

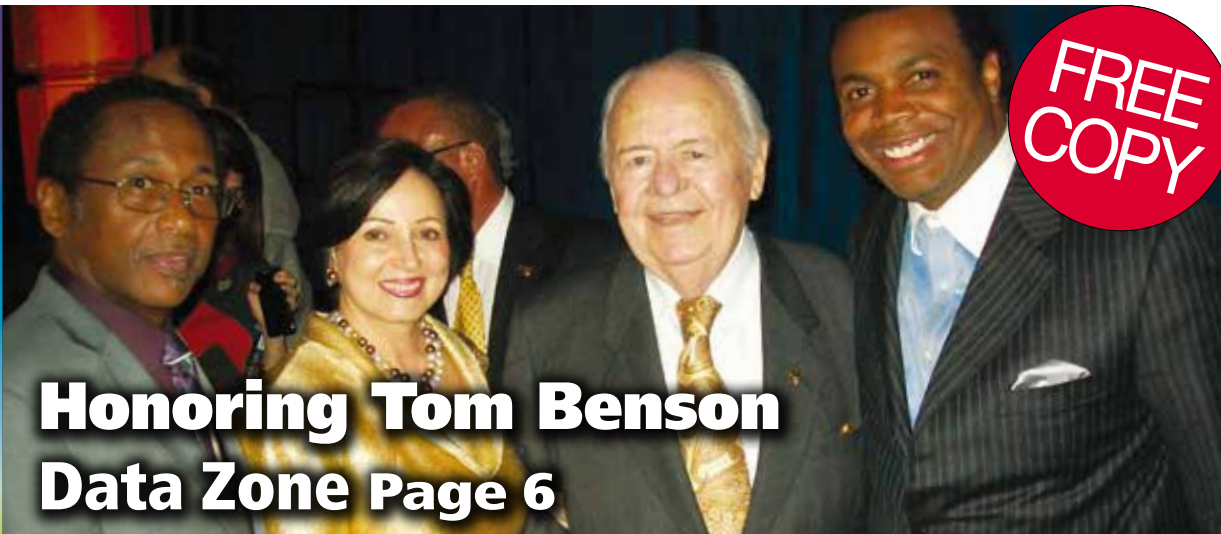
Lighting The Road To The Future

New Orleans

Data

News Weekly

"The People's Paper"



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Data Zone Page 6

November 10 - November 16, 2012 47th Year Volume 27 www.ladatanews.com



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Fired Up & Ready to Go!

President Obama Victorious Earns 4 More Years



**Contributors: George E. Curry
& Data News Weekly Staff Reporting**

As the long fought battle for control and according to some, the soul of America reached its conclusion on Tuesday; a somewhat fatigued, but resilient President Barack Obama traveled home to Chicago, called voters personally on the phone and played basketball in

preparation for the big vote tally. Most political pundits were calling the race virtually tied, and assured the public and the candidates that this was to be a long drawn out process, with the results possibly remaining unknown for a week or more. The nation was ready for the long-

haul watch night. Across the nation, in pubs, lounges, basements, media rooms and even in the streets, supporters both Democrat and Republican, awaited the call, and prepared to cheer or be crushed at the results. That long wait was not to be however, because at approxi-

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mately 10:18 pm (CST) the race was called, first by CNN with the other networks quickly following and a clear winner emerged. After riding to victory in Ohio on the strength of his successful auto bailout plan and a come-from-behind victory in Virginia and possibly Florida, President Barack Obama was re-elected on Tuesday to a second term.

Obama was ahead of Republican challenger Mitt Romney Tuesday night by approximately 1 million votes in the general election, but is expected to win the Electoral College by a much larger margin when electors meet on Dec. 17 to officially determine who becomes the next president of the United States. Of the 538 electors, Obama needs only 270 to win. He is poised to collect approximately 322 votes in the Electoral College to Romney's 206. If that figure holds up, it will be down from the 365 electoral votes Obama won in 2008.

Not only did Obama become the first Black President in 2008, he also becomes the first African-American to win a second term in the White House. Following in the footsteps of Bill Clinton and George W. Bush, his election marks the third consecutive time a U.S. President has been re-elected to a second term.

Obama swept to victory by reassembling his progressive co-

alition of Blacks, Latinos, youth, unmarried women, Jews, union members and gay men and lesbians.

Speaking to cheering supporters in Chicago, Obama said: "While our journey has been long, we have picked ourselves up. We have fought our way back. And we know in our hearts that, for the United States of America, the best is yet to come."

Blacks and Latinos voted overwhelmingly in favor Obama, with the President again earning more than 90 percent of the African-American vote and 71 percent of Latinos, according to exit polls.

Among White voters, Romney led Obama 58 percent to 40 percent, three points better than John McCain's showing in 2008. Obama received only 36 percent of the White male vote, compared with 41 percent four years ago.

Blacks of every age group proved that they had Obama's back: 18-29 (91 percent), 30-44 (94 percent), 45-64 (93 percent) and 65 and above (93 percent).

