are harder to treat. They’re larger.”

Similar types of aggressive breast cancers have been found in other ethnic groups — including Africans — suggesting perhaps a genetic link. But no one knows exactly why this is happening. And there’s probably no one explanation. There are known risk factors for breast cancer and combinations of risk factors — a family history of the disease, age at which menstruation and menopause start. But scientists have found it difficult to come up with a satisfactory model that predicts breast cancer in Black women.

Causes Unknown

The deadly breast cancers in Black women remind Jones of the higher infant mortality rate in the African-American community, which has yet to be fully explained. Researchers have the same difficulty determining what combination of factors causes low birth weights and infant deaths in African-Americans. For example, the age of child birth with the lowest infant mortality rate in White women is about 16.0. Jones suspects the stress that African-Americans experience in this society is contributing to premature aging. It’s not a popular theory, but even after adjustments are made for education, poverty and other factors, infant mortality remains high.

“It could be induced by discrimination or perceived discrimination,” says Jones. “It could be due to living in an environment that produces stress.”

He offers the example of recent stories about the many young kids being killed in Chicago and says. “Well, that adds stress — community stress.”

More Routine Screening Could Help

Studies suggest, in addition to higher risks factors, African-American women aren’t getting screened for breast cancer as often as White women and when they do it is later in life. Often the mammograms are not routine screening mammograms, but rather they’re done because the woman or her doctor felt a mass in a woman’s breast. These cases happen all too often, says surgeon Dr. Regina Hampton. She says that vital time has passed by the time they show up in her office with a mammogram in hand.

“Because of their young age, many practitioners don’t believe that a young woman can get breast cancer,” Hampton says. “These cancers then, once they come to me, are at a later stage. So, we’re kind of running behind the 8-ball trying to get the patient treated.”

There are also questions about the care that African-American women are receiving, whether they are referred to cancer specialists in a timely way, and understand that they will need therapy after surgery. With all the issues surrounding Black women and breast cancer, health professionals argue there should be separate guidelines for African-American women — and say they should get mammograms earlier and more frequently than the task force’s recommendation of age 50.

Sheppard even wonders if the old guideline of routine screening every year beginning at age 40 is good enough. “The tumors are growing fast and the intervals that we prescribe may not work,” she says. “How can we have better diagnostic tools, better screening tools that can capture the women that aren’t the average woman?”

It’s a challenge many African-American women will have to come to grips with. About one-third who gets breast cancer is younger than 50 years old.
New Orleans Election Results

By Eric Connerly
Data Staff Writer

Data News Weekly has followed several key races of interest to the citizens of the City to create awareness among readers to get them to the polls. On October 22, 2011 citizen from across the state went to the polls to vote. On the ballot were races both statewide and local; in the biggest contest Republican Governor Bobby Jindal won by a landslide and was easily re-elected earning himself another four-year term as the state’s highest elected official.

While this was the big race statewide other races took center stage in New Orleans and in some of the races it often became heated as candidates sparred and exchanged barbs. But politics is a zero sum game and no holds are barred, and in the end the people came out and made their choices known to who they felt would best serve them as elected leaders.

In the newly consolidated District 99 that covers parts of New Orleans East and the Lower Ninth Ward incumbent Wesley Bishop easily won against political newcomer Samuel Cowart by an overwhelming margin gaining 82% of the vote. “I am excited about the overwhelming margin,” says Bishop. “I look forward to continuing to work with community leaders to move our district forward and I thank all the people for their support.”

In another hotly contested race, for Judge of Civil District Court Division A, where longtime Civil Court Judge Herbert Cade defeated challengers Ernest F. Charbonnet and Patrick Giraud. With Cade receiving 54% of the votes cast. On his victory he says, “I am thankful to all who came out to support my campaign, and you have chosen a candidate with experience and integrity and that’s what I will continue to bring to the bench as Judge of Traffic Court Division A.”