Obama and Vice President Joe Biden carried most of the swing states, including: Michigan, Romney's birthplace; Massachusetts, where Romney served as governor; New Hampshire, where Romney has a summer home; Wisconsin, the home state of Congressman Paul Ryan, the Republican vice-presidential nominee, as

well as Ohio, Colorado, Pennsylvania, Nevada, and Virginia.

Obama was leading Romney in Florida by about 45,000 votes, or 0.53 percentage points, as of early Wednesday morning. At that time, 99 percent of the state's 8.27 million votes had been counted.

In a brief speech in Boston, Romney said, "I so wish that I had been able to fulfill your hopes to lead the country in a different direction. But the nation chose another leader. So Ann and I join with you to earnestly pray for him and for this great nation."

Democrats maintained their majority in the Senate and Republicans kept their grip on the House. Obama's re-election probably means that the Affordable Care Act, also known as Obamacare, probably will not be repealed as Republicans had hoped.

The President, who made two Supreme Court appointments in his first term, will most likely get an opportunity to make another appointment to the court, possibly two. Depending on who retires from the court, Obama's appointments could alter the di-

rection of the court, which has been drifting to the right.

His first challenge will be a budget showdown with Republicans, who want to reduce the deficit solely through spending cuts. Obama, on the other hand, is insisting on a combination of cuts and increased revenue, including

repeal of the Bush tax cuts that favor the wealthy.

Exit polls showed that the economy was the top issue on voters' minds. Although 76 percent of voters said the economy is poor or "not so good," 54 percent approve of the way President is handling it.



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New Orleans Local Election Results

By Eric Connerly

Data News Weekly in our role as "The People's Paper" has been giving you voting information through-

out this election cycle. And we congratulate President Barack Obama on his re-election and all the winners of the November 6th election and most of all we want to congratulate you, the voters, for participating in democracy. In this issue we have placed the results

of all of the races, ballot initiatives and Constitutional Amendments as they stand now. We've also noted the winner of each race, and also those who will be the candidates in the runoff elections which will take place on December 8th 2012.



New Orleans City Council District B Candidate LaToya Cantrell with Data News Weekly Publisher Terry Jones. Cantrell faces a runoff with Dana Kaplan to represent District B.



New Orleans Council District E Candidate James A. Gray II with Data News Weekly Publisher Terry Jones. Gray faces a runoff with Austin Badon in the race to represent District E.



U.S. Congressman Cedric Richmond (La -2) with Publisher Terry Jones celebrates his re-election to the U.S. House of Representatives.

Judge, Court of Appeal -- 4th Circuit, 1st District, Division H All 366 precincts reporting

Sandra Cabrina Jenkins (D)Winner	57.71%	70951
Charles R. Jones (D)	42.29%	51990

Judge -- Criminal District Court, Section B

All 366 precincts reporting

Tracey Flemings-Davillier (D)Winner	72.26%	89729
Glen A. Woods (D)	27.74%	34449

Councilmember -- District B

All 81 precincts reporting

LaToya Cantrell (D)Runoff	38.97%	9465
Marlon J. Horton (D)	5.72%	1388
Dana Kaplan (D)Runoff	30.93%	7511
Eric Strachan (D)	24.38%	5921

Councilmember -- District E

All 57 precincts reporting

Austin Badon (D)Runoff	47.50%	10800
Jerrela Drummer Sanders (D)	7.92%	1801
James A. Gray II (D)Runoff	29.52%	6712
Dana Henry (D)	9.24%	2100
Mary Fontenot Smith (D)	5.82%	1324

Judge -- 2nd City Court

All 40 precincts reporting

Kiana Aaron-Mitchell (D)Runoff	34.77%	6774
E. "Teena" Anderson-Trahan (D)Runoff	25.44%	4957
Martin L. "Marty" Broussard, Jr. (D)	23.28%	4536
Edward Markle (R)	7.81%	1522
Kim M. O'Dowd (D)	5.35%	1043
Marie Williams-Brigandi (D)	3.35%	653

Clerk -- 2nd City Court

All 40 precincts reporting

Van Howenstine (D)	17.50%	3047
Adam Lambert (D)	30.42%	5297
Darren Lombard (D)Winner	52.08%	9070

Constable -- 2nd City Court

All 40 precincts reporting

Ennis Grundmeyer (D)	49.46%	8480
Edwin Shorty, Jr. (D)Winner	50.54%	8666

Member of School Board -- District 1

All 50 precincts reporting

Heidi Lovett Daniels (D)	31.98%	5838
Ira Thomas (D)Winner	68.02%	12416

Member of School Board -- District 2

All 49 precincts reporting

Cynthia Cade (D)Winner	50.91%	9629
Durrell L. Laurent (D)	11.47%	2169
Dwight McKenna (D)	37.62%	7115