As the primary ends there are still another round of elections as two of the races covered in Data News Weekly again will come up in the run-off election that will take place November 19, 2011. Two hotly contested races locally will be taking place. In BESE (Board of Elementary and Secondary Education) District 2 pits incumbent Louella Givens against political newcomer and Teach for America New Orleans CEO Kira Orange-Jones. Orange-Jones won the primary by a narrow margin 46 to 42 percent setting the stage for a hard fight for both candidates in the run-off.

In another hotly contested race for Civil District Court Division E, in the primary it was a close three way race with five percentage points separating the winner of the primary from the third place finisher who subsequently was eliminated from this contest to occupy the bench in Civil Court. In what was a competitive contest the run-off will be a head-to-head matchup between the victor of the first place finisher in the primary Nakisha Ervin-Knott and Attorney Clare Jupiter, who came in second, trailing by two percentage points to face off in November.

Data News Weekly will continue to cover these races until Election Day and we feel it is important people get out and vote. In the primaries turnout numbers for the election hovered around an estimated high of 24% and a low of 17%. These numbers cannot continue, as citizens of the City we must have a hand in selection of our elected leaders so it is incumbent to go to the polls. Remember to go out and vote in the run-off election on November 19th, the future is in your hands.
Inside the Soul of a Survivor

by: Edwin Buggage

As we near the end of National Breast Cancer Awareness Month, we would like to present a story of courage and perseverance. This month’s trailblazer Sula Evans is a spirit filled sister who is a breast cancer survivor and now uses her life example to light the path of darkness in the lives of women. Sula Evans truly encapsulates the strength of the Black woman and is continuing her life calling and mission to give back.

Speaking of her how she arrived in the Crescent City on a quest to uncover her roots she says, “I am originally from New Jersey, I came to New Orleans on a quest to research my maternal grandmother.” Continuing she says, “I am a student of Africa and the diaspora and coming to a city like New Orleans was simply a continuation of the work I was doing in New Jersey.”

Evans is a woman whose life focuses on the empowerment of women as she is an advocate of holistic health and wellness and the empowerment of women around the globe. She is the founder of Na’Zyia Doula Collective. Na’Zyia in Swahili means a mother’s love, Sula enthusiastically talks about how it has empowered women and giving them a better understanding and appreciation of natural childbirth, “We envisioned a Collective that would bring honor and dignity back into the birth-rooms and the sacred traditions of women from all over the world.” Continuing she says, after one year in training and 700+ hours in delivery rooms the Na’Zyia Doula Collective has become certified as the first Doula Collective of Color in the State of Louisiana.”

Sula Evans is also a successful entrepreneur, as the co-owner of King and Queen Emporium, a company that sells natural bath and body products, handmade incense and other organic products, “I feel that a more organic way of living is important in our community and we should work harder to promote healthy living for the mind, body and soul.”

She is a woman of many talents and uses them to uplift her community. One of those many talents is the gift of song, as part of the all-female singing collective Zion Trinity, whose music is a refreshing antidote to much of the music promoted today. On the origins of the group she says, “Zion Trinity started as a prayer group, and we began singing together creating songs that feeds the soul and not the flesh.”

Continuing she says, “Our mission is to bring music to the people about real life and we are simply the vessels for these messages to come through; we write about life and experiences to inspire people, to heal them.” Speaking of their soon to be released CD, Spirits, Water, Blood, she speaks of a song that is an important song on the record, “One of the songs is called ‘We Trust You Father’ it is the song I wrote when I was diagnosed with breast cancer and the spirit told me trust in him, our music is about our real lives and we hope to heal the masses with our stories in song.”

As a woman who has dedicated her life to giving and in the prime of her life she received news that would alter her life and challenge her like never before in what would literally become a fight for her life. Sula received the shocking news that she had breast cancer she says of this time in her life and the questions that arose, “When I was diagnosed my faith kept me strong and I talked to God and said I believe that you could heal me, but why would you spare me when you didn’t spare Minnie Riperton, (A Chart topping singer in the 1970’s who died of breast cancer during the peak of her career and mother of Actress Maya Rudolph). I began to think about all these people who didn’t make it, I was saying why me.”