Member of School Board -- District 3

All 55 precincts reporting

Brett A. Bonin (R)	31.76%	6475
Sarah Newell Usdin (D)Winner	58.24%	11875
Karran Harper Royal (N)	10.00%	2039

Member of School Board -- District 4

All 43 precincts reporting

Leslie Ellison (D)Winner	52.34%	8971
Lourdes Moran (D)	47.66%	8169

Member of School Board -- District 6

All 56 precincts reporting

Jason Coleman (D)	33.80%	5427
Woody Koppel (D)Winner	66.20%	10629

Newsmaker/Continued from previous page

Member of School Board -- District 7 All 54 precincts reporting		
Nolan A. Marshall, Jr. (D)Winner	68.27%	10025
Thomas Robichaux (D)	20.92%	3072
Kwame A. Smith (N)	10.81%	1587

PW School District -- Local Option - Term Limits All 366 precincts reporting		
YES	78.26%	102018
NO	21.74%	28335

PW CC (HRC) -- HRC Amendment - CC All 366 precincts reporting		
YES	68.10%	82032
NO	31.90%	38434

PW CC (N.O. Reg. Bus. Park) -- 20 Mills - CC - 20 Yrs. All 366 precincts reporting		
YES	48.49%	58628
NO	51.51%	62275

Lake Vista Crime Prev. Dist. -- \$220 Parcel Fee - CC - 4 Yrs. All 2 precincts reporting		
YES	64.78%	710
NO	35.22%	386

Gentilly Terrace & Gardens Sec. Dist. -- Annual Fee - CC - 3 Yrs. All 5 precincts reporting		
YES	47.76%	915
NO	52.24%	1001

N. Kenilworth Imprv. & Security Dist. -- Annual Fee - CC - 8 Yrs. All 3 precincts reporting		
YES	55.73%	214
NO	44.27%	170

Orleans Levee District -- 6.07 Mills - BOC - 30 Yrs. All 326 precincts reporting		
YES	61.32%	65502
NO	38.68%	41313

PW Crescent City Bridge
20 Yrs. - Toll Collection - Act 865

All 654 precincts reporting

YES	50.00%	154373
NO	50.00%	154365

U. S. Representative
2nd Congressional District

All 685 precincts reporting

Dwayne Bailey (R)	13.51%	38748
Gary Landrieu (D)	25.02%	71761
Josue Larose (R)	3.95%	11329
Cedric Richmond (D)	55.15%	158184
Caleb Trotter (L)	2.36%	6778

CA NO. 1 (Act 873 - SB 82) -- Medicaid Trust Fund for the Elderly All 4267 precincts reporting		
YES	70.83%	1283850
NO	29.17%	528626

CA NO. 2 (Act 874 - SB 303) -- Right of each Citizen to keep and bear arms All 4267 precincts reporting		
YES	73.46%	1333269
NO	26.54%	481733

CA NO. 3 (Act 872 - SB 21) -- Prefiling DL/for retirement/public employee All 4267 precincts reporting		
YES	64.46%	1101616
NO	35.54%	607333

CA NO. 4 (Act 875 - SB 337) -- Surv. Spouse/Deceased Veteran/Homestead Exemp. All 4267 precincts reporting		
YES	73.51%	1266046
NO	26.49%	456274

CA NO. 5 (Act 868 - HB 9) -- Forfeiture Retirement Benefit Pub.Off./Conv.Felon All 4267 precincts reporting		
YES	70.27%	1229112
NO	29.73%	520065

CA NO. 6 (Act 869 - HB 497) -- Gov.Auth. of New Iberia - prop.annexed by the City All 4267 precincts reporting		
YES	42.46%	695084
NO	57.54%	942046

CA NO. 7 (Act 870 - HB 524) -- Provides filling appts/Vac. on Bds./Comm. All 4267 precincts reporting		
YES	60.98%	1003509
NO	39.02%	642089

CA NO. 8 (Act 871 - HB 674) -- State Bd. of Comm./Industry-Tax Exemp. contracts All 4267 precincts reporting		
YES	51.67%	849457
NO	48.33%	794398

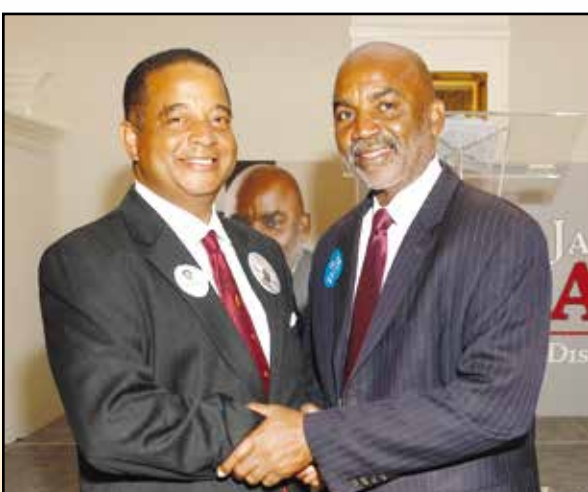
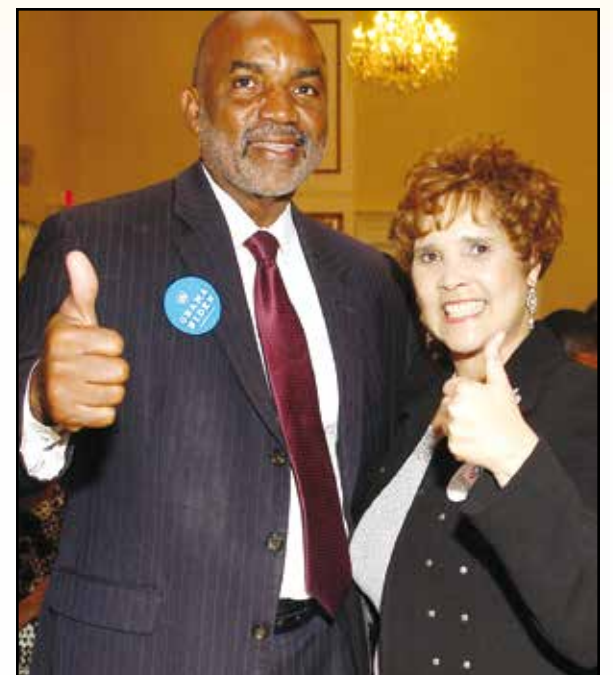
CA NO. 9 (Act 876 - SB 410) -- Security District/Parcel Fee w/in District All 4267 precincts reporting		
YES	56.43%	924779
NO	43.57%	713950

Shoot Ya Best Shot!

Election Night Victory Celebrations

Photos by Glenn Summers

New Orleans' candidates gathered with their supporters to wait out Election Night returns. Congressman Cedric Richmond and City Council candidates James A. Gray, II and LaToya Cantrell spent the evening thanking their friends, family and supporters, and Data was there.



Shoot Ya Best Shot!

A Toast to Tom Benson

The NFL Super Bowl Host Committee and the Greater New Orleans Sports Foundation recently held an event kicking off the 2012-13 football season with "A Toast to Tom Benson" on the floor of the Mercedes-Benz Superdome. The luncheon was hosted by retired New Orleans Saints quarterback and co-host of WWL-AM's "SportsTalk" Bobby Hebert, and honored Mr. Benson for his ownership of the Saints, Hornets and his humanitarian work in the community also discussed were events surrounding Super Bowl XLVII that will be held in New Orleans in 2013 and Data News Weekly was there.



Data News Weekly Publisher Terry Jones, Gayle Benson, New Orleans Saints and Hornets Owner Tom Benson and Data News Weekly Editor Edwin Buggage.



Terry Jones and New Orleans City Council President Jackie Clarkson.



Terry Jones and legendary Saints running back Deuce McAllister



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Obama...America...and the Hope of a Nation



Edwin Buggage
Editor-in-Chief

This week Americans went to the polls and re-elected Barack Obama President of the United States. This has been a long and contentious race that has divided the country. So as we move forward the question is how we find a way to become a nation united in doing the things that can better this country and the lives of the American people.

Looking back at the election it was a clear choice between two differing visions for America.

One that was the equivalent of the Autobahn in Germany with unlimited speed limits and the other a stage coach going down a dirt road to its destination; a vision that is like high speed internet compared to one akin to the Pony Express. And given these choices the majority of the American people choose to continue trekking down the path we've laid for the beginning of the 21st Century.

This election is a reflection of the changing face of this nation. No longer is it one that freedom and liberty, the singular domain of White males and that they are the only ones deemed capable for roles of leadership. Today we are seeing a shift in those positions of power in this country. America's landscape is changing where all people can rise to whatever level their abilities take them. Today the glass ceiling is being broken every day

and that is good as the lanes of democracy are being widened for more of our citizens.

We will be witnessing this change in the next session of the U.S. Congress; the state of New Hampshire will be sending all women to Capitol Hill to delegate for all the citizens of their state. This is something when you think about how women had to fight for the right to vote and only since the late 20th Century were able to have the right to get a legal abortion, or even in the 21st Century with the Lilly Ledbetter Act in 2009 which gives equal pay for equal work to women by President Barack Obama.

Today the U.S. is changing for the better as it is reforming itself into a nation where liberty, fairness and justice are more of a reality. During this election many civic groups, including the NAACP and the National Ur-

ban League worked vigilantly to fight against efforts to suppress the vote. In this election citizens got out and braved long lines to take part in voting. In this election what's been proven is that if we get out and vote we can make a difference.

So we must not let this momentum end with this election. Voting is only one form of civic participation, also I must note it is essential that it is time to engage in efforts in our own community initiatives. It is time to organize our own communities because the power to change things for the better begins with us. And while we celebrate a victory for Barack Obama, this is a bigger victory for us the American People. It has shown that with our votes we can chart the course for our future.