Because of her faith and listening to her spirit telling her to not reveal her illness to many people, she says, “Very few people knew of my condition for two years; I didn’t tell anyone because the holy spirit told me to fall silent, because people would say get radiation treatment, chemotherapy, and I turned to my faith and the holy spirit gave me three lines, I repeated ‘I am healthy, I am well, I am filled with life.’”

Recounting her journey back to a full life she says, “I went on a spiritual journey and went on a silent meditation retreat, I changed my diet, I wrote, I purged my whole life and forgave all the people I needed to forgive, and I asked for forgiveness.” Continuing she says, “I began a journey into loving myself, I realized I had nurtured all these other people, but I did not nurture myself properly. I was giving away all my mother’s milk to others and not saving enough for myself to nourish and nurture myself.” She eventually went to Ghana to complete her spiritual journey that gave her what she needed to live and to also help others, “I was inspired by my...”

Trailblazer, Continued on page 11.
By Edwin Buggage

The name Ledisi means to bring forth in Yoruba, and the gift of song is what this talented singer has been doing since first arriving on the music scene over a decade ago. In her career she has seen the ups and downs of the business. Today Ledisi is a Grammy nominated artist who has throngs of adoring fans spanning the globe. Her most recent effort “Pieces of Me” is a celebration of being a woman, but it is also a celebration of the complexities of being a woman, revealing album to date. “This womanhood and is her most powerful record has connected with more men than ever coming up in small clubs and open-mics. "I'm Every Woman," she is in the beginning stages of writing the music industry,” says Ledisi, she is one who continues to push on. Continues she says, “It was my mother who encouraged me not to give up, she told me you can’t quit, so I got back out there and begin my climb, playing in small clubs and opening up for major acts including Chaka Khan. Then I got a deal with Verve, was nominated for a Grammy and so many other opportunities have come my way since; my career is a testament that you should never give up and I feel that I am blessed that I can inspire people through my music.”

Although she left her native New Orleans many years ago, being raised in Oakland, she still has a special relationship with the Crescent City. As she anticipates her upcoming show in New Orleans she speaks with reverence of the family and it is such a special thing I come to unwind, this City that birthed her, “This is where I come to unwind, this is the place where I still have family and it is such a special and marvelous place, with its people and a culture that is unlike any other place in the world.” Continuing she says being from New Orleans and having a resilient spirit is what got her through the bad times in life, “It is something about being from New Orleans that makes you strong and able to handle adversity and whatever comes your way; and that is something I see in the people of the City and something I have inside me; and helped me through many of the struggles I’ve had in my life.”

Today the music industry is at a crossroads and some would say at its lowest point, it is a sad time where image supercedes talent. Ledisi is a breath of fresh air that shows that there is still hope for true talent to shine through; and that an artist can be creative and commercially successful, “When I signed my deal, I had to have control over what I wanted to put out, says Ledisi, “What I do is organic, real and honest the way I wear my hair the way I dress, what I sing about. I think that years spent as an independent artist and growing my audience out there doing shows touching and actually seeing my fans, I believe that’s why regardless of what genre I make a record in they will support me.”

A constant in the music of Ledisi has always been soul, whether she is singing jazz, R&B, opera, or gospel, it is all soul, and that is what I feel my music is, regardless of what style I’m singing it is soul music.” Ledisi has become a success on her own terms, and has become a force to be reckoned with, she embodies the lyrics of the great Chaka Khan song, “I’m Every Woman,” she is in the beginning stages of writing a soon to be released book by Time Warner and delving into showcasing her work as a photographer. “My goal has never been to be placed in a box and I am always trying to find new ways to express myself,” she says excitedly of her new endeavors. And true to her name Ledisi, she is one who continues to bring forth the true soul and essence of a woman.
stronger connections

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Honoring Dr. King by Fighting for Jobs

To Be Equal

“This really means making the movement powerful enough, dramatic enough, morally appealing enough, so that people of goodwill, the churches, labor, liberals, intellectuals, students, poor people themselves begin to put pressure on congressmen to the point that they can no longer evade our demands.”