And I must say that this has been quite an election season and I am glad that we are mov-

ing on the right side of history. In this election we are, in fact, shaping history. On election night the world celebrated with us. For we are in a world that is changing right before our eyes; and we cannot be blind or we will be left behind, and we must also recognize our nation as one where identity is changing in the 21st Century. But we must realize that we have always been a nation of immigrants, of people coming to our shores whether in boats, planes, or in chains. And that we can embrace any citizen in our bosom whether they are black, white, brown, red or yellow. Today, I would say while not there yet, we are moving in the direction of becoming a "more perfect union". And as we celebrate President Obama victory and moving forward, Lady Liberty's light is shining brighter.

Looking Beyond the Election



James Clingman
Data News Contributor

Over the past year or so, I have been wondering how Black folks would react to the election outcome. Two questions kept coming to mind: What will we do if Obama wins? Let's make it personal: What will you do?

Four years ago I wrote a similar article titled, "The Morning After," that dealt with what Black folks would do after the inauguration of Barack Obama. Let's face it; we blew it, y'all. Now let's see if we learned anything.

Black people are "all in" for

Barack Obama. For the most part, other than Herman Cain, Mia Love, Artur Davis, and Allen West, Black folks love Obama. But many White people just tolerate Romney; they aren't in love with him. Besides, many of them couldn't care less who wins because they know who and what really controls this country, and they are holding a can't-lose hand.

So what will we do now that Barack has won a second term? Well, for sure there will be dancing in the streets again, tears and euphoria, and a whole lot of Praise the Lords, Hallelujahs, and Amens. I hope there are no more Peggy Joseph comments. You remember her words: "I won't have to worry about putting gas in my car. I won't have to worry about paying my mortgage. If I help him (Obama) he is going to help me."

Will we settle for a big celebra-

tion and then go home and fall asleep again, the way we did four years ago? Or, will understand that when he is elected our work will have just begun? Will we make the same missteps during the second term as we did during the first? Will we organize and mobilize our efforts around a common goal? Will we seek reciprocity for our votes?

But what will you do now that he's won again? There are answers and plans that have been developed long before this election. Ron Daniels has been planning the State of the Black World Conference (SOBWC III) for some time now, part of which is dedicated to our "appropriate" action after the presidential election - no matter which candidate wins.

Daniels is bringing the SOBWC III to Howard University in Washington, D.C. November 14-18, 2012. You still have time to

get in on this solution-oriented meeting comprising some of the nation's top thinkers, businesspeople, activists, educators, religious leaders, politicians, college students, and economists in this country. Folks from every sector will converge to set us on a path toward prosperity, strength, and self-determination.

It is appropriate that the event will be held after Election Day because, irrespective of the ultimate winner, Black people must work together to define our own political, economic, educational, and social agendas. We must be strong and cohesive in our approach if we want to be counted at the decision-making tables of criminal and social justice, economic empowerment, educational excellence, and political inclusion; and it matters not who is the President.

We cannot win if we are not in the game, and Ron Daniels

and his team have set forth an agenda for this conference that, if we attend, pay attention, and commit to doing the work when we leave, will bring the victory to Black people that many of us have longed for and have fought for through the years.

There is much work to do, and it doesn't matter who lives at 1600 Pennsylvania Avenue. The work must be done, and we must do it.

For more information on the SOBWC III, call 1-888-774-2921 or go to www.ibw21.org

Jim Clingman, founder of the Greater Cincinnati African American Chamber of Commerce, is the nation's most prolific writer on economic empowerment for Black people. He is an adjunct professor at the University of Cincinnati and can be reached through his Web site, blackonomics.com.

Laureus USA/Mercedes-Benz Usa New Orleans Launch To Support After School Sports Programs

Nationwide budget cuts in after-school sports programs have left American youth at least three times more at-risk to engage in unlawful activities. Investing in community-based coaches, who act as mentors, is important in ensuring under-served youth access to constructive activities. The Laureus Sport for Good Foundation USA (Laureus USA), a charitable organization that supports projects across the U.S. to improve the lives of youth through the power of sports, in collaboration with Mercedes-Benz USA (MBUSA), the company and its dealers, will announced their support of Up2Us' Coach Across America (CAA) program in New Orleans this week at Samuel J. Green School.

Laureus World Sports Academy Chairman Dr. Edwin Moses, a two-time Olympic Champion, and Academy Members Marcus Allen, a Pro Football Hall of Fame running back, Robby Naish, widely acknowledged as the greatest windsurfer of all time, and Monica Seles, former No. 1 professional tennis player and member of the International Tennis Hall of Fame, will address the community kids and coaches at the kick-off event and take part in a series of sports activities.

A recent GAO report confirmed that despite the important role of coaches, quality coaches



Laureus USA Academy Members, Edwin Moses, Marcus Allen, Robby Naish and Monica Seles along with Tommy Shi, Mercedes-Benz USA and Matt Geschke, Laureus USA, on the field of the Superdome before the Saints Monday night Football game.

are in short supply.¹ This initiative in New Orleans – a new market for Coach Across America – will train and place 26 CAA coaches in 11 local after-school sports programs, benefiting 3,250 under-served youth in local communities. These include: Gentilly, Marrero, Gretna, Algiers, New Orleans East and Broadmoor. The program is aimed at providing safe and healthy choices to under-served youth who are forced to choose from either joining a gang, doing drugs or staying

at home without doing any recommended level of exercise.

"We believe in the transformational power of sport as a tool for social good. Today's coaches go beyond the traditional sense of the term 'coach,'" said Laureus World Sports Academy Chairman Dr. Edwin Moses. "It is important for an area such as New Orleans – especially in a post-Katrina New Orleans – to have quality coaches serving these kids. With all the violence happening among youth in this area, it is clear a gap ex-

ists between youth and access to after-school sports programs. Public-private partnerships like Laureus USA and MBUSA can help bridge that gap and encourage more youth to be physically active and not turn to violence. These coaches are mentors, community organizers and mediators. Investing in proper training and offering support for these coaches is vital to sports-based youth development."

Supported community programs in New Orleans are: Met-

ropolitan Youth Foundation, New Orleans Rugby Foundation, NFL Youth Education Town, Boys and Girls Club, Elevate, A's and Aces, ReNew-Reinventing Education, Youth Run NOLA, New Orleans Outreach, FirstLine Schools, YLC Kicks, Westbank Wrestling and NORDC.

The New Orleans kick-off is part of a nationwide program that, with a \$1.3 million national commitment from MBUSA to Laureus USA, focuses on training and placing 250 CAA coaches in sports-based youth development projects in under-served neighborhoods in five U.S. cities: Chicago, New York, Los Angeles, Miami and New Orleans. Laureus USA has selected the groundbreaking Coach Across America program as its partner to ensure kids and communities in under-served areas have access to the most highly trained coaches in the country. New Orleans is the final stop for the collaboration in 2012.

Photo Caption: Laureus USA Academy Members, Edwin Moses, Marcus Allen, Robby Naish and Monica Seles along with Tommy Shi, Mercedes-Benz USA and Matt Geschke, Laureus USA, on the field of the Superdome before the Saints Monday night Football game

AMFC Endows Gen. Russel Honoré Professorship at LSUHSC-NO School of Public Health

\$100,000 Donation Continues Legacy of Support for Louisiana's Underserved

LaCare and AmeriHealth Mercy Family of Companies (AMFC) are committed to building a healthier Louisiana. And part of

that commitment is increasing health education opportunities in the state.

To that end, LaCare, AMFC and Louisiana State University Health Sciences Center New Orleans School of Public Health invite you to attend a celebration to announce the establishment of the AmeriHealth Mercy-General Russel Honoré Endowed Profes-

sorship.

When: Monday, November 12, 2012 - 12:00 p.m.

Where: LSU Health Sciences Center

Medical Education Building
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A reception will follow in the Chancellor's Reception Center.

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Take an Aspirin



Dr. Eric Griggs, MD
Data News Columnist

Don't we all wish it was that simple? A simple pill to take to make all of our headaches go away. Car issues, money problems, problems on the job- the whole gamut. If only there was a simple solution to make them disappear, or at the very least, help us to be stress-free. Sadly, life is not that simple. There are no magic pills. We are forced daily to not only deal with the stresses of life, but even worse, because

of societal perceptions, internalize our stresses. Phrases such as "Suck it up"; "Just deal with it", or more commonly, "I'm fine" have become the expected phrases when stressful situations arise when actually, nothing could be further from the truth. We live in a world where the line between Mental "Health" and Mental "Illness" has become so blurred that both have become taboo, particularly in the African American community. Get the facts.

Let's start with the definitions.

Mental Health is defined as : the psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment.

(wordnetweb.princeton.edu/perl/webwn)

Mental Illness is defined as: any disease of the mind; the

psychological state of someone who has emotional or behavioral problems serious enough to require psychiatric intervention

(wordnetweb.princeton.edu/perl/webwn)

The line between the two, as interpreted above, is abundantly clear. Mental Health refers to a person's overall well-being and ability to respond and adapt to the occurrences in their environment, much like that of physical health. Accordingly, Mental Illness is what occurs in the presence of pathology. It is a medical condition and often times, intervention is required. In order to overcome the stigma of Mental Health , people need to understand the parallels between mental well-being and physical well-being.