Marc Morial
President and CEO
National Urban League

Dr. Martin Luther King, Jr.
The spirit of Dr. Martin Luther King, Jr. was resurrected this past weekend in Washington, D.C. The new Martin Luther King Memo-rial, a powerful, granite symbol of Dr. King’s dream of equal opportunity and racial reconciliation, was officially dedicated on Sunday before a crowd of thousands on the National Mall. In his keynote speech, President Obama reminded the audience and the nation that even though, “we have a right to savor the slow but certain progress” Dr. King made possible, “Our work, Dr. King’s work is not complete.” The President called upon the nation to “draw from the strength of those earlier struggles,” to confront the crises of unemployment, poverty, inequality and division that still plague us today.

A day earlier, I served as co-chair of a rally and March for Jobs and Justice that was organized by Rev. Al Sharpton’s National Action Network. Thousands of citizens and dozens of civil rights, human rights, and labor leaders joined us in a call for concrete action during a march from the Washing- ton Monument to the new King Memorial. We marched for the 14 million Americans who remain out of work. We marched for a jobs bill. We marched in solidarity with citizens who feel left out by corporate interests, let down by their political leaders and left behind by the economic recovery. We marched for worker rights…for voter rights…for equal justice under the law. And we marched to the beat of a constant refrain: “What do we want? Jobs! When do we want it?” Now!

The common thread tying together Saturday’s march and Sun-day’s Memorial dedication is the re-emergence today of the same kind of bold, grassroots action that Dr. King so courageously used in his fight for civil rights and economic justice. With over-all unemployment at 9.1 percent and the African-American rate at 16 percent, it is time for the rising voices of the people – from Wall Street to Washington – to be heard. We should not forget that Dr. King was assassinated in 1968 while leading non-violent demonstra-tions to secure dignity and living wages for Black sanitation workers in Memphis. He was also planning a new nationwide cam-paign for jobs and opportunity that would involve citizen protests in cities and rural districts across the country and culminate with another historic march on Wash-ington.

Like the nation’s founders, Dr. King understood the power of “We, the people” to build a More Perfect Union. He relied on groups like the National Urban League, SCLC and the NAACP to mobilize, organize and empower the foot soldiers of the movement. And he inspired us to press on in the face of barriers and setbacks.

Dr. King’s life has been a guid-ing light in my own career in pub-lic service. While I am proud of the new Memorial on the National Mall, I can think of no better way to honor his legacy than to stand with groups like the National Action Network and millions of Americans in the on-going struggle for jobs and justice.

Marc H. Morial is the President and CEO of the National Urban League.

Media Treats Obama Much Worse than GOP Challengers

News media coverage of President Obama is much more nega-tive than stories about each of his Republican challengers, netting him almost four negative stories for every positive one.

That’s the conclusion of an extensive study by the Pew Re-search Center’s Project for Excel-lence in Journalism. According to the report, titled “The Media Primary,” Texas Gov. Rick Perry received the most coverage and was subject to the most favorable coverage until several weeks ago, when he was overtaken in that category by Herman Cain.

“One man running for presi-dent has suffered the most unre-lenting negative treatment of all, the study found: Barack Obama. Though covered largely as Presi-dent rather than a candidate, nega-tive assessments of Obama have outweighed positive by a ratio of almost 4-1,” the report stated.

Those assessments of the Presi-dent have also been substantially more negative than positive ev-ery one of the 23 weeks studied. And in no week during those five months was more than 10% of the coverage about the President posi-tive in tone.”

The analysis of coverage in 11,500 news media outlets was conducted from May 2nd – Oc-tober 9th. While 57 percent of Obama’s coverage was consid-ered neutral, 9 percent was posi-tive and 34 percent was negative. At the other end of the spectrum, 32 percent of Rick Perry’s cover-age was rated positive and 20 per-cent considered negative.

Every Republican candidate still in the race except Newt Gingrich had favorable coverage at least double that of President Obama. In the cases of Michele Bachman and Herman Cain, it was triple the positive coverage of Obama and nearly triple for Republican front-runner Mitt Romney.