When it comes to our bodies, there are multiple campaigns out there to encourage us to get fit

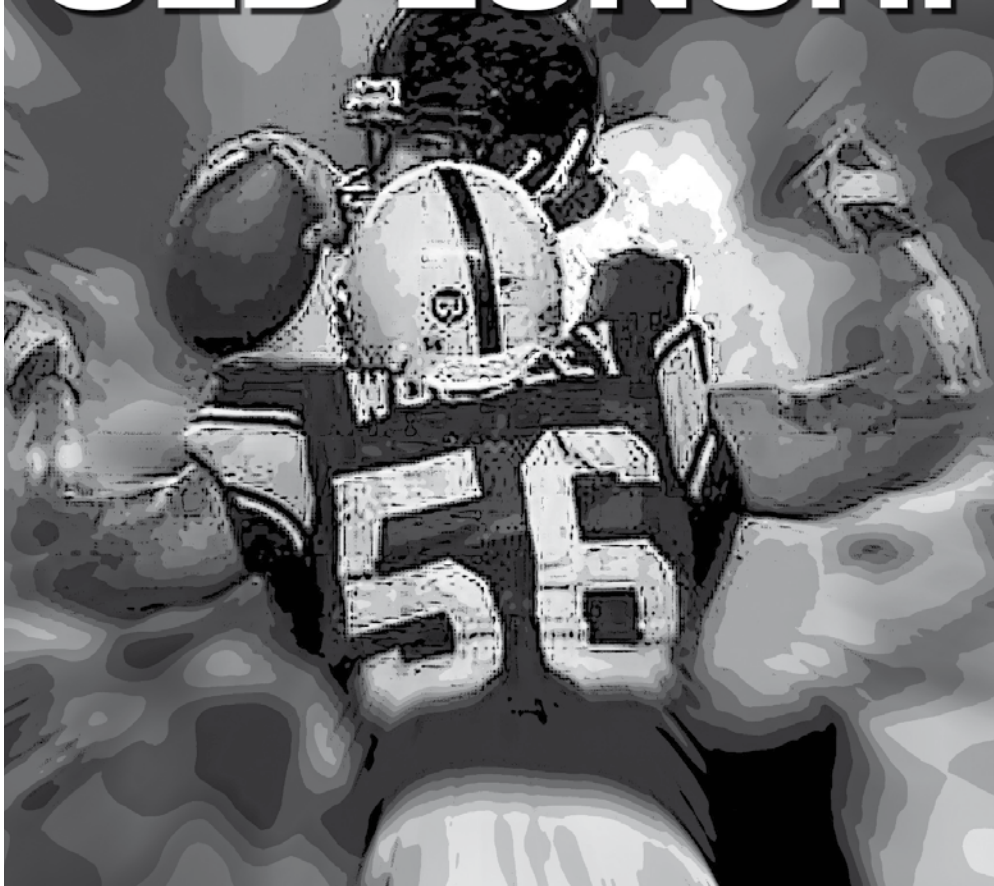
and exercise for at least 30 minutes a day. Millions of dollars are spent encouraging us to eat right and "just move" as preventative measures to avoid physical ailments such as Diabetes, Hypertension, and Cancer to name a few. However, much less common are the campaigns to motivate us to maintain and sharpen our mental well-being, effectively keeping the subject "taboo." We are much less likely to discuss mental and emotional issues in our lives for fear of being labeled as "crazy" or "unstable." The sad reality is that this propensity of avoidance only potentiates the problem and leads further down the road to Mental Pathology and further from Mental Health.

The key to sound Mental Health can be found in three areas: Stress Management, Enjoyment of Life, and a Healthy Attitude. Here are a few tips .

1. Don't let your emotions get "bottled up" inside. Appropriately share your feelings with others.
 2. Learn to manage your time efficiently.
 3. Avoid unnecessary arguments or quarrels.
 4. Balance work and play.
 5. He who laughs, lasts. Improve your laugh life.
 6. Live a healthy lifestyle (i.e., eat well, exercise, and get sufficient sleep).
 7. Set realistic goals for yourself.
 8. Be flexible in dealing with people and events
 9. Forgive yourself for mistakes.
 10. See the "positive" in events.
- (<http://studenthealth.uaa.alaska.edu/YourMentalHealth/Sec1j.htm>)

Prescription for the Week: Take time out to talk to a friend. Remember, sharing your headache story could be someone else's aspirin.

SACK YOUR OLD LUNCH!



You won't go pro
unless you eat right.
Help your school
serve healthier
meals!

—LAMARR WOODLEY
PITTSBURGH STEELERS



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Beautiful Eyes.



Have them examined.

Make sure your eyes are just as healthy as they are beautiful. An eye exam can help find and correct common vision problems.

For more information, please visit
www.nei.nih.gov/healthyeyes.



Plants that Give Back

By MG Calla Victoria
Data News Columnist

I love all plants but I especially love those that give back, and by give back I mean those plants that will produce offshoots that are commonly known as "Pups" or little baby plants. Some plants like bromeliads give off pups after blooming, and the theory is for every leaf on the mother plant you should get that many pups. Other plants that give off pups are crinums, orchids, Bird of Paradise, Elephant Ears, many succulents, and a wide variety of palms, and of course banana trees. So whenever I am buying one of the aforementioned plants I check for the number of pups to get more bang for my buck.

Separating pups from the mother plant is the quickest and most gratifying form of propagation, because from the start you have a strong healthy seedling (mini plant); as opposed to planting seeds and waiting weeks for them to come up, or taking a cutting and hoping that it will take root. It is important that you allow the pup to grow to half the size of the mother plant before separating it; this is what is called a "mature pup." Then with a sharp serrated knife slice the pup away from the mother plant on a slight angle to make sure that you get some of the roots from the mother plant along with the pup. I recent-



Dark-Leafed Crinum lily

ly purchased a large dark-leafed Crinum lily (Crinum spp.) of the family Amaryllidaceae on clearance for \$12, I picked the one with the most pups, and six pups to be exact. After letting the plant sit for several days to acclimate to the new surroundings and to allow it to mellow out from transportation shock, I took the crinum out of its pot, separated the three largest pups from the mother plant, potted them in six inch pots; and planted the mother plant in the ground. So for \$12, I already have four plants, plus the mother plant has pushed out about seven other

pups that are not quite mature but growing quite well. The three mature plants that I repotted are doing well after their initial transplant shock.

You must remember plants are living things just like we are and need time to adjust to changes. The first move that the plants had to endure was the move from the nursery to my backyard and the difference in care. Remember that nurseries and greenhouses provide optimum growing environments for plant material, including daily watering but once purchased that will

usually change. The second trauma the plants had to endure was separation from the mother plant and being repotted. Sometimes a plant might droop and look kind of sick after transplanting, but will rebound after what we call "transplant shock." Angel's Trumpets are an example of this drooping. I love propagating Angel's Trumpets because all you have to do is wack off a cutting and stick it in some potting soil or in the ground and watch it grow. I took one of the branches that I pruned of my large Angel's Trumpet and stuck it in some Miracle Gro potting soil. Well for the first week it looked so bad I just forgot about it. But today, about three weeks later, while out watering all of my other potted plants I saw these wonderful new leaves popping out on the straggly branches of that cutting, success!

Check out my Gardening Tip of the Week at http://www.thegardeningdiva.com/Gardening_Tip_of_the_Week.html

And send photos of you and your garden to sowing@thegardeningdiva.com to

Have your garden displayed on our "It's My Garden" page.

Remember never be too busy to stop and smell the beautiful flowers!

Morehouse To Name Building For Massey

Atlanta, Ga - During his 12-year tenure at Morehouse, Dr. Walter E. Massey, a 1958 graduate of the school, dedicated his vision to making Morehouse, "... one of the finest liberal arts institutions in the nation - period." He realized that vision and now the institution is giving him an honor that will live forever.

This week, The Leadership Center facility at Morehouse will bear Massey's name. The official naming ceremony will take place on Thursday, October 25, at 10:00 a.m. The Executive Conference Center, which is located near The Leadership

Center, will be named in honor of his wife and former First Lady Shirley A. Massey.

During the naming ceremony, Massey also will formally present his presidential papers to the College.

"The entire Morehouse College family is pleased and proud of this opportunity to name this cherished building and conference center in honor of President Emeritus Walter Massey and Shirley Massey," said Dr. Robert M. Franklin, the 10th president of Morehouse. "I am particularly excited because I know about the magnitude of

their dedication, sacrifice and love for this school. This is a fitting honor and a wonderful reminder of the lasting legacy of my friend, fellow alumnus and mentor."

Massey preceded Franklin as the school's ninth president, serving from 1995 to 2007. Under his tenure, the college created and launched a minor in Leadership Studies and later erected the more than 70,000-square-foot facility that now houses the Andrew Young Center for Global Leadership, the Emma and Joe Adams Public Service Institute, and the Division of Business and Econom-

ics. The building, which was one of the cornerstones of capital improvements made to the College under Massey's administration, opened in August 2005.

The naming ceremony will hold a special significance for the Massey's, as it will take place on their anniversary.

Massey's commitment and service to education are vast. Currently, he is the president of the School of the Art Institute of Chicago. He holds more than 30 honorary degrees from institutions that include Yale University, Northwestern University and The Ohio State University.

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Aurora Loan Services	EverBank/EverHome Mortgage Company	Sovereign Bank
BAC Home Loans Servicing	Financial Freedom	SunTrust Mortgage
Bank of America	GMAC Mortgage	U.S. Bank
Beneficial	HFC	Wachovia Mortgage
Chase	HSBC	Washington Mutual (WaMu)
Citibank	IndyMac Mortgage Services	Wells Fargo Bank, N.A.
CitiFinancial	MetLife Bank	Wilshire Credit Corporation
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If you need free help to complete the Request for Review Form, contact a HUD-approved nonprofit organization that helps homeowners in distress. Information about HUD-approved nonprofit organizations that can provide free assistance is available at makinghomeaffordable.gov/get-started/housing-expert or by calling 1-855-778-0855.

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**An important message directed by
the Board of Governors of the Federal Reserve System
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INDEPENDENT FORECLOSURE REVIEW**