Only Gingrich had a higher percentage of negative coverage than Obama with 55 percent, just one percentage point higher than the President. However, Ging-rich’s favorable coverage stood at 15 percent, six points higher than Obama’s.

Interestingly, although Perry did not enter the race until Au-gust – three months after the study began – he received more coverage than any other candi-date. Moreover, even after poor performances in the Republican presidential debates, he received the most flattering coverage over the period studied – 32 percent positive, 20 percent negative and the remainder neutral.

Coverage of Cain was 28 per-cent positive – two points higher than Romney – and 23 percent negative, which was four points lower than Romney’s negative coverage. Cain’s recent coverage has more positive than his over-all numbers reflect because prior to his winning the Florida straw poll, he was largely ignored and received more negative coverage than in recent weeks.

The sour economy and Repub-lican attacks are responsible for much of President Obama’s nega-tive coverage, according to the study.

“In many stories, Obama was the target of not only the whole roster of GOP presidential con-tenders. He was also being criti-cized in often harsh terms by Re-publicans in Congress,” the study found. “Added to that, members of his own party began criticizing him on both policy and strategy grounds, particularly as his poll numbers fell. And for much of this period, the President’s coverage reflected the biggest problem on his watch – a continual flood of bad news about the U.S. economy.”

Even the killing of Osama bin Laden did not reverse the President’s poll numbers.

“One reason is that many of the references to his [Obama’s] role in the hunt for bin Laden were matched by skepticism that he would receive any long term political benefit from it. Another was that bin Laden news was tempered with news about the na-tion’s economy.”

And that is the problem. While journalists are compelled to cover stories about political warfare and the economy, they should not at-tack Obama or anyone else in news stories under the guise of providing context for readers and viewers.

An Associated Press story on May 2nd is a textbook example of this problem:

“A nation surly over rising gas prices, stubbornly high un-employment and nasty partisan politics poured into the streets to wildly cheer President Barack Obama’s announcement that Osa-ma bin Laden, the world’s most

Curry, Continued on page 11.
Black Men of Labor Celebrate 18th Annual Labor Day Parade

Salute and Pay Tribute to Civil Rights Pioneers

Cultural Ambassadors the Black Men of Labor, Inc. will salute and pay tribute to the Congress of Racial Equality (New Orleans CORE Chapter, and the 50th Anniversary of the Freedom Riders) at their Annual Labor Day Parade. The Black Men of Labor will unveil a mural which Salutes and Pays Tribute to local Civil Rights Pioneers of New Orleans.

The Black Men of Labor continue to educate, perpetuate and preserve their rich African Culture and traditions as their ancestors once did on Sunday’s in Congo Square. This year’s celebration will take a page out of history in saluting and paying tribute to members of the New Orleans Chapter of CORE and the Freedom Riders who sacrificed their lives and freedom in fighting racism, injustice and inequality for all people.

The Black Men of Labor invite you to come out and celebrate with them as they say “Thank You” to those extraordinary men and women, and to come second-line behind the BMOL as they take to the streets of the oldest registered historic African American community in America, The Treme.

Join them on Saturday, October 29. The presentation begins at 1:00 pm, with the Parade Lineup beginning at 2:00 p.m. and the Parade beginning at 3:00pm, at 1931 St. Claude Ave.

Open Enrollment is Earlier This Year. October 15th to December 7th

Even if you are happy with your Medicare Plan, Open Enrollment is the time to compare what you have to all the choices available next year. If you’re happy with your current plan, stick with it. Or you might find a new one with better coverage, lower costs, or both. Be sure to check out all the benefits provided by the healthcare law. Most people with Medicare will get free cancer screenings, yearly wellness visits, preventive care and 50% off brand name prescription drugs when you’re in the donut hole. This law also provides better fraud protection, making Medicare stronger.

Visit us online to review your plan at medicare.gov.

Call to get help from a trained Medicare representative or learn where you can get help locally at 1-800-MEDICARE (TTY 1-877-486-2048).

Check your mail for the 2012 Medicare & You handbook to review available Medicare plans.

“I spend more than 100 nights on stage, performing from coast to coast. But each fall, I take a break from my busy schedule to review my Medicare. I might be able to save money, get better coverage or both.”

Now that’s something to sing about.”

— Shirley Caesar
Daughters of Charity’s Health Fair Kicks-Off Major Partnership

NEW ORLEANS, October 22, 2011 – The disappearance of reliable healthcare services in New Orleans following Hurricane Katrina left many children with asthma no choice but to seek treatment in emergency rooms across town – if they sought care at all.

Xavier University, Daughters of Charity Services of New Orleans and Children’s Health Fund Combine Education, Technology and Evidence-Based Care to Help Children with Asthma

The program officially kicked-off on Saturday, October 22 at the Daughters of Charity Services of New Orleans Annual Health Fair held in the Bywater section of New Orleans’ Ninth Ward. Charlotte Parent, Deputy Director of Health, City of New Orleans Health Department, gave remarks on behalf of Mayor Mitch Landrieu and Health Commissioner Karen DeSalvo about the important role the HEAL partnership will play in helping address the problem of childhood asthma in the City.

HEAL Phase II, a four-year program aimed at improving childhood asthma management in New Orleans, will use a unique, well-documented approach to deliver care through community health centers and mobile clinics placed in neighborhoods that lack a central source of healthcare. This approach is especially important given the burden of asthma on New Orleans’ children. Asthma prevalence rates in New Orleans are three times higher than the national rate – among the highest in the nation – and death rates from childhood asthma are the highest in Louisiana.

The program is funded by non-profit Merck Childhood Asthma Network (CHES), Director of the CMHDRE, Leonard Jack, Jr., Ph.D., MSc, CHES, Director of the CMHDRE, Xavier University and principal investigator for HEAL Phase II.

“Superfund was supposed to clean up New Orleans, but we’ve never been able to keep that promise,” said Leonard Jack, Jr., Ph.D., MSc, CHES, Director of the CMHDRE, Xavier University and principal investigator for HEAL Phase II.

“Innovation and science-based approaches are crucial in post-Katrina New Orleans, where thousands now have the daunting task of managing health conditions like asthma in the absence of consistent healthcare and in the face of new environmental challenges.”

HEAL Phase II will extend and build upon the lessons learned from the first phase, the most significant of which was that successful childhood asthma management requires access to continuous, evidence-based care that incorporates the home, healthcare setting and school.

For more information on the HEAL program, visit www.xula.edu/health.
By Kingfish

Sports Columnist

What a performance by the New Orleans Saints Offense! For Colts fans, down south we call Sunday night’s game a “Good ole Fashion All- Star Whoppin’ “OMG.” If Brees who already look like he was at target practice going 31 of 35 for 325 yards would have played the entire game, it’s truly conceivable that the Offense could have made it an 80 point game. But of course, that would be considered unsportsmanlike conduct. That may be true but to the diehard fans that went through the “Aints” with bags over their heads and being the whipping boy of the league (especially the 49ers), we would consider it just due!

Can it be true? Marques Colston is back! Colston made an unbelievable catch for the first of many touchdowns for the night. The one handed grab with the defender draped all over him, pulling him down at the same the time is a highlight reel all-star. Who am I kidding? this entire game was a highlight reel. This game sits behind only the super bowl, Monday Night game against Atlanta (first game in Dome after Katrina) and the NFC Championship against the Packers. The Saints exploded on all cylinders Defense, special teams and Offense. This type of performance is what Saints fans know they were capable of with the talent on this team. If Brees can begin to get comfortable with Colston again and Graham establishing himself along with the steady Moore there is no limit with what they can do when they establish the running game as they did. The offensive line was the star in this game if you ask me. They finally got off the ball and made holes for the running backs. Two-hundred and thirty-seven yards rushing proves that.

As Brees said, the team rallied around the adversity of losing the coach to the booth and the lost against Tampa. Pierre Thomas is fighting for playing time and after Sunday night hope the Coaching Staff sees what they already know. Pierre is a beast and has to be part of the game plan. Ingram seems to have injured his heel. Nothing major but when you have the talent in the backfield like the Saints do you can rest him. From all reports Chris Ivory is chopp ing at the bit to get into the rotation this year. This NFL season is a long one especially if you’re planning to get into the playoffs. They should rest Ingram; insert Ivory and feed the magnificent Sproles and Thomas while sprinkling in Ivory. Thomas and Sproles were dominant in this game and can continue to be the best of the year if the Coaching Staff calls their number.

Trailblazer/ Continued from page 5.

The Defense:

Yes, I already know! It’s the Colts, no Manning it was not a top-notch NFL Offense but I say it is the NFL and it’s good to see the Defense be dominant. Turnovers, fumbles and an interception turned for a touchdown is the Greg Williams Defense of two years ago. Hopefully, the Defense needed to see themselves do it to get them back on track. It’s like a kid that’s coming off training wheels. When you realize no one is holding on to the seat anymore and you’re riding by yourself, it seems like you could have been doing this by yourself. Going into St. Louis next week against another winless team, it’s the shot in the arm the Defense needs to come right back and play well against division rivals back to back. We play Tampa Bay again and then the Falcons before the bye week. If the Defense can play solid for the next three weeks the Saints can go into the bye 8 and 2 in command of the NFC South. My hats off to the D, keep up the momentum and your team will be in perfect position to make a run at the Super Bowl.

Looking for another great game next week. Let’s Geaux Saints!

Kingfish

Curry/ Continued from page 9.

How important is a spiritual mentor to live my purpose, he said to me, “This is about your path and doing your work, it is time you pick up your crown and your sword.” Going to Ghana gave me the strength I needed to live, so I refused radiation and chemo, and took a natural path back to health and my journey in illness became a journey to wellness not only was my cancer gone but I had become a new person committed to doing more and be a blessing to others.”

Sula Evans is an inspiration for women everywhere and after having a mastectomy on one of her breast she had reconstructive surgery and today is living life to inspire Black women to strive for total wellness. “Women should not be afraid of having a reconstructed breast with today’s advances in technology they are beautiful and look very natural.”

Giving advice to other women who may have not been to the door or women who have been diagnosed with breast cancer she says, “First conquer fear and give it to the holy spirit, get detected early, the difference in our community and why Black women are dying is because they don’t get early detection, and it is diagnosed too late.” Continuing with her pearls of wisdom she says, “We are too afraid to be tested or do not have insurance, but if you can please check out free programs, don’t let lack of insurance and other things get in the way of the help you may need that can save your life.” During the Month of October which is National Breast Cancer Awareness Month, we honor Sula Evans, a survivor who continues to inspire others.

Target Practice!!!

Curry/ Continued from page 9.

wanted man, had been killed by U.S. forces after a decade long manhunt. The outcome could not have come at a better time for Obama who was sagging in the polls as he embarks on his re-election campaign.”

The news of bin Laden’s death was almost buried.

The story could have also been presented this way:

“Despite former President George W. Bush’s promise to capture Osama bin Laden ‘dead or alive,’ it was his successor who delivered on that promise in grand fashion, prompting thousands of U.S. Citizens to take to the streets in noisy celebration.”

Another option:

“President Obama, who had his foreign policy credentials questioned repeatedly during the 2008 presidential campaign, delivered on a campaign pledge to kill Osama bin Laden if ever presented the opportunity, a surprise action that led to impromptu celebrations across the United States.”

Either approach would have provided more relevant context than AP wrapping its story in

highly-charged language of his Republican challengers.

President Obama knew he would be double-teamed by GOP congressional leaders and Republican candidates hoping to unseat him. But he probably didn’t expect the stealth attacks from major media outlets.

George E. Curry, former Editor-in-Chief of Emerge Magazine and the NNPA News Service, is a keynote speaker, moderator, and media coach. He can be reached through his Web site, www.georgecurry.com. You can also follow him at www.twitter.com/currygeorge.

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